

## Examples of Hospitals with Healthy Food and Beverage Policies

### **Baylor Health Care System (TX)**

The entire Baylor system, which includes more than a dozen facilities, is eliminating sugar-sweetened beverages (SSB) from cafes and vending machines. The only options now available are diet drinks, fruit juices, or water.

<http://www.wfaa.com/news/health/Sugary-Soda-Ban-169223826.html>

### **Children's Mercy Kansas City (Kansas City, MO and Kansas City, KS)**

Children's Mercy Hospitals and Clinics, which includes seven locations in Kansas City, introduced the TakeCARE employee wellness program in 2008 and participated in the national initiative Collaborate for Healthy Weight in 2011. In 2012, Children's Mercy joined Partnership for A Healthier America to make a hospital-wide healthy food commitment, including purchasing and serving more fruits and vegetables, marketing healthier foods, adopting healthy check out (only health-promoting food options within five feet of all cash registers), and labeling foods and beverages with calorie information.

Children's Mercy began offering wellness meals in 2013 and offers at least one option for children's meals and three options for adults in cafeterias and on patient menus. Wellness meals for children must contain <560 calories, <10 percent calories from saturated fat, 0 grams of trans fat, and <665 mg of sodium. The meals must contain 1¾ ounces of lean protein, 1¾ ounces of whole grains, ½ cup fruit, ¾ cup of non-fried vegetables, and 1 cup of low-fat dairy. For adults, the meals must contain <700 calories, <10 percent calories from saturated fat, 0 grams of trans fat, and <800 mg of sodium. The meals must contain 2 ounces of lean protein, 2 ounces of whole grains, ¾ cup fruit, ¾ cup of non-fried vegetables, and 1 cup of low-fat dairy.

Children's Mercy stopped selling sugar-sweetened beverages in January 2013, diet drinks, 100 percent fruit juice, water, flavored water, teas, and coffee instead. Children's Mercy committed to phasing in healthier a la carte cafeteria entrees and side dishes (up to 60 percent of offerings) and removing fryers and fried products by 2015. Full implementation of the PHA commitment was achieved in 2015, and efforts to ensure sustainability are ongoing.

[https://www.childrensmercy.org/library/uploadedFiles/childrensmercyorg/Patients\\_and\\_Families/Your\\_Childs\\_Visit/Cafeteria\\_and\\_Room\\_Service/Fill%20Better.pdf](https://www.childrensmercy.org/library/uploadedFiles/childrensmercyorg/Patients_and_Families/Your_Childs_Visit/Cafeteria_and_Room_Service/Fill%20Better.pdf)

### **Cleveland Clinic (Cleveland, OH)**

In 2010, the Cleveland Clinic eliminated sugar-sweetened beverages from its cafeterias and vending machines throughout the enterprise. Other changes in the food and beverage environment included eliminating whole and 2% milk in favor of 1% and fat-free milks and replacing fryers with ovens in hospital cafeterias.

[http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/p2p/P2P\\_Food\\_Issue1.pdf](http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/p2p/P2P_Food_Issue1.pdf)

### **Commons Health Hospital Challenge (Minnesota and Wisconsin)**

Minnesota and Wisconsin hospitals have pledged to remove sugary drinks from their dining rooms, cafeterias, vending machines, patient meals, and onsite food court vendors within one

year of taking the pledge. The hospitals and hospital systems that have taken the pledge include:

- St. Luke's Hospital (Duluth, MN)
- Riverwood Healthcare Center (Aitkin, MN)
- Grand Itasca Clinic and Hospital (Duluth, MN)
- Essentia Health (Twin Ports: Duluth, MN and Superior, WI)
- Cook County North Shore Hospital (Grand Marais, MN)
- Lake View Hospital (Two Harbors, MN)
- Baldwin Area Medical Center (Baldwin, WI)

<http://www.commonshhealthchallenge.org/hospitalchallenge.html>

#### **Dartmouth-Hitchcock Medical Center** (Lebanon, NH)

In January 2012, DHMC eliminated the sale of SSBs on its Lebanon campus; this includes catering, the dining room, café, and vending. Additionally, all on-site outside vendors and vending companies voluntarily agreed to discontinue selling SSBs in their retail locations over time. Sweetened milk products can still be sold.

<http://www.unionleader.com/article/20111230/NEWS07/712309991>

#### **Fairview Hospital** (Great Barrington, MA)

In the spring of 2010, Fairview Hospital eliminated sugar-sweetened beverages from the cafeteria, catering, vending, and patient menus. This policy did not cause a reduction in sales revenue. The hospital believes the continued education of its staff was an important component of its success. Fairview also was able to implement a healthier catering menu policy, eliminating sugar sweetened beverages at hospital-sponsored meetings and encouraging the purchase of healthier food items.

