Data of unhealthy food availability in hospitals.

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Nick A Iarrobino
Christopher P Haskins

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Data Article

Data of unhealthy food availability in hospitals

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A R T I C L E   I N F O

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A B S T R A C T

In our manuscript, we present the food choices available at vending machines in government-run Veterans Affairs Hospitals. The data in this article includes both a quantification of the beverages and packages foods available, along with a comparison of recommendations and sugar content to the government-issued USDA Dietary Guidelines 2015–2020. For further discussion on the results of this study, refer to the full manuscript “Lead by Poor Example: An Assessment of Snacks, Soda, and Junk Food Availability in Veterans Affairs Hospitals” (Champ et al., 2018) [1].

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Specifications table

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<tr>
<th>Subject area</th>
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<tr>
<td>More specific subject area</td>
<td>Nutrition</td>
</tr>
<tr>
<td>Type of data</td>
<td>Tables and Figures</td>
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<tr>
<td>How data was acquired</td>
<td>Freedom of Information Act request through online submission</td>
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<tr>
<td>Data format</td>
<td>Raw</td>
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<tr>
<td>Experimental factors</td>
<td>The number and contents of vending machines were quantified at Veterans Affairs Hospitals, and nutritional content was calculated.</td>
</tr>
</tbody>
</table>

DOI of original article: https://doi.org/10.1016/j.nut.2018.09.028

* Corresponding author.

E-mail address: champce@upmc.edu (C.E. Champ).
Experimental features

Data was compared with official government dietary guidelines, the USDA Dietary Guidelines 2015–2020, to assess whether the foods presented within their facilities correlated with these guidelines.

Data source location

All Veterans Affairs Hospital Locations, USA

Data accessibility

Data can be found within this article

Value of the data

- These data reveal what foods are available in vending machines within our government-run Veterans Affairs Hospitals
- Findings illustrate the quantity of vending machines at all hospital locations
- These data expose the quantitative and qualitative aspects of required food and drink items offered to patients and guests within hospitals
- These data can be directly compared to government-provided dietary recommendations to assess consistency and areas that need addressed

1. Data

There are three tables describing the locations and contents of vending machines, and two figures revealing the mandated contents in each. Table 1 lists the Veteran Affairs facilities and number of vending machines on site. Table 2 describes the drink items supplied in vending machines and their sugar content. Table 3 describes the packaged food items available in vending machines. Fig. 1 is an example of required beverages in vending machines. Fig. 2 is an example of required packaged foods in vending machines.

2. Experimental design, materials and methods

Veterans Affairs Hospitals were assessed via an official request after process verification for the Freedom of Information Act from the Veterans Administration. The request was for the location and number of VA hospitals containing vending machines, the number of vending machines within each hospital, and the contents of these vending machines. The contents were analyzed from the FOIA reports, and the nutritional contents of each beverage were assessed via the United States Department of Agriculture (USDA) Food Composition Databases, pepsicobeveragefacts.com, coca-colaproductionfacts.com, and myfitnesspal.com if the former sources did not contain nutritional information. These results were compared with official government dietary guidelines, the USDA Dietary Guidelines 2015–2020.
Table 1
Veteran Affairs facilities and number of vending machines on site.

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# = number of vending machines at facility.
Table 2
Drink items supplied in vending machines and their sugar content.

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<th>Mandatory item</th>
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<td>44</td>
<td>N/A</td>
<td>Ocean Spray Grapefruit~</td>
<td>42</td>
</tr>
<tr>
<td></td>
<td>Dr. Pepper</td>
<td>41</td>
<td>66</td>
<td>AMP Energy Drink</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>Diet Dr. Pepper</td>
<td>0</td>
<td>0</td>
<td>AMP Sugar Free</td>
<td>N/A</td>
</tr>
</tbody>
</table>

N/A = not available, oz = fluid ounce.

*a* Option of adding Dr. Pepper (12 oz 41 g and 20 oz 66 g sugar) and Diet Dr. Pepper.

*b* 16 oz, ~ 100% fruit juice.

*c* 9.5 oz.

*d* 10 oz.
### Table 3

Food items available in vending machines.

