

A Guide to making your Events Fun & Healthy



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Health
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Agency



Ministry of Health
Republic of Maldives



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Ministry of Health
Republic of Maldives



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Healthy Events

A guide to making your events fun and healthy

This is a guide for event organizers on how to make your events healthy. If you follow ALL of the recommendations, you could call your event a healthy event. If all of the 'MUST-DO' steps are not in place, unfortunately, it doesn't qualify to be called a healthy event. However, even with limitations, you may choose to have as many of the recommendations as you can to make your event as healthy as possible and give the community attending the event and yourself and your loved ones the benefits of good health with fun.



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Health Protection Agency



Ministry of Health
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Introduction

Healthy lifestyle is a way of living that enables us to achieve our best potential and perform better in life, while also preventing many serious diseases, disability and premature death. Events are excellent opportunities to promote healthy lifestyle and bring groups of people and communities together and engage them in a relaxed and fun way.

Our opinions and attitudes on health are shaped by many external factors, including what we see and hear often, and availability of things we use such as food, clothes, tobacco, vehicles, etc. Many commercial enterprises use events to advertise and 'sell' their products and concepts. They make use of the psychological connection of using their products in happy events that makes the human brain associate the product or brand as 'fun' or 'cool'. As a result, many of us have learnt to associate rather unhealthy things such as brands of fizzy drinks, energy drinks, etc. as 'fun', 'cool', 'fashion' or basically the thing everyone wants to use.

The reality is that these are actually even dangerous to health, and not even much fun on their own, often making us uncomfortable even during the event, and ill later on. On the other hand, healthy foods, environments and practices during fun events are actually energizing, refreshing and help us all enjoy the fun event even better. They can be just as fun and cool as we make them to be. All we have to do is to focus our creativity on healthy lifestyle and avoid unhealthy things during fun events and leisure times, and being healthy would become enjoyable and fashionable – the in thing to do!

This is a guide for event organizers on how to make your events healthy. If you follow ALL of the recommendations, you could call your event a healthy event. If all of the 'MUST-DO' steps are not in place, unfortunately, it doesn't qualify to be called a healthy event. However, even with limitations, you may choose to have as many of the recommendations as you can to make you event as healthy as possible and give the community attending the event and yourself and your loved ones the benefits of good health with fun.

What type of events can this guide be used for?

This guide can be used for all types of events, including public events such as sports events, walks, runs, fairs, music shows, competitions, school or workplace events from class parties to workshops to outings, and can even be used for family events such as weddings and parties.

It is highly recommended to follow this guide for events specially organized for children, youth and families.