[http://www.noharm.org/lib/downloads/food/Fairview\\_Hospital\\_Beverage\\_Best\\_Practices.pdf](http://www.noharm.org/lib/downloads/food/Fairview_Hospital_Beverage_Best_Practices.pdf)

#### **Geisinger** (Danville, PA)

In 2018, Geisinger implemented the Healthy Selections program, which included eliminating trans fats and fryers, limiting sodium, and serving local produce. Geisinger announced in 2017 that it would eliminate sugar-sweetened beverages at all locations by January 1, 2018 and serve only water, 100 percent fruit juice, tea and coffee, diet sodas, unflavored milk, and zero-calorie flavored waters.

<https://www.geisinger.org/about-geisinger/news-and-media/news-releases/2018/01/04/16/38/geisinger-eliminates-sugar-sweetened-beverages>

#### **Healthier Hospitals Initiative – Healthier Food Challenge** (Health Care Without Harm)

Over 30 health systems, comprising more than 250 hospitals in 27 states have pledged to increase healthier drink purchases and/or improve the balance of meals served and sold.

<http://healthierhospitals.org/hhi-challenges/healthier-food>

#### **Healthy Beverages in Hospitals Campaign** (Boston, MA)

Nine hospitals and three health care centers in Boston, MA are using a variety of healthy beverage strategies, including: pricing, stoplight labeling (red, yellow, green), product arrangement, education, and elimination/replacement strategies. Carney Hospital and St. Elizabeth's are two of the hospitals involved.

[http://www.cityofboston.gov/news/uploads/24633\\_13\\_17\\_31.pdf](http://www.cityofboston.gov/news/uploads/24633_13_17_31.pdf)

#### **Healthy Hospital Food Initiative** (New York City, NY)

Thirty-two NYC hospitals (17 private and 15 public hospitals) are participating in the voluntary Healthy Hospital Food Initiative, a program coordinated by the New York City Department of Health and Mental Hygiene. The hospitals will implement the NYC Food Standards in cafeterias, beverage vending machines, food vending machines, and patient meals. As of November 2012, 21 hospitals have implemented the beverages vending standards, 22 have implemented the snack vending standards, and 11 are making changes to their cafeterias/cafes. Some of the hospitals participating in the initiative include Coney Island Hospital, Harlem Hospital Center, Metropolitan Hospital Center, New York-Presbyterian Hospital/Columbia University Medical Center, and Queens Hospital Center. The entire list of hospitals and the NYC Food Standards can be found at:

<http://www.nyc.gov/html/doh/html/living/cardio-hospital-food-initiative.shtml>

#### **Hospital Healthy Food Initiative** (Partnership for a Healthier America)

Through the Partnership for a Healthier America (PHA), 700 hospitals have committed to improving patient meals, implementing cafeteria standards, having healthy food at checkouts, labeling calories of cafeteria items and patient meals, marketing healthy products, removing deep-fat fryers, increasing fruit and vegetables purchases, and improving available beverages. The hospitals include: about 400 hospitals that use Morrison Healthcare Food Services, 44 Catholic Health Initiatives Hospitals, 12 Centura Health Integrated Statewide Network Hospitals in Colorado, 19 Indiana University Health Hospitals, 37 Kaiser Foundation Hospitals (primarily in California), 10 MaineHealth Hospitals, and more.

<http://ahealthieramerica.org/es/our-partners/hospitals/>

#### **Indiana University Health** (Indianapolis, IN)

As of May 2013, Indiana University Health removed all sugar-sweetened beverages from cafeterias, vending machines, and gift shops at two of its hospitals. Eventually all of the IU Health facilities will follow suit. In addition, IU Health will remove all deep-fat fryers from its health facilities, will make healthier options less expensive, and mark foods red, yellow, and green to identify healthier options. Outside vendors, Au Bon Pain and Sonny's Pizza & Deli, also have agreed to remove sugar-sweetened beverages. IU Health is following guidelines established by the Partnership for a Healthier America.

<http://www.usatoday.com/story/news/nation/2013/05/16/hospitals-no-sugary-drinks/2192673/>

#### **Karat Gold Partnership** (Kansas City, MO and Kansas City, KS)

Hospitals in Kansas City, MO and Kansas City, KS have pledged to eliminate beverages with added sugars from vending machines and increase water availability. St. Luke's Hospital has

taken the beverage pledge and Children's Hospital (see above) has taken the beverage pledge and pledged to improve the nutritional quality of foods in cafeterias and patient meals.

<http://www.kcfoodpolicy.org/karat-gold-partnership>

#### **ProMedica** (Northwest Ohio and Southeast Michigan)

Starting February 1, 2013, all eleven ProMedica hospitals will stop serving and selling sugar-sweetened beverages in all hospital cafeterias, cafes, gift shops, vending machines, patient and family meals, and all catering at ProMedica sites. Hospitals will sell or provide water, low or no fat milk, unsweetened coffee or tea drinks, 100% juice, and diet soft drinks.