<table>
<thead>
<tr>
<th>Mandatory Items</th>
<th>Substituted Items</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Candy:</strong></td>
<td><strong>Candy:</strong></td>
</tr>
<tr>
<td>M&amp;Ms</td>
<td>Skittles</td>
</tr>
<tr>
<td>Peanut M&amp;Ms</td>
<td>Twix Candy Bar</td>
</tr>
<tr>
<td>Snickers Candy Bar</td>
<td>Payday Candy Bar</td>
</tr>
<tr>
<td>Milky Way Candy Bar</td>
<td>Kit Kat Candy Bar</td>
</tr>
<tr>
<td>3 Musketeer Candy Bar</td>
<td>Twizzlers</td>
</tr>
<tr>
<td>Reese's Peanut Butter Cup</td>
<td>Almond Joy Candy Bar</td>
</tr>
<tr>
<td>Reese's Pieces Candy</td>
<td>Potato Chips/Puffed Corn Snack</td>
</tr>
<tr>
<td>Hershey Almond Bar</td>
<td>Baked lays Potato Chips</td>
</tr>
<tr>
<td>MF Buddy Bar</td>
<td>Ruffles Cheese &amp; Sour Cream Potato Chips</td>
</tr>
<tr>
<td>Welch's Fruit Snack</td>
<td>Stacey's Pita Chips</td>
</tr>
<tr>
<td>Lifesaver Wintogreen</td>
<td>Lays Barbecue Potato Chips</td>
</tr>
<tr>
<td>Lifesaver 5</td>
<td>Sweet Potato Kettle Chips</td>
</tr>
<tr>
<td><strong>Pastry/Frosted Baked Goods</strong></td>
<td><strong>Cookies</strong></td>
</tr>
<tr>
<td>MF Texas Cinnamon Roll</td>
<td>Grandma's Chocolate Chip Cookies</td>
</tr>
<tr>
<td>MF Cinnabon Honey Bun</td>
<td>Nutter Butter Cookies</td>
</tr>
<tr>
<td>Strawberry Pop Tart</td>
<td><strong>Crackers/Pretzels</strong></td>
</tr>
<tr>
<td>Rice Krispie Treats</td>
<td>Wheat Thins</td>
</tr>
<tr>
<td>MF Chocolate Donut</td>
<td>Wheat Thins Veggie</td>
</tr>
<tr>
<td><strong>Cookies</strong></td>
<td><strong>Pastry/Frosted Baked Goods</strong></td>
</tr>
<tr>
<td>Oreo Bite Size</td>
<td>Belvita Blueberry</td>
</tr>
<tr>
<td>Chips Ahoy Bite Size</td>
<td>MF Powdered Sugar Donuts</td>
</tr>
<tr>
<td>Grandma's Vanilla Crème Cookies</td>
<td><strong>Gum</strong></td>
</tr>
<tr>
<td>Grandma's Oatmeal Raisin Cookies</td>
<td>Trident Spearmint</td>
</tr>
<tr>
<td><strong>Potato Chips/Puffed Corn Snack</strong></td>
<td>Trident Tropical Twist</td>
</tr>
<tr>
<td>Lays Regular Potato Chips</td>
<td><strong>Popcorn</strong></td>
</tr>
<tr>
<td>Fritos</td>
<td>Smart Popcorn</td>
</tr>
<tr>
<td>Cheetos</td>
<td>Act II Popcorn</td>
</tr>
<tr>
<td>Doritos Nacho</td>
<td><strong>Pork Rinds</strong></td>
</tr>
<tr>
<td><strong>Crackers/Pretzels</strong></td>
<td>Mac's Pork Rinds</td>
</tr>
<tr>
<td>TGIF Cheddar/Bacon</td>
<td><strong>Granola Bar</strong></td>
</tr>
<tr>
<td>Cheez-It</td>
<td>Clif Bar</td>
</tr>
<tr>
<td>Snyder Mini Pretzels</td>
<td><strong>Jerky</strong></td>
</tr>
<tr>
<td>Gardettos Original</td>
<td>Jack Links Tender Cut Jerky</td>
</tr>
<tr>
<td>Lance Toast Chee Peanutbutter Crackers</td>
<td><strong>Nuts/Trail Mix</strong></td>
</tr>
<tr>
<td>Nature Valley Oats and Honey</td>
<td>Kind Bar</td>
</tr>
<tr>
<td>Nature Valley Peanut Butter</td>
<td>Honey Roasted Peanuts</td>
</tr>
<tr>
<td><strong>Nuts/Trail Mix</strong></td>
<td>Wonderful Pistachios</td>
</tr>
<tr>
<td>Kars Trail Mix</td>
<td>Grandma's Chocolate Chip Cookies</td>
</tr>
<tr>
<td>Planters Peanuts</td>
<td>Nutter Butter Cookies</td>
</tr>
</tbody>
</table>
**Fig. 1.** Example of required beverages in vending machines.
**Transparency document. Supporting information**

Transparency data associated with this article can be found in the online version at https://doi.org/10.1016/j.dib.2018.10.084.

**Reference**