

### **CGA/16/17 – Supporting health snack choices in Scottish hospitals: a feasibility study**

NHS Hospitals in Scotland offer snacks for patients, staff and visitors but could help them to make healthier choices. People consume too many high-calorie snacks, because they are tasty, widely available and it is difficult for people to compare different foods at the moment of choice. The present studies examines the feasibility of using previously tested, theory-based signs to change snack choices in a large hospital. Data will be collected on the foods available, the practicality of updating the signs, what factors are likely to influence adoption/use of the signs, and the feasibility of obtaining accurate purchasing data in order to plan future larger trial.