It is full steam ahead with our #HealthyMeetings initiative. Many thanks to everyone who has returned scorecards and tweeted about the campaign – we have followers from across the world – from Shetland to Western Australia. The latest journal to cover the concept is from The National Health Executive publication entitled ‘Every Contact Counts’ (http://www.nationalhealthexecutive.com/Comment/every-contact-counts) and we are delighted to learn that the British Dietetic Association are using the scorecard as part of #DietitiansWeek.

We have had lots of feedback from meetings and thought it useful to showcase the annual conference for the UK Society of Behavioural Medicine (http://www.uksbm.org.uk) which took place in December at the Hilton Hotel Newcastle Gateshead (www.hilton.com) and was organised by KC Jones Events (@KCJonesEvents). Lots of great papers and posters on changing behaviour so - where better to put healthy meetings into practice over a two day meeting?

Great to see: Healthy Food Options

Sea bass

“Great start to @UkSBM #UkSBM2015 this morning with lots of #HealthyMeetings snacks and water.”

Kale & chilli gnocchi with tomato broth

“Great to see the fruit going down well at @UKSBM #UKSBM2015 pre-conference workshops.”

Fruit skewers

“Wonder if we got our portion sizes right at #UKSBM2015?”

Healthy food selection (Great to see coconut brown rice, plenty of vegetables)

Water freely available throughout the day
Great to see: Being Active & Less Inactive

Walking prompts

Standing height tables for lunchtime networking

Chair guidance for active applause

“Great to see so much space devoted to standing in sessions, let's make it a social norm!”

Stair prompts

“What a great idea #HealthyMeetings @UKSBM! ‘@KCJonesEvents: Standing AGM #UKSBM2015’.”

Guess what? A standing AGM!

“Great to see this is now happening, hopefully start of a trend. ‘@UKSBM: Standing ovations at #UKSBM2015 #HealthyMeetings’.”

Remember to complete a scorecard after your meetings so we can collate more examples of good practice.

Get more scorecards