

Healthy Hospital Initiative Accomplishment Report

September 30, 2022

**HEALTHY
HOSPITAL
INITIATIVE**



a program of the
**DISTRICT OF COLUMBIA HOSPITAL ASSOCIATION
PROGRAM SERVICES COMPANY, INC.**

Key Accomplishments

Education Opportunities - Webinars

Evidence-Based Programs to Support Hospital Food Service



Universal Meals, Neal Barnard, MD: In a world of increasingly diverse eating habits and dietary needs, this program devised by the Physicians Committee and the Culinary Institute of America ensures that everyone has a seat at the table. Can it be that people who are gluten-free, vegan, from a Muslim, Hindu, or Jewish background, or have common food allergies all be served—from the same menu?



Plant-Based Foods at the University of Florida, Monica Aggarwal, MD: The University of Florida implemented a comprehensive program of plant-based hospital foods, tackling the key questions food service directors ask: What will it cost? How will it be accepted? What is the nutritional value? How easy are these meals to prepare?

How DC Hospitals are Partnering with Local & Sustainable Businesses to Address Food Insecurity



The U.S. Department of Agriculture defines food insecurity as a lack of consistent access to enough food for an active, healthy life.

- Skipping meals or excluding staples like proteins or vegetables to stretch out groceries.
- Having to choose between paying for groceries or paying other bills.
- Increasing anxiety about where your next meal will come from.

Panelists

- Kim Bryden, Founder & CEO, Cureate
- Bailey Goggin, RDN, LD, Children's National Hospital
- Sarah Frimpong, CEO & Founder, Wellfound Foods
- Alexis Richardson, RD, CDE, Children's National Hospital
- Carrie Stoltzfus, Executive Director, Food & Friends



Key Accomplishments

Health Care Food Service Workers Week
October 3 - 9, 2021



Watch Video

Self Care in Health Care Campaign
August-September 2022

Outfront Media Geofencing Ads

Live a balanced lifestyle, eat nutritious food, exercise and practice self care.		HEALTHY HOSPITAL INITIATIVE <small>a program of the DISTRICT OF COLUMBIA HOSPITAL ASSOCIATION PROGRAM SERVICES COMPANY, INC.</small>	

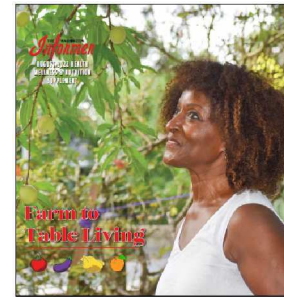


**Live a balanced lifestyle, eat nutritious
food, exercise and practice self care.**
#SelfCareIsHealthCare

Key Accomplishments

Self Care in Health Care Campaign August-September 2022

Washington Informer Health, Wellness & Nutrition Supplement →



1

Nutrient Dense Food

One daily serving of nutrient dense foods such as fresh vegetables, fruits, whole grains that are high in fiber, lean proteins, tofu, nuts and seeds, legumes, and beans.



2

Movement

30-45 minutes of movement such as walking, yoga, swimming, strength training, dancing, cycling, or running.



3

Relaxing Activities

Ten or more minutes of meditation, journaling, prayer, breathing, reading, or other relaxing activities.

Recipe for Success: Nutrition, Movement, Wellness, Community

Combining nutrition and wellness is a recipe for success and supports long term healthy habits!



4

Connect with Your Community

Seven days a week of connecting with your community and spending time with friends, family, and loved ones.



5

Self-Love

One huge helping of self-love, confidence, and care.



6

Joy, Fun, Laughter

A dash of joy, a pinch of fun and laughter to taste.

Recipe for Success: Sleep



Learn more at dcha.org/advocacy-policy/healthy-hospital-initiative.

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DC hospitals are committed to promoting health and wellness for the communities they serve.

Go to bed and wake up at the same time, exercise, remove electronics from bedroom, avoid large meals, caffeine and alcohol.

Key Accomplishments



[Watch Awards Presentation](#)

DCHA Program Services Company, Inc. awarded its second Healthy Hospital Initiative Cooking Competition winners, recognizing five exceptional teams.

Competition Overview

- Entrée, side dish, beverage/dessert
- Less than 600 mg of sodium for entrée
- Less than 230 mg of sodium for side dish
- No added caloric sweetener
- Must include secret ingredient of blueberries



Award Winners



- Psychiatric Institute of Washington: Overall Winner, Chef Kevin Brown
- Psychiatric Institute of Washington: Best Side Dish
- The George Washington University Hospital: Best Entrée
- MedStar National Rehabilitation Hospital: Best Dessert

Key Accomplishments



Winning Dishes



**Psychiatric Institute
of Washington**

Overall Winner

- Chef Kevin Brown

Best Side Dish

- Savoy Cabbage Blueberry Slaw
Recipe



**THE GEORGE WASHINGTON
UNIVERSITY HOSPITAL**

Best Entrée

- Seared Chilean Sea Bass with
Butternut Squash, Spinach Risotto
and Blueberry Sauce