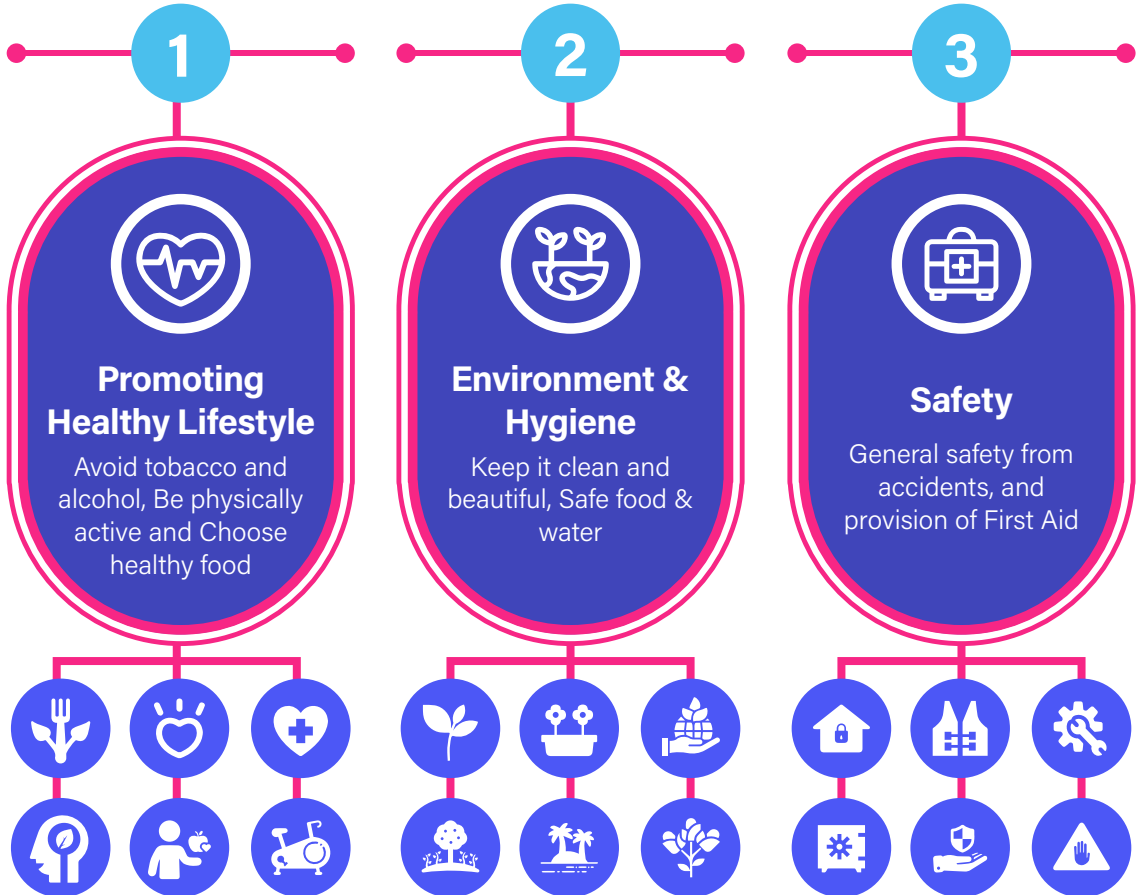
How to implement this guide effectively?

Informing all organizing staff/volunteers and participants early and at the event may be useful, particularly for sports events and competitions. The relevant information may be included with the rules for competitions.



Key Features of a Healthy Event

Guidance for making / keeping your events healthy. Main components to address for healthy events:



How to make your events healthy

Promoting healthy lifestyle

Make it smoke-free and tobacco-free

- Note that this is also required by law under the Tobacco Control Act of 2010 and its regulations. Tobacco products include cigarettes, hookah, other forms of smoked tobacco, smokeless tobacco such as chewing tobacco and also nicotine containing e-cigarettes, 'vapor' devices and any other nicotine containing products. Contaminating the air with any form of smoke by burning, etc. should also be discouraged.
- No sale or free distribution of any tobacco or nicotine products
- No display, advertisement or promotion of smoking or any tobacco or nicotine-containing products, direct or indirect, including avoid placement of ash-trays or other material containing logos or promotional color combinations. This includes avoiding display even for historical depictions. Exemptions are only for exhibits for educational purposes, with prior approval obtained from local health authorities or HPA after checking the content in detail.
- Avoid use of smoke in any form as decoration, props or for special effects.
- No 'smoking breaks.' Give exercise breaks, water breaks or prayer breaks instead.

Make the area of event a 'No smoking' area using fun and friendly ways of informing participants/public. Use of friendly no-smoking signs at entrances to the event area and friendly announcements to not smoke during event, particularly at the beginning of the event. (see Annex 1 for list of example announcements)

