



# CHHC

Colorado Healthy Hospital Compact

## *Colorado Healthy Hospital Compact: Improving Hospital Food Environments*

*National Landscape*

*Compact Overview*

*Hospital Highlights*

Website:

<https://www.colorado.gov/cdphe/healthy-hospital-compact>

Google Group:

[https://groups.google.com/a/state.co.us/forum/?hl=en#!forum/cdphe\\_chhc-network](https://groups.google.com/a/state.co.us/forum/?hl=en#!forum/cdphe_chhc-network)

Contact:

[sharon.crocco@state.co.us](mailto:sharon.crocco@state.co.us)



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Department of Public  
Health & Environment

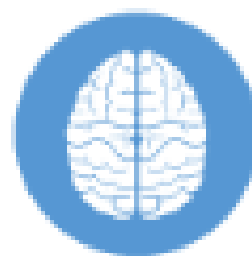
# Why do this?

## WHY DO WE MONITOR OVERWEIGHT AND OBESITY?

### HEALTH CONSEQUENCES

Overweight and obese people have an increased risk of developing several diseases and conditions, including:

- High blood pressure
- Type 2 diabetes
- Cardiovascular disease
- Gallbladder disease
- Osteoarthritis
- Stroke
- Depression
- Anxiety
- Sleep apnea
- Several cancers, including breast, endometrial, liver, kidney and colon.



<http://www.chd.dphe.state.co.us/Weight/Obesity-Infographic-Colorado-Data.png>

# More reasons...

## ECONOMIC COSTS

The economic costs of overweight and obesity are a significant burden on our health care system and economic output.



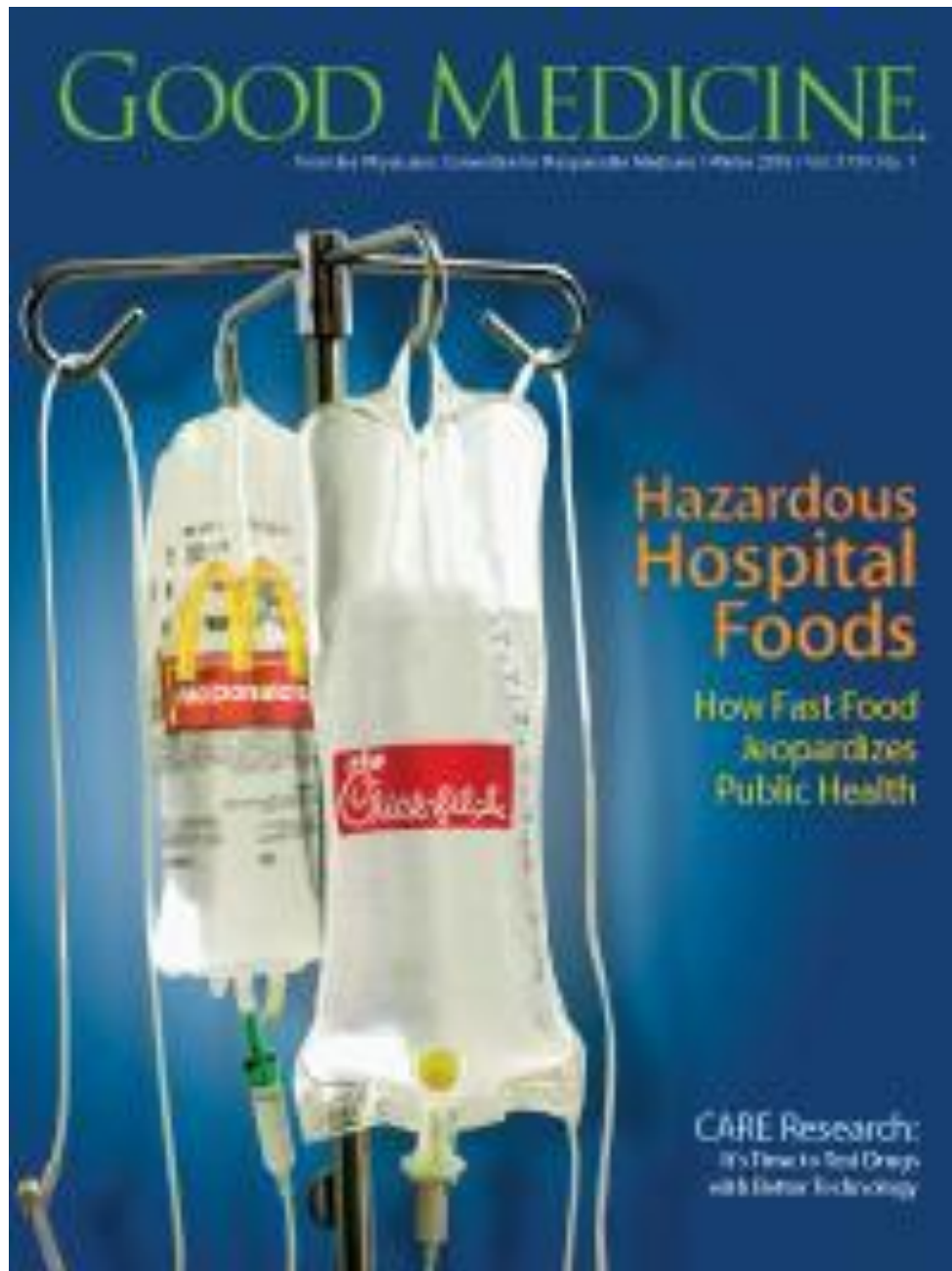
- The annual national obesity-related medical costs have been estimated to be **\$147 billion**.
- Estimates of national productivity costs of obesity-related absenteeism range from **\$3.38 billion** (\$79 per obese individual) to **\$6.38 billion** (\$132 per obese individual).
- Medical expenditures attributable to obesity in **Colorado** are estimated to exceed **\$1.6 billion** each year.

