

Healthy Beverage Programs in Health Care



Healthy Food in Health Care Program
www.healthyfoodinhealthcare.org

Healthy Beverages Defined:

Water (filtered tap, unsweetened, 100% fruit-infused, seltzer or flavored); 100% fruit juice (optimal 4oz serving); 100% vegetable juice (optimal sodium less than 140 mg); Milk (unflavored AND Certified Organic or rBGH-free); Non-dairy milk alternatives (unsweetened); Teas and Coffee (unsweetened with only naturally occurring caffeine). Beverages should be locally sourced, sustainably produced and Organic when possible (See Definitions for Local/Sustainable per HHI). Beverages should be dispensed by tap or fountain AND reusable beverage containers encouraged when possible.

Updated 3/25/12

STOP. RETHINK YOUR DRINK. GO ON GREEN.



Red - Drink Rarely, If At All

- Regular sodas
- Energy or sports drinks
- Fruit drinks



Yellow - Drink Occasionally

- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice



Green - Drink Plenty

- Water
- Seltzer water
- Skim or 1% milk



Building a Healthy Boston
Mayor Thomas M. Menino

Made possible by funding from the US Department of Health and Human Services
through Communities Putting Prevention to Work.

Visit www.bphc.org/chronicdisease
for more information.

Boston Public Health Commission Educational Signage with brochure envelope
<http://www.bphc.org/programs/cib/chronicdisease/healthybeverages/Pages/Home.aspx>

Steward Health System – *Holy Family Hospital* Methuen, MA



Steward Health System - *St. Elizabeth Medical Center*

Brighton, MA

- ◎ **Retail Inventory:** Removing 32 “Red”, Adding 11 “Green and 20 “Yellow” options. Committed to not add anymore “RED”
- ◎ **Reorganization of beverages:** placing “Green” beverages at eye level and “Red” beverages at least desirable location
- ◎ **Fountain Beverages:** Removing all “Red” offering
- ◎ **Price structure shift:** Lower priced “Green beverages
- ◎ **Educate consumers:** Utilize color-coded price tags and point of purchase dots
- ◎ **Reduce Advertising:** New clear faced, plain sided vending machines
- ◎ **Increasing free water access:** Adding an additional filtered water machine in main cafeteria with reusable mug program

Vanguard Health System - MetroWest Medical Center

Framingham, MA



Vanguard Health System – *St. Vincent Hospital* Worcester, MA



Offer is only valid for drinks that are on the green zone.

The free drink must be on the green zone .

Ask cashier for details.