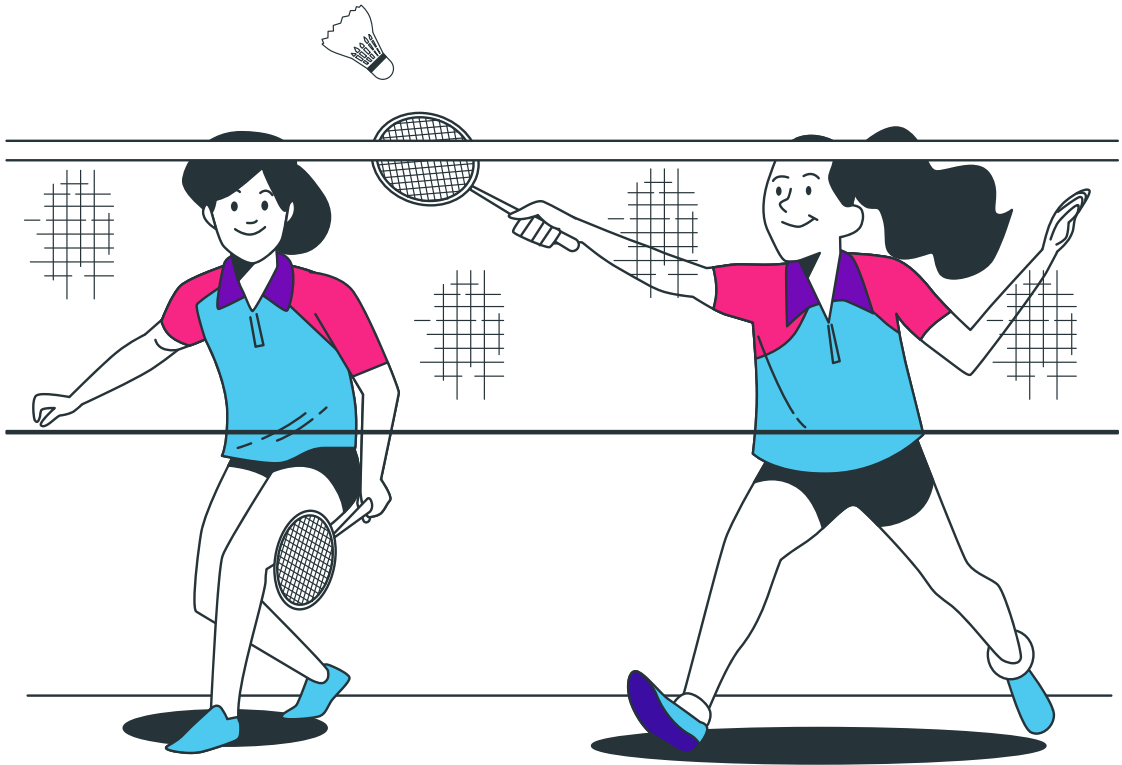
Have healthy food and beverage choices

- Must have healthy food and drink choices – esp. water and fresh fruit
- Definitely no unhealthy food and drinks available:
 - Energy drinks
 - Arecanut, supari and other arecanut products
 - Processed meats, including sausages, luncheon meat, salami, etc.
 - Ready-made packed junk foods high in salt, fats or sugar (see list in Annex 2)
- Limit unhealthy foods and couple with healthy choices by at least 1:1. Please find in Annex 2, lists of unhealthy foods to be limited along with healthy choices and also lists of healthy foods that are encouraged, and foods that are permissible.
- Healthy foods should be kept for serving or displayed in the front-most view of those participants coming to buy or serve, and unhealthy foods behind.
- Healthy foods should be kept for serving or displayed in the front-most view of those participants coming to buy or serve, and unhealthy foods behind.
- Choose healthy gifts. - Choose healthy food, drinks, stationery and toys as gifts so that they would be promoted rather than unhealthy foods (see list in Annex 2). Avoid giving unhealthy food, drinks, other items (e.g. such as risky toys) or souvenirs with brands of such unhealthy items as gift items.

Bonus: Games in events could be made to promote healthy lifestyle or give healthy lifestyle messages. E.g. face-painting pictures of smiling fruits and veggies, a smoke-free heart, throwing waste-paper balls into the dust-bin game (to promote cleanliness), coloring pictures of cartoon characters with healthy lifestyle messages

Make it physically active

- Include games or activities that require physically active participation.
- For training events with long hours of sitting in one place, give exercise/stretch breaks or opportunities to stand up and move every 30 minutes to 1 hour.