# *Health of the Healthcare system*

- Employment in **health care** and social assistance and public administration industries... were associated with **increased obesity prevalence**.
- Especially true for **lower-income earners** (i.e., service providers vs “diagnosers”)
- **Prevalence of Obesity Among U.S. Workers and Associations with Occupational Factors**  
Luckhaupt, Sara E. et al. American Journal of Preventive Medicine, Volume 46, Issue 3, 237-248



# Mixed Messages



# Healthy Lifestyle **Is** Medicine

Healthy Living Is the Best Revenge:

Findings From the European Prospective Investigation Into Cancer and Nutrition–Potsdam Study. *Arch Intern Med.* 2009;169(15):1355-1362..

- Smoking
- Physical Activity
- Diet
- Alcohol





# What is being done?

PHYSICAL AND SOCIAL ENVIRONMENT: where individual health-related choices are made



# *Healthy Hospital Movement Across the U.S.*





# *A National Movement*

- Health Care Without Harm: Healthy Food in Hospitals
- Partnership for Healthier America
- State/local initiatives



# *Health Care Without Harm:*

# *Healthy Food in Hospitals*



## Menu of Change

HEALTHY FOOD IN HEALTH CARE

A 2015 Program Report with Highlights and Survey Results



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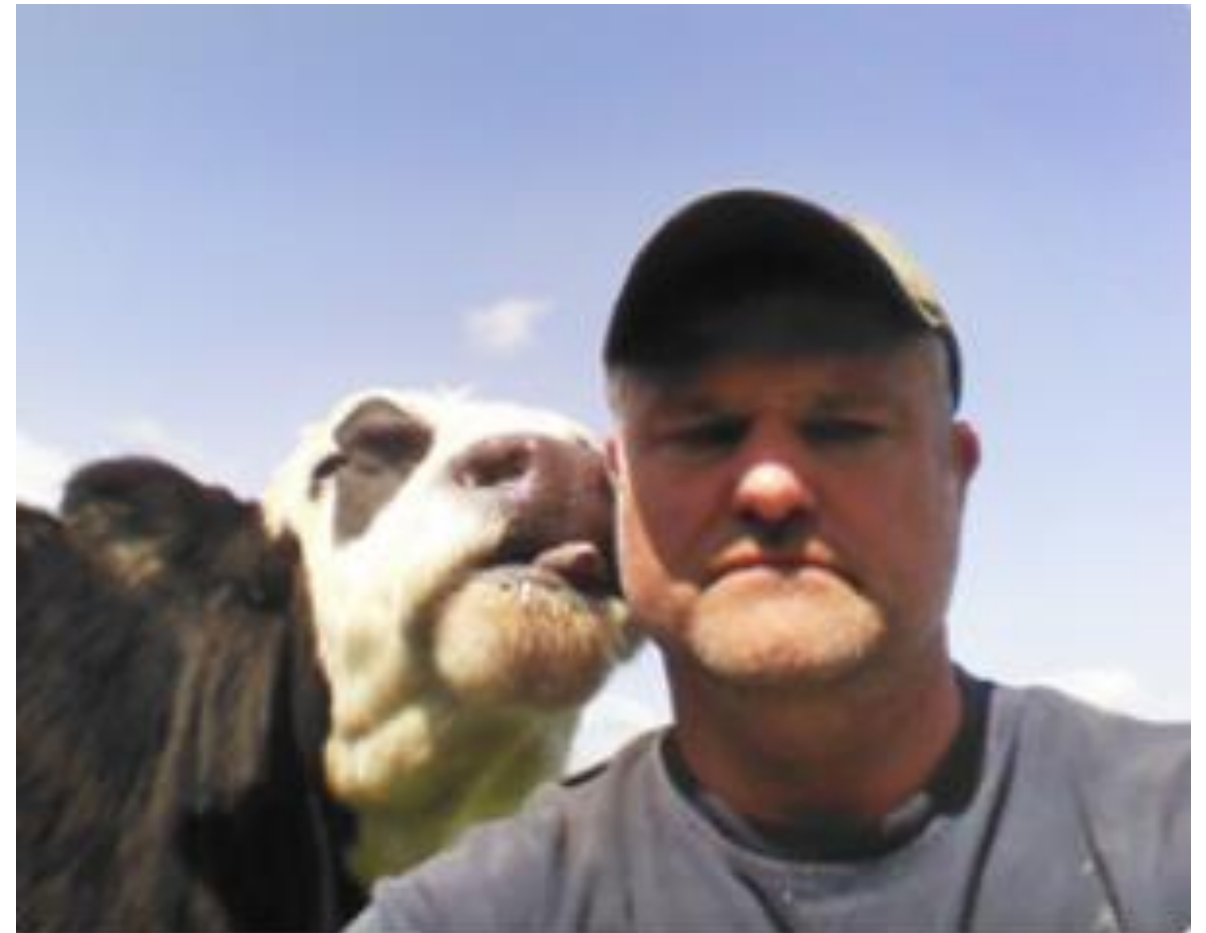
# Health Care Without Harm: Healthy Food in Hospitals