**MedStar National
Rehabilitation Network**

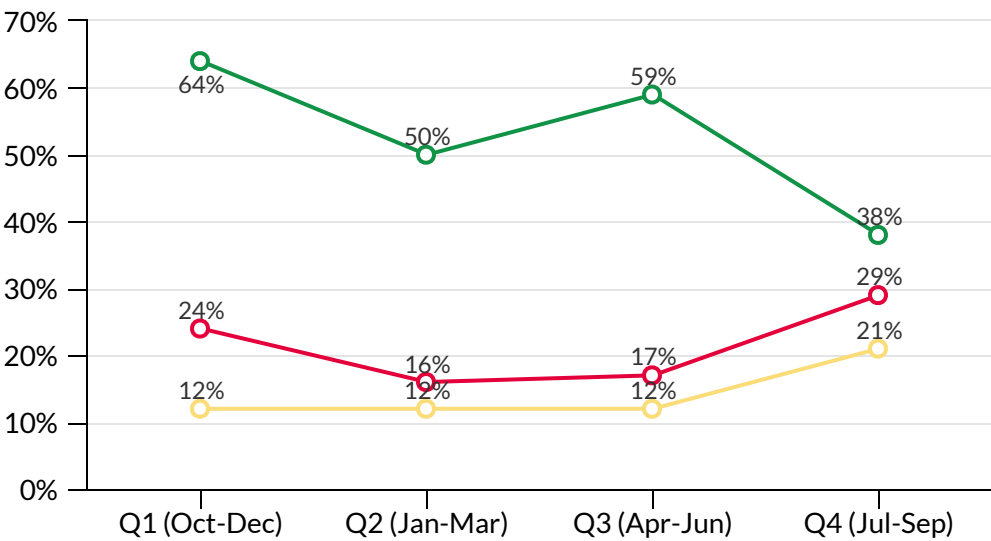
Best Dessert

- No Sugar Added Blueberry Pie
Bars

Key Accomplishments

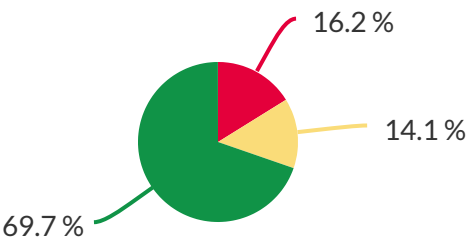
Dashboard

Beverage Data



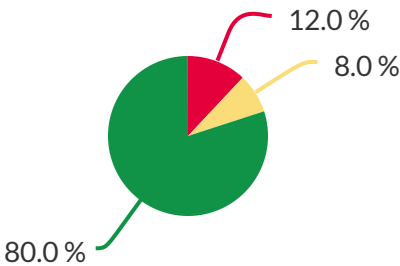
Green Beverage	Yellow Beverage	Red Beverage
Under 25 calories per 12 fluid ounces; skim/low fat milk is considered Green	26-100 calories per 12 fluid ounces; 100% juice is considered Yellow	Over 100 calories per 12 fluid ounces

Sodium Data (Meals)

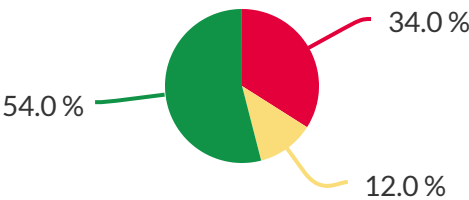


Meal Per Serving
Green less than 800mg
Yellow 800-1000mg
Red over 1000mg

Sodium Data (Sides)



Sodium Data (Entrées)



Entrée Per Serving	Side Per Serving
Green less than 600mg	Green less than 230mg
Yellow 600-800mg	Yellow 230-400mg
Red over 800mg	Red over 400mg

Key Accomplishments

Engagement Groups

Food Service



Dietician



Chef



Human Resources



Leadership



Wellness



Occupational Health



HHI Monthly Newsletter

87

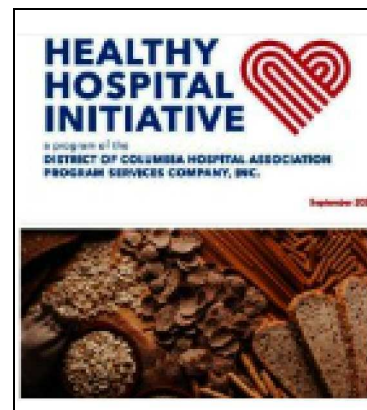
subscribers

167

total opens

66

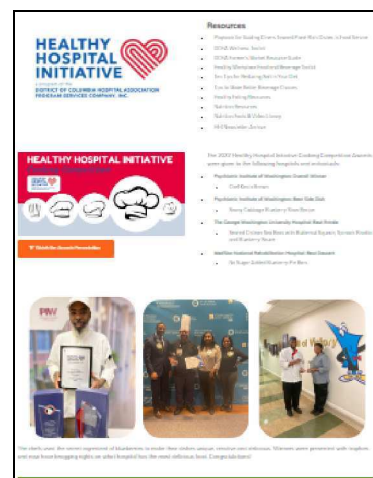
total link clicks



HHI Web Page

876

views



Where Are We Now

Findings from Nutritional Standards Survey

All hospitals (13 out of 13) participated in the survey to analyze and evaluate health promotion and wellness interventions and strategies currently in place at DC hospitals with an aim to prevent chronic diseases such as heart disease, hypertension, diabetes and cancer, and to promote overall wellness for patient, staff and visitors.

Key Findings

100%

of hospitals engage dietitians to review and approve menu items offered to patients, staff and visitors.

80%

of hospitals offer free water in their cafeterias and cafes and the remaining hospitals indicated they would offer free water in the near future.

85%

of hospitals offer plant-based meals.

Customer Satisfaction

is consistently listed as a significant barrier to limiting sugar, sodium and saturated fats, revealing an opportunity for targeted education with District residents.



What's Next

Moving Forward

- Plan and execute a step competition between hospitals to increase awareness of the importance of being active to improve one's health.
- Focus on decreasing the amount of saturated fat in hospital food.
- Continue best practice sharing among hospitals via webinars, articles, engagement, etc.
- Provide technical assistance where needed.
- Identify program resources to help improve and/or implement evidence-based best practice wellness programs.



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The Healthy Hospital Initiative is a partnership between the DCHA Program Services Company, Inc. and DC Health to reduce the availability and consumption of sugar sweetened beverages, and to promote healthier choices in District hospitals.

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