Environment and hygiene

Keep it clean and beautiful

- Facilitate means to keep the environment clean. Place waste bins in the most appropriate places, clearly labeled, and show directions to waste bin if they are not near at hand
- Inform all organizing staff to be exemplary in keeping the area clean, disposing of garbage appropriately and encouraging participants and public to do the same.
- Actively engage participants and visitors to keep the event area clean by announcements and instructions (using fun and friendly ways of informing)
- Please find a list of example announcements to choose from in Annex 4.
- Keep the air clean and free from pollution. In addition to ensuring tobacco smoking is not allowed as in (a) of healthy lifestyle above, ensure that the air is not polluted by other forms of smoke as well. E.g. any fires that are lit for traditional displays or cooking/barbecue purposes, etc. should be placed in a safe, open air place with good ventilation and such that the smoke emitted would be blown away from the participating public and residences in the area rather than towards them. Public could also be encouraged to use lower-emission (or lower-smoke) fuels such as gas for cooking or charcoal for barbecues.

Safe food & water

- If food is served, ensure availability of safe water for washing hands and utensils
- Ensure food safety standards are maintained. See 5 keys to food safety in Annex 3.

Safety

- Ensure safety from accidents such as fire, drowning or other injury.
- Any dangerous objects or weapons should be clearly labeled with appropriate 'Danger' signs with clear instructions on safety measures. Do not allow public, particularly children to play with fire or any dangerous weapons or sharps displayed. Children may use utensils such as knives used for cooking, setting fires, etc. for the purpose of skill building, with close adult supervision. However, it is not recommended to allow children, even with supervision, to use actual military weapons such as guns for purely entertainment purposes.
- Keep First Aid measures available for mass events, and ensure all staff and participants/public know where to seek First Aid from.



Annexes

Annex 1: Examples of friendly No smoking messages

Announcement messages **For health events or sports events** :

- “This is a healthy event, so let’s all remember to avoid smoking in the event area.” For events for children, people with special needs, or vulnerable people:
- “This event is especially for children / people with special needs, so let’s protect/care for them by not smoking in the event area.

Announcement messages **For youth Events** :

- Let’s enjoy this event in Freedom! So let’s be free from tobacco and addictions while we enjoy this event.

Announcement messages **For events common to all types of people** :

- Let’s avoid smoking in this event area so that everyone can enjoy this event freely.

You could make your own message based on principles of associating being smoke-free to freedom (from addiction) and enjoyment, successful achievement (bringing out your best) of oneself, and respect, kindness and caring for the wellbeing of others in the community.

Using more positive messaging such as **“let’s be tobacco-free”** or let’s avoid smoking” or “let’s make it a No-smoking event” may sound friendlier than using the negative words ‘Don’t smoke.’

No-smoking signs with a clear crossed cigarette are effective, and can be used attractively as well, particularly at entrances to the event area, together with some of the messages above. E.g. below.

Figure 1: Examples of No smoking signs

These are just examples. You could make your own creative signs. Make sure to pretest them on a few people, particularly smokers, who are likely to attend the event to test whether seeing the sign actually does make them feel like not smoking there.



Annexes

Annex 2: Food lists

Unhealthy foods to be limited along with healthy choices

- “This is a healthy event, so let’s all remember to avoid smoking in the event area.” For events for children, people with special needs, or vulnerable people:
- “This event is especially for children / people with special needs, so let’s protect/care for them by not smoking in the event area.