Maryland:

“Balance Meets Taste”  
fundraiser

Vermont: “Rooftop Garden”

Michigan: Good Food Charter



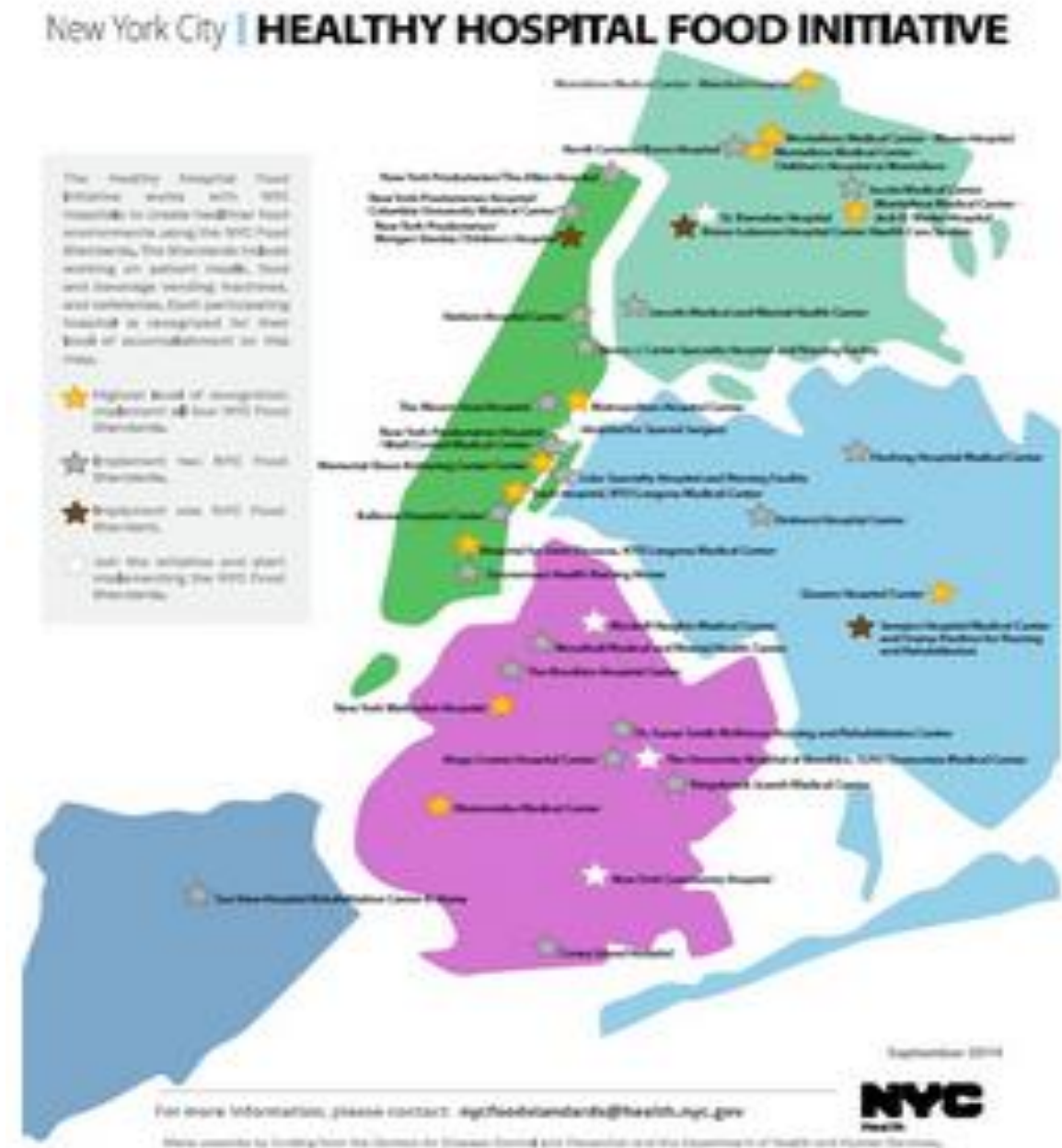
Shane Hughes from Liberty Delight Farms with one of his cows. Union Hospital of Cecil County, MD purchases sustainable meat from this farm. (Holly Emmons)

# Partnership for Healthier America: Hospital Healthier Food Initiative



# Healthy Hospital Initiative: New York City Health Department

- ✓ Food
- ✓ Beverage
- ✓ Vending
- ✓ Patient Meals





# *Texas Goes Vegan*

**Veggies In Cattle Country:  
Leading Texas Hospital Now  
Promoting Plant-Based Diet**

Midland Memorial  
quote from Facebook “if Texas  
can do it, all hospitals can”





# Strategies

- Campaigns to eliminate SSB
- Making water free and accessible
- Eliminating unhealthy choices from vending machines and replacing with healthy snacks
- Removing unhealthy choices from patient menus and meals
- Removing fryers



# Strategies


- Discounting wellness meals
- Marketing healthy items
- Removing unhealthy items from check out areas
- Calorie and nutritional labeling

## Can a Traffic Light Guide You to Make Healthier Choices?

A traffic-light label and more visible placement of healthy foods and beverages increased healthy choices in a hospital cafeteria.

