

Healthy Footwear Group (HFG)



Shoe Selection Advice

The HFG guidelines enable footwear manufacturers to produce shoes with recognised qualities that help maintain good foot health.

This provides a useful starting point for purchasers to identify brands, individual styles and places where they can purchase footwear that meets the HFG guidelines.

Every pair of feet is unique to their owner and footwear bearing the HFG mark will only provide good comfort and wear qualities if the fit is good. Users of the HFG guidelines are encouraged to follow the advice below to help achieve a good standard of fit.

Footwear Fastenings

A critical factor to achieve a good fit is a fastening with sufficient adjustment. Styles with a **Lace, Velcro or a Buckle fastening** provide most adjustment and the HFG encourage purchasers to select footwear with this type of fastening where possible.

However, in awarding the HFG mark the executive group have taken into account that some users of the guidelines will have difficulty with lace, buckle or Velcro type fastenings and have included products that meet the guidelines and have an elasticated adjustment! It should be recognised that elasticated fastening cannot provide the range of adjustment of other fastening types but do provide a solution if managing alternative fastenings is difficult.

Footwear Types

The HFG mark has been awarded to some indoor footwear that is constructed to provide additional support and stability not usually found in house slippers. This type of footwear will have a heel counter providing support and stability and adjustable fastenings and be more suitable for purchasers who are mobile but spend the majority of time indoors.