

Review: changes in vending machines can promote health

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(HealthDay)—Pricing and availability strategies can improve nutritional quality of purchases from vending machines, according to a review published in the December issue of *Obesity Reviews*.

Amanda Grech and Margaret Allman-Farinelli, Ph.D., from the University of Sydney, conducted a systematic review to determine the ability of [nutrition interventions](#) in vending machines to elicit behavior change and improve the diet quality or weight status of consumers. Data were included from 12 trials; the intervention settings included schools, universities, and workplaces.

The researchers found that sales of healthier choices were increased by reducing price or increasing availability. Heterogeneous results were seen for point-of-purchase nutrition information interventions; when

measured, small changes to purchases were observed.

"This review offers evidence that pricing and availability strategies are effective at improving the [nutritional quality](#) foods and beverages purchased from vending machines," the authors write. "Evidence on how these interventions alter [the] consumer's overall diet or [body mass index](#) is needed."

More information: [Abstract](#)
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