People's choice of red-label items **decreased** by **20%** over two years.

People's choice of green-label items **increased** by **12%** over two years.



Learn more about applying behavioral economics to health at [www.rwjf.org/behavioral-economics](http://www.rwjf.org/behavioral-economics)

Robert Wood Johnson Foundation

Source: Anne N. Thorndike, MD, MPH, Jason Riis, PhD, Lillian M. Sonnenberg, DSc, RD, Douglas E. Levy, PhD, "Traffic-Light Labels and Choice Architecture: Promoting Healthy Food Choices," *American Journal of Preventive Medicine*, February 2014.

# Beyond the Basics

- On site farmers markets, on-site gardens
- Utilizing local sustainable food sources
- Educating medical staff and retraining kitchen staff
- Setting goals for reducing annual meat purchasing





# CHHC

Colorado Healthy Hospital Compact



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# Colorado Healthy Hospital Compact

## Mission Statement:

*To advance the health of Colorado communities by creating healthier nutrition environments in Colorado hospitals.*

✓ Patients

✓ Families

✓ Visitors

✓ Staff



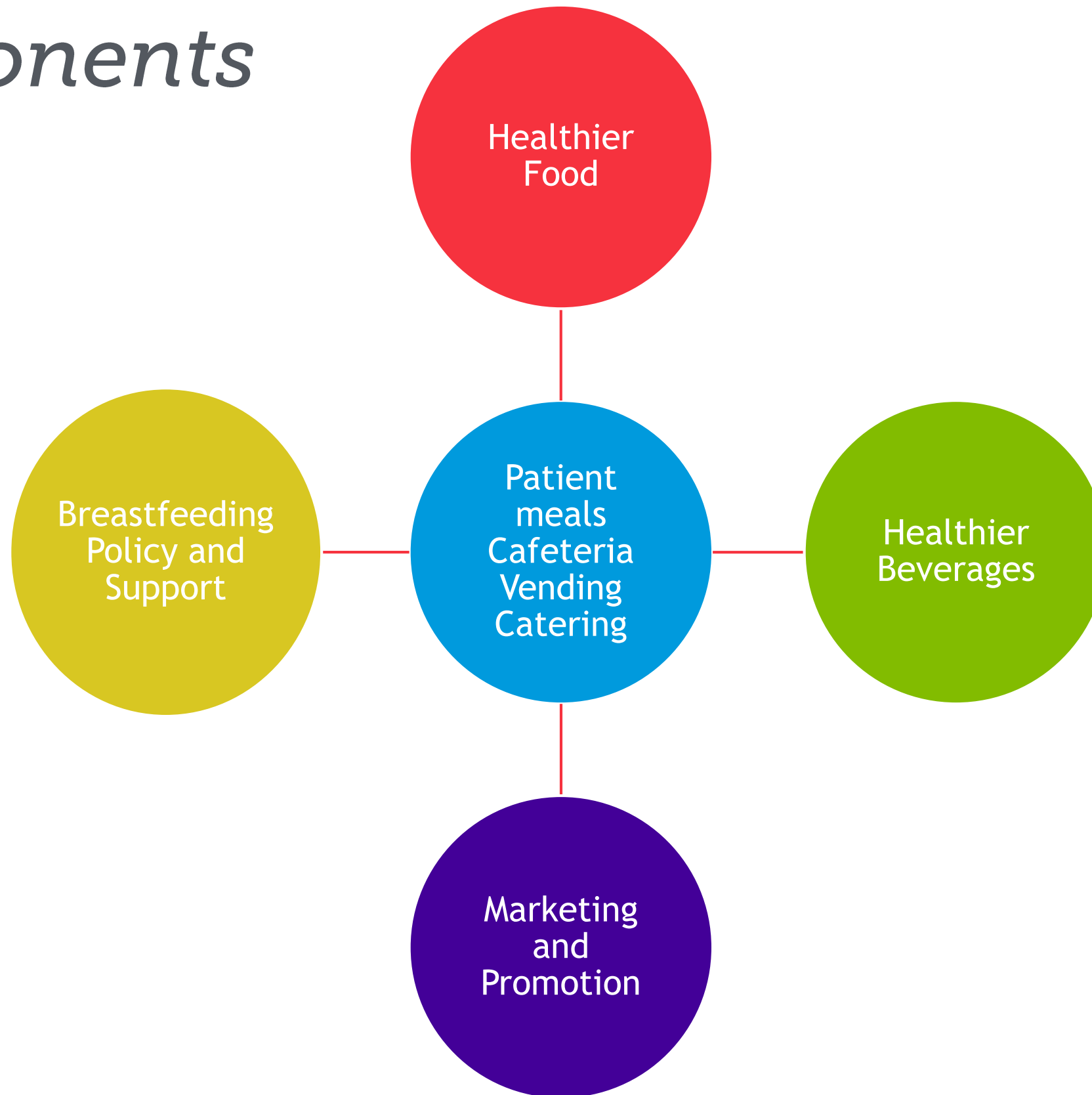
# *Acknowledgements*

- ❖ Founding Partners and Collaborators
  - Children's Hospital Colorado
  - Denver Public Health
  - Jefferson County Public Health
  - Kaiser Permanente Healthcare
  - LiveWell Colorado
  - Lutheran Medical Center
  - Tri-County Health Department
  - University of Colorado School of Medicine
- ❖ Special thanks to Centura Health for technical assistance in developing the compact
- ❖ Funding provided in part by a grant from the CDC
- ❖ Time and talent donated by partner hospitals and collaborators





# Components

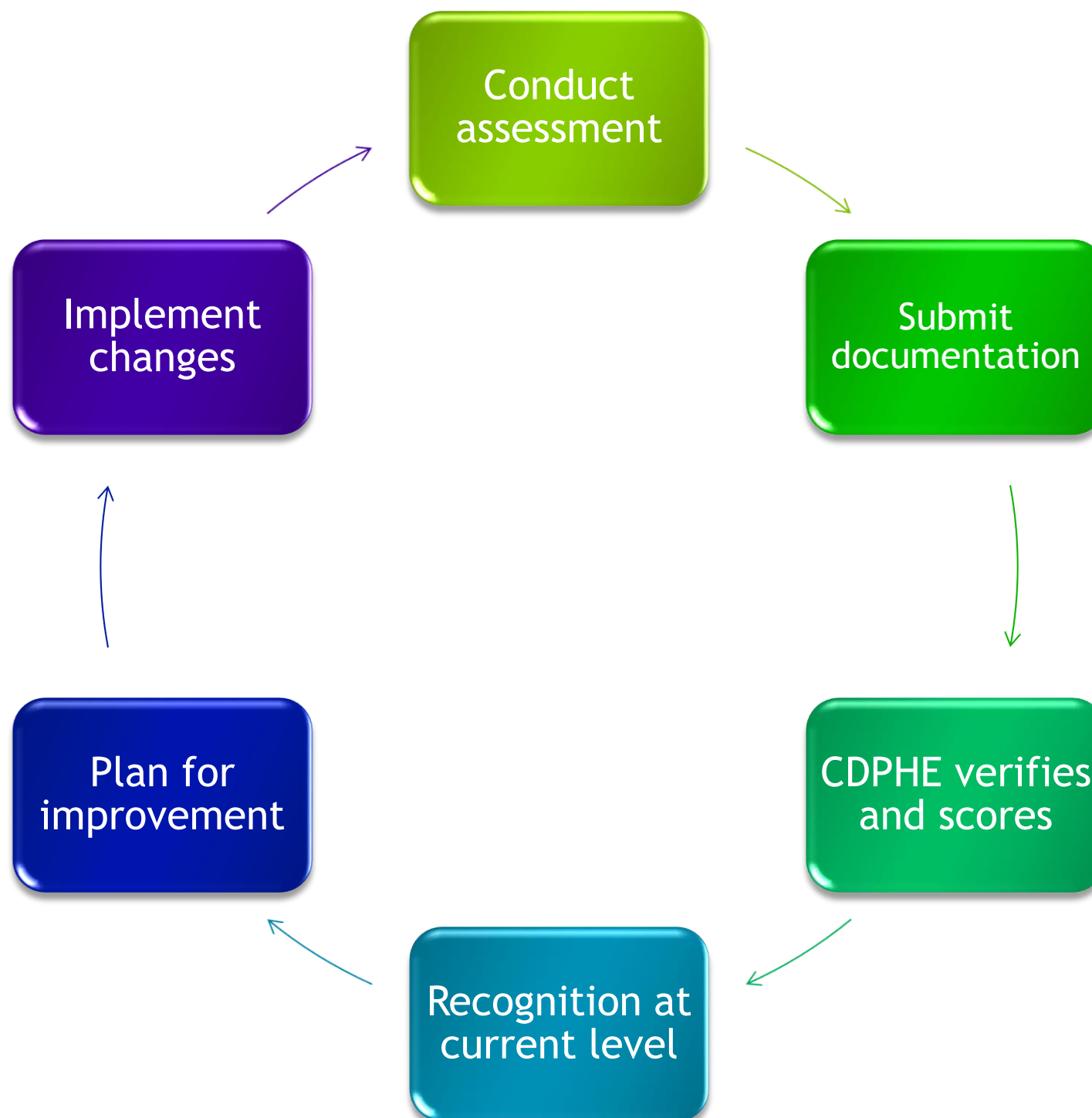


# *Joining the Compact*

- ✓ Executive sponsorship - Partner Agreement
- ✓ Form a steering committee
- ✓ Identify a Coordinator
- ✓ Choose a program or programs
- ✓ Free drinking water readily available