Name: _____

Department: _____

Phone # or Ext #: _____

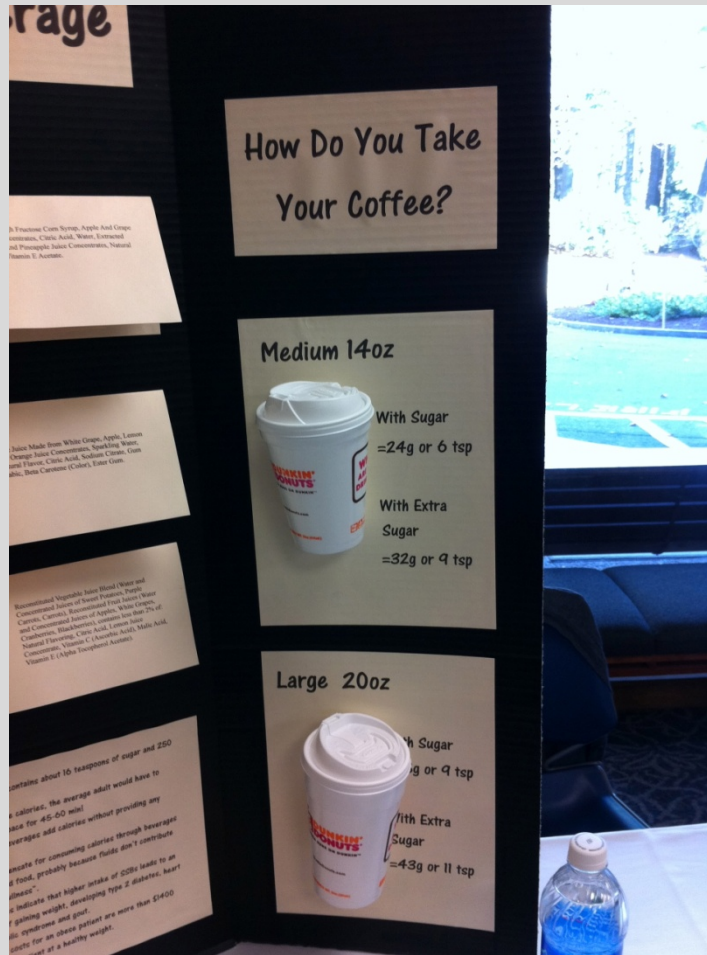
Email: _____

Vanguard Health System - *MetroWest Medical Center*

Framingham, MA



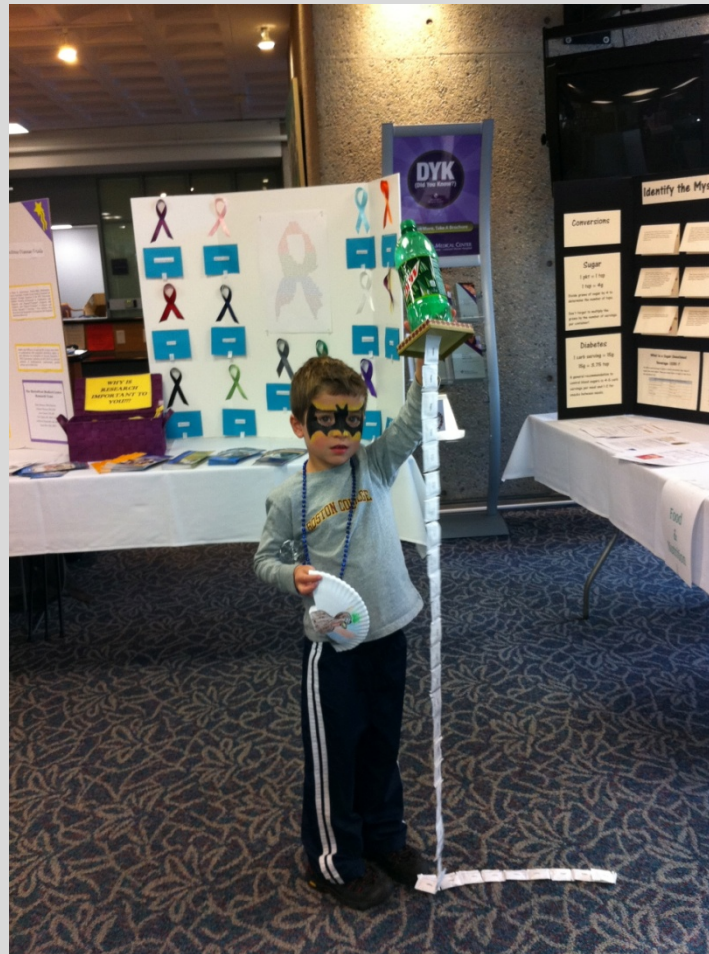
MetroWest Medical Center Health Fair



MetroWest Medical Center *Health Fair*



Vanguard Health System - *MetroWest Medical Center* Framingham, MA



Boston Medical Center





Children's Hospital Boston

Food Service

Sugar Sweetened Beverage Reduction



These slides from
Children's Hospital
Boston were shown in
the hospital cafeteria
televisions

Stop Light Program

- Red, Yellow and Green Doors
- Boston Public Health Educational take away brochures
- Marketing on Carousels



Hydration Stations

- 2 New Hydration Stations
- Water Frequent Buyer Cards



Reduction

- Changed patient floor supply soda from 12oz to 8oz cans
- SSB option removed from combo meals (Water only)
- \$.99 water option for catering events (SSB \$1.49)



Fairview Hospital Great Barrington, MA



Highlighted: Refillable stainless steel container promotion in retail Porable water and iced tea provided via catering.

Fairview Hospital Great Barrington, MA



New!

Our Menus are Healthier:

- Developed healthier recipes
- Offered more low fat items
- Purchased Fair Trade Coffee
- Soups now made with homemade, low fat stock
- Substituted fruit for cookies at meetings
- Replaced soda with unsweetened iced tea and water at meetings

Our Own Vegetable Garden:

- Developed an on-site vegetable garden and have increased its size every year

Our Staff Are More Educated and Aware:

- Educated on Green Initiative
- Collaborated with Employee Wellness for healthier options
- Berkshire Health System (both Fairview and Berkshire Medical Center) joined the Practice Greenhealth Organization



Foodservices director Roger Knish and Maggie DeGrande in Fairview's garden last summer



174_FOODSERV_081010_2

Partners!

