Introduction

An evaluation of Informed Dining in Health Care was conducted in November 2017 to measure the impact of the program on health care food retail customers. Health care staff completed an online survey. Hospital cafeteria customers were interviewed face-to-face immediately after they made a purchase. Key findings from both groups are presented below.

**HEALTH CARE STAFF**

**Program awareness**
- Half were aware of Informed Dining
- 2 in 5 used Informed Dining before
- 1 in 10 used the program at a hospital food retail outlet

**Program understanding**
- 9 in 10 found the nutrition information easy to understand
- 2 in 3 noticed the daily calorie and sodium requirements

**Interest in nutrition information**
- Nearly all look at nutrition information at least some of the time when eating out
- 6 in 10 look at nutrition information at least half of the time
- 6 in 10 said they were likely to check the nutrition information the next time they visit a participating outlet
- 1 in 4 said they definitely would check

**Purchase & dining habits**
- 6 in 10 buy food or beverages onsite at least weekly

**HOSPITAL CAFETERIA CUSTOMERS**

**Program awareness**
- 2 in 5 were aware of Informed Dining

**Purchase & dining habits**
- 7 in 10 buy food or beverages onsite at least weekly

**Access to nutrition information**
- 1 in 4 noticed the nutrition information before ordering
- 9 in 10 reported it was easy to find or access
- 1 in 2 looked at the available nutrition information before ordering

**Influence on purchase decisions**
- 4 in 5 who looked at the nutrition information reported that it had an influence on what they ordered*
- 1 in 3 said it had a strong influence

*Small sample size

Menu
- Customers used the nutrition information to
- make a menu selection
- compare the calories of a menu item to the daily calorie requirement for a healthy adult

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