# Next Steps: Assessment, Verification and Recognition



# *Benefits*

- Positions hospitals as centers of wellness in their communities
- Public recognition and promotion
- Learning community
- Aligns with other hospital initiatives and community benefit programs
- Healthier workforce
- Role model for other institutions



# Recognition Opportunities

## CDC Highlights March 2016

[http://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/hospital\\_highlight.pdf](http://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/hospital_highlight.pdf)

### DNPAO State Program Highlights: Obesity Prevention in Health Care Settings



The Centers for Disease Control and Prevention (CDC) and state health departments collaborate in a number of areas to prevent and control obesity and other chronic diseases. These areas include nutrition, physical activity, and breastfeeding. This highlight focuses on the Colorado Department of Public Health and Environment's (CDPHE) coordinated efforts to implement strategies to make the hospital environment healthier.

This state was selected because its efforts include

- **Comprehensive Change**—activities enable the alteration of broader societal trends and support existing or provide more opportunities to improve health in hospital settings.
- **Collaboration**—the state health department played a major role in working with partners and local communities to move activities forward.
- **Significant Reach**—activities have the potential to affect a large proportion of the intended target population.
- **Replicability/Transportability**—activities can be duplicated and similar effects be achieved by other similar entities.
- **Potential for Sustainability**—activities can endure without continued financial and programmatic investment.

#### The Colorado Healthy Hospital Compact at a Glance

The Colorado Healthy Hospital Compact was formed as a collaborative organization dedicated to protecting and promoting the health of patients and their families, visitors, and staff by improving hospital environments. Participation allows hospitals to engage with communities, collaborate with other hospitals in a noncompetitive environment, achieve recognition, and be centers of wellness.

CDPHE played a vital role in convening partners to help develop the Compact. This broad collaboration among public health practitioners, nonprofit health partners, and health care staff as well as support from leadership across these partners was required to move efforts forward and develop standards for the Compact. It created the necessary synergy of talent, resources, and purchasing power. As efforts progress, CDPHE continues to play a major role in the Compact by providing staffing and technical assistance to develop healthier food environments and encourage breastfeeding efforts. Today 10% of Colorado's hospitals have joined the Compact and many more have expressed interest in participating in programs the Compact offers.

#### Participation

The process to join the Compact is simple and designed to minimize cost and time barriers to participation. To participate in the Compact, the hospital will

1. Submit a signed commitment from hospital leadership.
2. Identify a person to guide the work and serve as a liaison to CDPHE and Compact partner hospitals.
3. Form a steering committee to manage Compact activities.
4. Designate at least one program area for initial focus: food, beverages, marketing or breastfeeding.
5. Provide quarterly progress reports to hospital leadership.
6. Participate in an annual review to measure progress and compliance with Compact standards.

National Center for Chronic Disease Prevention and Health Promotion  
Division of Population Health



263506-A  
March 2016



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# *Impact*

- Changing nutrition environments
  - Make it easier to choose wisely
  - Shifting social norms
- Impact with suppliers
  - Purchasing power
  - Wider selection of healthy options
- Improved collaboration among hospitals and food service providers
- Synergy--talent and resources
- Life course approach from breastfeeding onward





# *Progress to Date*

Partners in the compact: 15

Levels of achievement

Bronze - 3

Silver - 6

Gold - 2

Platinum - 0

New partners in process of  
conducting baseline assessments - 4



# *Hospital Achievements*

## Gold Level Recognition

Children's Hospital Colorado  
Lutheran Medical Center

## Silver Level Recognition

Avista Adventist Hospital  
Littleton Adventist Hospital  
St. Anthony North Health Campus  
St. Anthony Summit Medical Center  
University of Colorado Hospital  
Yampa Valley Medical Center

## Bronze Level Recognition

Denver Health  
St. Anthony Hospital  
Longmont United Hospital

## Partner Hospitals

Exempla Good Samaritan  
Medical Center  
Medical Center of Aurora  
Sky Ridge Medical Center  
St. Mary's Medical Center



# Challenges

- Resistance to change
  - On the part of consumers
  - On the part of institutional leadership
  - On the part of suppliers/vendors
- Organizational change
- Multiple vendors and food service providers
- Fear of revenue losses
- Limited healthy options (especially vending)



# *Key takeaways and Next Steps:*

- Anchor institutions - leading by example
- Friendly competition
- Food service operators and vendors on board
- Financial implications
- Food environment assessments are revealing
- Recruit more hospitals to become Partners
- Continuous improvement
- Expansion





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## *Hospital Highlights*





Children's Hospital Colorado

# *Children's Hospital Colorado*

- Nationally recognized by CDC
- Hired a Healthy Hospital Coordinator
- Price differential program
  - Increased prices of some top selling unhealthy items
  - Decreased prices of healthy options
- Utilizes a 'stop-light' system to promote healthy options



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# healthy hospital at Children's Colorado

Create Healthy Hospital Initiative, adopting the "start at home" approach

Complete a community needs assessment and identify obesity prevention as a top priority

Fruit is a great source of vitamins and minerals to keep you strong and healthy!



Highlight healthy items at employee holiday dinner; begin fruit promotion in cafeteria.