Local Farmers Are Our Partners:

- Visited local farms and joined Berkshire Grown
- Provided specification standards to farmers for foods purchased
- Initiated barter system with farmers; clean compost for fresh produce
- Started a weekly on-site farmers market during harvest season
- Incorporated herbs grown at local high school in our menus
- Local chefs promoted in our "Summer Chef Series"

Our Local Offerings:

- Local Beef
- Local Maple Syrup
- Local Produce
- Local Eggs
- Local Jersey Milk
- Locally baked bagels



Gone!

You Won't Find These In Our Kitchen:

- Deep fat fryer
- Trans fats
- Styrofoam
- Bottled water
- Sugar-sweetened beverages

Greener!

Our Catering Has Gone Green:

- Substituted china and glassware for paper and plastic
- Smaller plates and portions offered in line with RDA
- Environmentally friendly disposables used

Our Hospital Embraces Sustainability Initiatives

- Began recycling program
- Presented a poster and an abstract at the World Trade Center in Boston at FoodMed 2007
- Signed the Preservation of Antibiotics for Medical Treatment Act
- Purchased new cashless cash register system that allows credit cards and gift card capabilities, as well as the purchase of half portions in cafe
- Donated recyclable cans and bottles to the Special Olympics
- Shifted to environmentally safe chemicals
- Purchased an Energy Star Dish Machine, will benefit with \$8072 in annual energy savings
- Decreased food waste by eliminating duplicate trays



60071 1008 AM


Dartmouth Hitchcock Medical Center Lebanon, NH




Anne Arundel Medical Center Maryland

What's in Your Soda? Breaking Down That Pop

SUGAR (Sucrose) & CORN SYRUP
A 12 oz. serving of soda contains an average of 9 teaspoons of sugar, which can lead to weight gain, Type 2 diabetes, and metabolic syndrome — a set of conditions including high blood pressure, belly fat, high cholesterol, and insulin resistance.

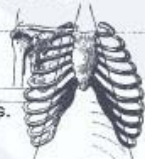


SODIUM
Diet soda has been linked to an increased risk of stroke, and scientists think the high sodium content could be the culprit.




ASPARTAME
The key ingredient in diet soda has been found to increase hunger, so while your drink is calorie-free, you may end up eating more.

PHOSPHORIC ACID & CAFFEINE
Scientists speculate that the Phosphoric Acid and caffeine in soda contribute to osteoporosis.



CARAMEL COLOR
A brown coloring that contains 2-methylimidazole and 4-methylimidazole, chemicals that have been linked to lung, liver, and thyroid cancer in lab rats and mice.



FLAVOR ADDITIVES
Along with the sugar content and acidity of soda, flavor additives in non-cola drinks (such as ginger and lemon-lime versions) contribute to the erosion of tooth enamel.

Greater Baltimore Medical Center Baltimore, MD



Overlake Hospital Medical Center Bellevue, WA



Health Care Without Harm

National Pledge

Health Care Professionals Say **NO** to Sugar-Sweetened Beverages



Across the country, the health care community is taking steps to eliminate sugary beverages and increase access to tap water within their facilities. By signing this petition, you will join with the hospitals, health care professionals and health advocates nationwide who are addressing one of the primary contributors to obesity and related diseases.

We undersigned nurses, doctors, dietitians and other clinicians applaud steps that health care organizations are taking to promote healthier beverage options and build a healthy community. We pledge to support the steps to reduce consumption of sugar-sweetened beverages and transition to healthier and environmentally friendly options within our healthcare organizations and our communities as a whole.

First/Last Name: _____

Credential/Profession: _____

City/State: _____

Zip Code: _____

Hospital Affiliation: _____

Email: _____

Please return completed cards to your onsite organizer:

OR send directly to:


Health Care Without Harm • 12355 Sunrise Valley Drive, Suite 680 • Reston, VA 20191

Sign online at: www.healthyfoodinhealthcare.org

Boston Pediatricians Launch No SSB Prescription Program

NAME _____ AGE _____
ADDRESS _____ DATE _____

Rx



Units _____
Refill NR 1 2 3 4 5
Void after _____
 Do Not Substitute

Signature _____

RX_GA_H