<http://www.promedica.org/body.cfm?id=19&action=detail&ref=106>

#### **Rady Children's Hospital** (San Diego, CA)

In October of 2012, Rady Children's Hospital began a Rethink Your Drink promotion to phase out sugar-sweetened beverages (SSBs), with the goal decreasing sales of sugar sweetened beverages in the hospital by 30% from FY 13 Qtr 1 to FY 13 Qtr 4. SSBs are now limited and placement strategies are implemented in the cafeteria, deli, vending machines, grab n go's, and gift shops in order to increase sales of healthier beverages.

<http://www.rchsd.org/healthsafety/rethinkyourdrink/A006385>

#### **Seattle Children's Hospital** (Seattle, WA)

Children's Hospital launched an initiative called Mission: Nutrition. Phase one is currently underway and includes removing deep-fat fryers, removing sugary drinks from cafeterias, vending, and gift shops, and adding additional healthy options to the menu. Additional phases will be rolled out in the coming years.

<http://pulse.seattlechildrens.org/mission-nutrition-brings-healthier-food-and-drink-options-to-seattle-childrens/>

<http://copcwa.org/healthier-beverage-environments/>

#### **University of Michigan, Michigan Medicine** (Ann Arbor, MI)

University of Michigan Hospital System implemented a healthier beverage program and removed sugar sweetened beverages from cafeterias, coffee kiosks, vending machines, and inpatient dining options at their hospitals, health centers, administrative buildings, and medical school.

<http://www.uofmhealth.org/drink>

The University of Michigan has adopted nutrition guidelines specifically for patients with heart disease for foods and beverages served in the Atrium Healthy Heart Café at the Ann Arbor Medical Campus. Beverages must contain no added sugar, additives, or dyes, milk and milk alternatives must be nonfat or low-fat and a "good" sources of calcium, and all other beverages must be  $\leq 5$  calories per eight-ounce serving. Nutrient limits or minimums, including for calories, total fat, saturated fat, fiber, added sugars, sodium, and trans fat, were set for the following food categories: baked goods, breads, cereals, bars, chips and pre-packed snacks, fruits, main dishes and sandwiches, yogurt, proteins (animal and plant based), healthy fats, sides, salad dressing and condiments, soups, and vegetables. The standards are based on the

general [MHealthy criteria](#) but include lower sodium offerings. Specifically, the sodium must be ≤600 mg for main dishes and sandwiches; ≤480 mg for soups; ≤300 mg for baked goods, bread, and chips and pre-packaged snacks; ≤240 mg for snack bars and side dishes; and ≤140 mg per ounce and ≤240 mg per serving for lunch meats and protein-based salads; and ≤140 mg salad dressings, and condiments.

The MHealthy logo identifies foods that meet the nutrition guidelines, which make up 90 percent of the foods served in the Café. In addition, half of vending machine at Michigan Medicine must meet the MHealthy Nutrition Guidelines.

<https://hr.umich.edu/sites/default/files/CVC-Guidelines-2017.pdf>

#### **University of Pennsylvania Health System** (Philadelphia, PA)

Penn Medicine has implemented the Balanced Choice vending program in its hospitals. It highlights healthy options by placing green stickers on the front of them and through prominent product placement. The program requires at least 30% of snack items to meet nutrition requirements.

[http://www.uphshrandyou.com/FormsAndGuides/Vending\\_Flyer.pdf](http://www.uphshrandyou.com/FormsAndGuides/Vending_Flyer.pdf)

#### **Vanguard Health Chicago** (MacNeal Hospital, Berwyn, IL, Weiss Memorial Hospital, Chicago, IL, Westlake Hospital, Melrose Park, IL, and West Suburban Hospital, Oak Park, IL)

In July 2012, those four hospitals began removing all sugar-sweetened beverages from vending machines, cafeterias, and lounges. They are increasing healthier offerings and plan to eliminate all sugar- and artificially-sweetened beverages in the coming year. Beverages with less than a teaspoon of sugar per 12 ounces will continue to be sold.

[http://articles.chicagotribune.com/2012-04-24/business/ct-biz-0425-hospital-sugar-ban-20120424\\_1\\_sugar-sweetened-beverages-drinks-hospital-group](http://articles.chicagotribune.com/2012-04-24/business/ct-biz-0425-hospital-sugar-ban-20120424_1_sugar-sweetened-beverages-drinks-hospital-group)

In an effort to improve the overall food environment, some hospitals and healthcare facilities have asked less healthy fast food chains to stop operating on hospital property.

The following hospitals have removed McDonalds from their property:

- Lurie Children's Hospital, Chicago, IL
- Parkland Health and Hospital System, Dallas, TX
- Truman Medical Centers, Kansas City, MO
- Vanderbilt Medical Center, Nashville, TN

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