Unhealthy foods to be limited	Healthy choices to be made available in at least 1:1 ratio
Fried hedhika (do not fry repeatedly from the same oil as the fats in the oil changes to unhealthy trans-fats) Potato chips, French fries	Baked hedhika, Boiled yams, sweet potatoes, ash plantain, etc., Baked chips without added salt or limited salt, Nuts such as almonds, kanamadhu, hazelnuts, etc. (preferably without salt or sugar added)
Fast-food such as burgers, sub-marines, etc. with large amounts of mayonnaise and cheese	Home-made sandwiches, wraps, pizzas, burgers, etc. with healthy fillings such as fresh cooked, baked or grilled fish or meats, vegetables and green leaves, fresh fruit, limited amount of cheese or butter, and no mayonnaise. Healthy oils such as olive oil, sunflower oil may be used for food preparation. On-the-go fruits that can be eaten without additional work such as bananas, apples, kunnaru, jamburoal and other similar seasonal fruits that may be locally available; Fruit can be put on sticks to look like lollipops (fruit 'lollies') A balanced meal (see figure 1 below), Salads (prepared and stored hygienically)
Sweets such as cup-cakes, cookies, toffees, sweet desserts, sweet hedhika, etc.	Fresh fruit desserts, cut fresh fruit pieces, fruit 'lollies'
Sugar sweetened drinks with high sugar (e.g. fizzy drinks, packeted juices, malted drinks, flavoured milks containing added sugar)	Home-made or prepared drinks using no added sugar (see healthy foods list below), or less sugar, not more than 2 flat teaspoons per 250 ml glass.

Healthy foods that are encouraged



Water



Coconut water



Fresh fruit and vegetables that can be eaten on-the-go



Home-made natural drinks without added sugar (e.g. fresh fruit juices without added sugar, smoothies (made of yogurt, milk and fruit), "jugo", lollies or juice petty made with milk and fruit without added sugar, herbal teas and infusions)

