

Healthy Kansas Hospitals

- Kansas Health Foundation Initiative
- Three year program
- Awarded in July 2013
- Goal: 50 hospitals to alter their current food/beverage policies and practices.



Making healthy options the routine, easy choice.

Why focus on hospitals?

- Concept is compatible with mission to prevent and treat chronic disease
- 24/7 operations
- 12 billion in food & beverage purchases per year
- 127 community hospitals in KS
 - In total, approx. 57,000 employees
 - 313,000 patients discharged in 2012
 - Countless others involved in outpatient, visitors, etc.



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Why focus on hospitals?

- Adults spend 1/3 of their day (on avg) at work where they consume meals, beverages, and snacks in worksite cafeterias, vending machines, and meetings.
- Dietary risks are the #1 cause of preventable mortality.*

*per the American Heart Association



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HOW: Examples of Healthy Food & Beverage Policies

- No foods will be deep fat fried.
- Healthy entrée options will be offered daily and have nutritional facts posted.
- The food budget will be at least 10 percent fresh fruits and vegetables.
- No “energy” drinks are sold.
- Snacks sold in the cafeteria include fresh fruits and packaged snacks containing zero grams of processed trans fat.
- Drinking water must be offered at no charge at all times in the cafeteria.
- Half portions at Half price

Update of Project

- As of today, 77 hospital CEO's have signed the pledge.
- To date, 13 hospitals have made formal changes to their food/beverage policies.

John Fitzthum CSU 94'

- 30 years restaurant experience
 - 2 years Bisetti's Italian Restaurant ~ sous chef
 - 3 years Historic Redstone Inn ~ sous chef
 - 12 years Colorado Subway franchisee
 - 1 year John Browns chef/owner ~operator
 - 4 years Candle Club chef/general manager
 - 1 year HaysMed HaysMed chef/food service manager



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What are we doing?

- real food ~ quality ingredients
 - “Let food be thy medicine and medicine be thy food!” ~ Hippocrates
 - meatballs
 - chicken Enchiladas



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What are we doing?

- Associate education
 - ingredient of the Month
 - garlic
 - squash
 - garbanzo beans
 - buzzword education ~ know the definition
 - antibiotic free ~ rBST free ~ Paleo ~ gluten Free ~ heart healthy ~ natural ~ hormone free ~ GMO
 - reduction of sugary beverages



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Sugar

- Added sugars contribute additional calories and zero nutrients to food.
- Reducing the amount of added sugars you eat cuts calories and can help you improve your heart health and control your weight.
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- ***How Many Teaspoons of added sugar do you eat each day?***
- Average American intake: ***22 to 30 teaspoons*** per day

- American Heart Association Recommendations:
- ***Women = 6 teaspoons per day***
- ***Men = 9 teaspoons per day***



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What are we doing?

- grab and go
 - fresh wraps and sandwiches
 - fresh cut fruit cups
 - “healthier” beverages
 - Greek yogurt
- infused water everyday in the cafe



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What are we doing?

- nutritional counts at order here
- catering
 - no soda served at catering events ~ infused water & tea
 - fresh fruit platters instead of donuts and muffins for breakfast
 - limited sauces ~ infused mayo's and mustards



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What are we doing?

- Center For Health Improvement
 - exercise is medicine
 - get well sooner stay well longer
 - fit lunch
 - MyHealth account and messages



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What are we doing?

- Center For Health Improvement
 - wellness committee
 - healthy food and beverage in place by April 2016



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