Install **Garden of Hope** on hospital lawn; offers a calm, peaceful place to reflect, meditate or gather.

Create Healthy Hospital Committee with **5 focus areas:**  
 employee wellness  
 nutrition  
 spiritual & emotional  
 physical activity  
 environmental



Attached stoplight signage to vending machines

Stairwell Murals Painted

**National Recognition**  
 Featured in articles from the Centers for Disease Control and Prevention and in *Children's Hospitals Today*

**Breathe.**  
 Encourages team member resiliency through mindful breathing techniques.

## Wastebasket Challenge

Over 150 employees to eliminate their personal wastebasket, supporting sustainability efforts by increasing the amount of waste that is recycled and encouraging physical activity.



Hiring of healthy hospital Coordinator

## Evolution of Healthy Hospital at Children's Hospital Colorado

Form Obesity Prevention Leadership Committee



Establish on-campus partnership with the Anschutz Health and Wellness Center

Hang signage promoting stair usage



**employee wellness**  
 ●●● MY HEALTH. MY LIFE.  
 Launch employee wellness brand; conduct Mix It Up Challenge to encourage employees to eat fruits and veggies; re-assess cafeteria using CDC pilot tool

**LIGHT:SIDE**  
 Implement stoplight signage in cafeteria and begin offering healthy items at point of sale; add spa water and revamp salad bar.

Thrive Across America challenge



**Recognized as "Gold" status**

under the Colorado Healthy Hospital Compact as one of the founding hospitals, CHCO, supports the mission to protect and promote the health of hospital patients and their families, visitors and staff; lead by example and foster a culture of wellness by improving the quality of the nutrition environment.

**Price differential pilot in cafeteria to encourage purchase of healthier items**  
 Decrease the cost of healthy items and increase the price of unhealthy items



Complete the Cafeteria Employee Survey and the CDC Pilot Cafeteria Assessment; launch Healthy Kids Meals and Healthy Meals




Children's Hospital Colorado



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# *University of Colorado Hospital*

- On track to become a Certified “Baby-Friendly” hospital
- Uses  icon on menus to signify healthy options
- Increased awareness of need to improve
- Goal of 60% healthier beverage choices by end of 2016
- Striving to offer delicious and healthy options

# Littleton Hospital

- Posts nutrition information on menus
- Offers gluten free options
- Color-coding system for beverages
- Promotes healthy snacks at checkouts
- Removed deep fried items
- Offers minimum of three healthy meals per day
- Extensive salad bar with pricing incentives

**TODAY'S Grill SPECIALS**

**Broiled Trout w Corn Salsa & Parslied Potatoes** 🍅  
34Calories 14.96Fat 14Carb 2Fiber 33.8Protein  
**\$4.50**

**Grab & Go Chicken Caesar Salad w Fresh Whole Wheat Dinner Roll** 🍅  
290Calories 6Fat 34Carb 8Fiber 31Protein  
**\$4.50**

**Sole Florentine w Steamed Brown Rice** 🍅  
398Calories 9.6Fat 49.8Carb 4.5Fiber 12.5Protein  
**\$4.50**

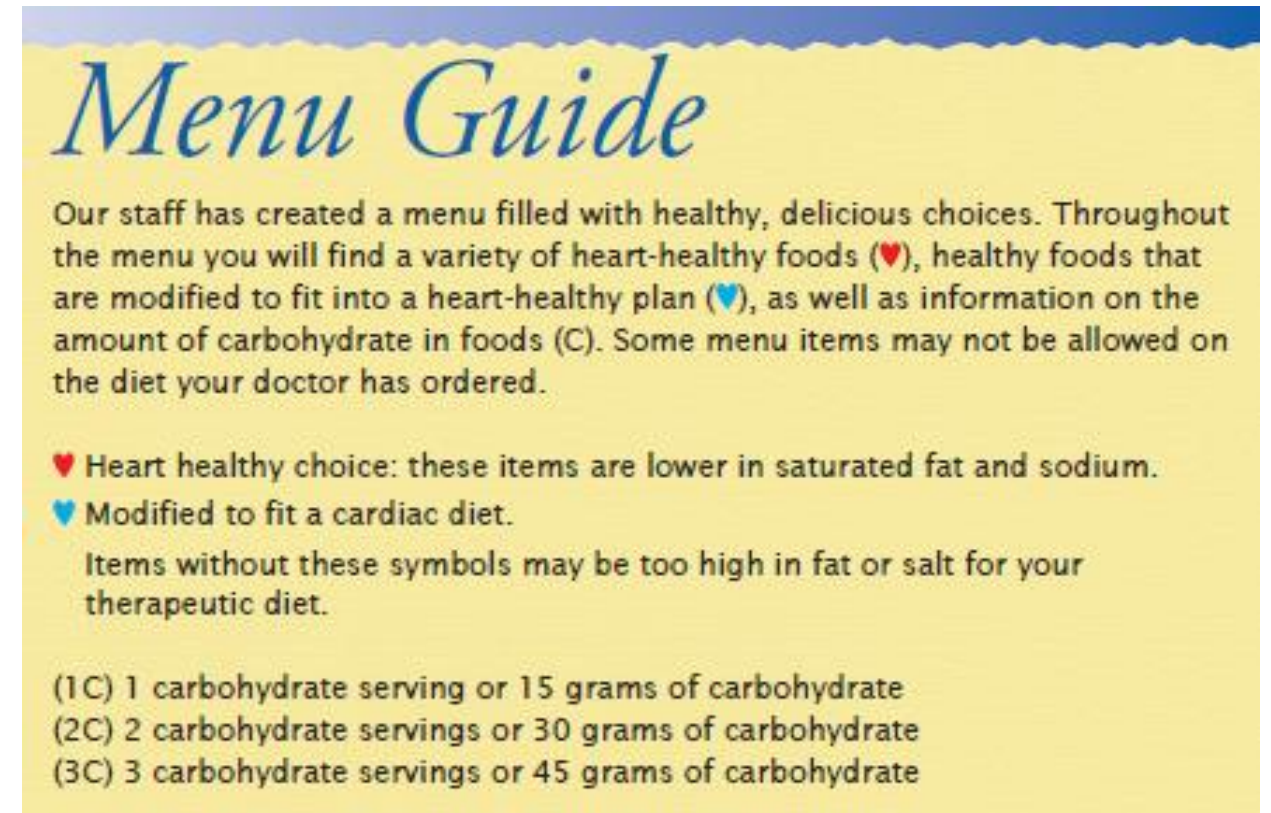
**Penne w Pistachio Pesto & White Beans w Choice of Side**  
495Calories 25.5Fat 56.5Carb 4Fiber 12.5Protein  
**\$5.25**