Foods that are permissible, but preferably limited in quantity



Chocolates



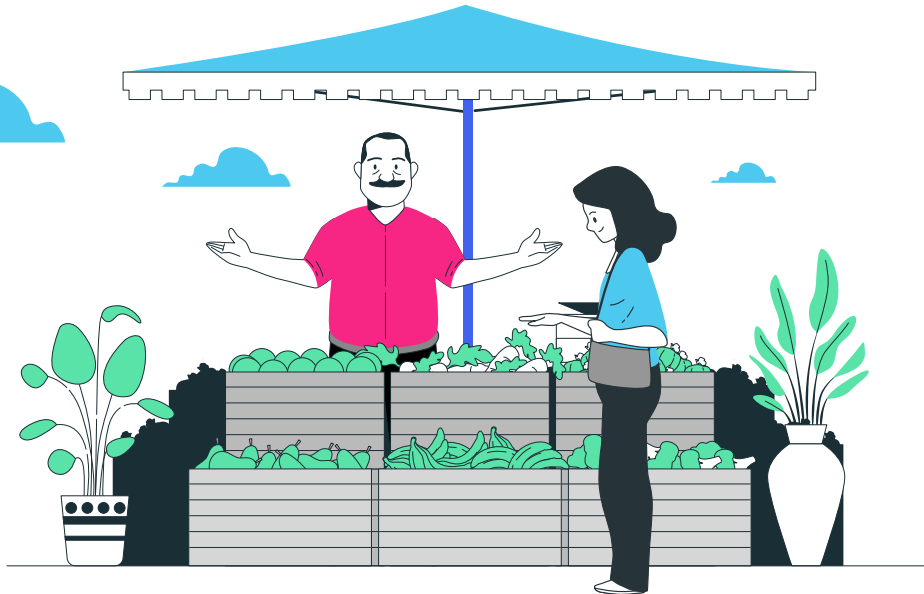
Ice-cream, milk-based sweet desserts



Fruit pies, fruit salads and similar fresh fruit-based sweet desserts



Sports drinks - during sports only



Unhealthy foods to be limited along with healthy choices

Unhealthy foods and items to be avoided completely	Healthy alternatives
Energy drinks	Water and fruit to eat, water with infusions for flavour Coconut water, fresh fruit juice without added sugar
Arecanut, supari and other arecanut products, betel quid ('dhufun'- betel, lime, areca nut mix)	Water and fruit to eat, water with infusions for flavour Coconut water, fresh fruit juice without added sugar
Processed meats, including sausages, luncheon meat, salami, etc.	Fish, chicken or fresh meat baked, grilled or cooked; kebabs; Fruit 'lollies' (fruit on sticks)
Ready-made packed junk foods high in salt, fats or sugar, such as potato chips, chicken rings, 'pick-fine', etc.	Nuts such as almonds, kanamadhu, hazelnuts, etc. (preferably without salt or sugar added) Baked chips without added salt
Any form of tobacco, or any product containing tobacco or nicotine as an ingredient, such as 'paan masala', etc.	

Figure 1: Food guide

Vegetables



Fruits



Milk & Dairy



Fish, Poultry, Egg, Meat, Legumes & Seeds



Fats and Oils



Water



Exercise



Annexes

Annex 3: Five Keys to food safe



1. Keep Clean

- Wash your hands before handling food and often during food preparation
- Wash your hands after going to the toilet
- Wash and sanitize all surfaces and equipment used for food preparation
- Protect kitchen areas and food from insects, pests & other animals

Why?

While most microorganisms do not cause disease, dangerous microorganisms are widely found in soil, water, animals and people. These microorganisms are carried on hands, wiping cloths and utensils, especially cutting boards and the slightest contact can transfer them to food and cause foodborne diseases.



2. Separate Raw and Cooked

- Separate raw meat, poultry and seafood from other foods
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- Store food in containers to avoid contact between raw and prepared foods

Why?

Raw food, especially meat, poultry and seafood, and their juices, can contain dangerous microorganisms which may be transferred onto other foods during food preparation and storage



3. Cook thoroughly

- Cook food thoroughly, especially meat, poultry, eggs and seafood
- Bring foods like soups and stews to boiling to make sure that they have reached 70°C. For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer
- Reheat cooked food thoroughly

Why?

Proper cooking kills almost all dangerous microorganisms. Studies have shown that cooking food to a temperature of 70°C can help ensure it is safe for consumption. Foods that require special attention include minced meats, rolled roasts, large joints of meat and whole poultry



4. Keep food at safe temperatures

- Do not leave cooked food at room temperature for more than 2 hours
- Refrigerate promptly all cooked and perishable food (preferably below 5°C)
- Keep cooked food piping hot (more than 60°C) prior to serving
- Do not store food too long even in the refrigerator
- Do not thaw frozen food at room temperature

Why?

Microorganisms can multiply very quickly if food is stored at room temperature. By holding at temperatures below 5°C or above 60°C, the growth of microorganisms is slowed down or stopped. Some dangerous microorganisms still grow below 5°C.

Annexes

Annex 3: Five Keys to food safe



5. Use safe water and raw materials

- Use safe water or treat it to make it safe
- Select fresh and wholesome foods
- Choose foods processed for safety, such as pasteurized milk
- Wash fruits and vegetables, especially if eaten raw
- Do not use food beyond its expiry date

Why?

Raw materials, including water and ice, may be contaminated with dangerous microorganisms and chemicals. Toxic chemicals may be formed in damaged and mouldy foods. Care in selection of raw materials and simple measures such as washing and peeling may reduce the risk.

Annexes

Annex 4: Example announcements to encourage public to keep the environment clean while they have fun

- Let's keep this area clean (and beautiful) till the end of the event so we can all enjoy better. Make sure to throw your empty cans, bottles, food wrappers, gift wrappers, tissues and any other waste in the dustbins.
- Waste bins are placed in..... and places. (Give clear directions.) If you cannot find a waste bin close by, put your garbage temporarily in a disposable bag and keep it with you till you reach a waste bin, then dispose it carefully into the bin. Try it, and you'll find that you'll be able to enjoy the event even better!.
- Chewing betel nut cause cancer of the mouth and esophagus. Use healthier alternative like Clove, Cumin, cardamon and cinnamon after the refreshments



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