 **INSPIRE HEALTH**

 Centura Health

# Longmont United Hospital

- Joined in early 2015
- Replaced many SSB options with healthier options
- Switched to skim/lo-fat milk
- Utilizes Mindful Choice logo
- Two-tiered pricing - 25% discount for healthy options





# Denver Health



- Utilizing Sodexo's Mindful Icon to identify all healthy items
- Replaced all vending machine "wraps" to advertise only water instead of soda
- Beverage offerings in vending machines are at least 50% healthy
- Communication about the changes made at least bi-monthly to all staff through emails, screen savers, table tents, etc.
- Over the last 1.5 years, healthy meal option sales have increased from 15% to 32.5%
- Increase in variety of healthy entrees, averaging 9 healthy entrees per week in 2014 to 20 healthy entrees per week today.
- Working within their POS system to better capture sales data for future tracking of progress.



# St. Anthony North Health Campus

## Why is it Important to Us?



- Moving toward WELLNESS FOCUS
- Want to keep people out of the hospital
- Health education and classes
- Community support groups
- Community garden, bikeshare program, trailhead



September 2011

## The Clear and Present Danger of SSBs

Hello! I'm checking in on how you're doing with the sugar-sweetened beverage phase-out on the Exempla Lutheran campus. I know this change has been a challenge for many of us, but I also still firmly believe it's the right thing to do. As you know, we have chosen not to sell sugar sodas based on a concern for the health of our associates and our commitment to the community, as have many hospitals, such as the Cleveland Clinic. Of course, associates may choose to bring SSBs from home for personal consumption. Those of you who know me know how much I value the freedoms we enjoy in this great country. However, it is my heartfelt wish that we will all choose a healthier path.

My friends, as I've mentioned earlier, this is the only real choice for a hospital that cares about both its associates and the community. Exempla Lutheran has a leadership role in working to improve community health. This community health responsibility begins with us—the women and men who make Lutheran a great place. If we aren't making an effort to manage our own health, how can we inform our patients and the community on better health practices? It comes down to a sense of personal responsibility—and ultimately, to how credible we appear to those whose health we toil tirelessly to improve.

I hear some rumblings now and then here at Exempla Lutheran about the supposed cancer-causing properties of diet beverages. I understand these concerns. I too have found myself carried away by news "hype" on more than one occasion. However, I'm one who believes we can find an article on the Internet to support every viewpoint—regardless of the author's qualifications. While the Internet is an incredible information-gathering tool, it's also an unfortunate source of misinformation. For example, some Internet stories claim that low- and no-calorie sweeteners cause cancer and other illnesses, but the U.S. National Cancer Institute states that scientific evidence *does not show* that these sweeteners are linked to cancer risk in humans.

All low-calorie sweeteners the FDA allows for use in foods and beverages—including aspartame, sucralose, saccharin, acesulfame potassium and rebiana—have been cleared as safe for all populations, including children, people with diabetes and women who are pregnant or lactating. The only exception is individuals born with the rare inherited disease, phenylketonuria (PKU). The FDA is arguably the most rigorous entity in the world for screening the health and safety of food, drugs and supplements. It leaves no stone unturned.

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Thoughts/comments on this issue?  
Email [grantsmailbox@exempla.org](mailto:grantsmailbox@exempla.org)





# *Get involved!*

**Join the movement**

**Promote a culture of wellness**

**Improve our nutritional environments**

**Prevent chronic disease**





*Thank you!*



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# CHHC

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## Contact:

***Sharon Crocco***

Healthy Eating Active Living Obesity Prevention Coordinator

Colorado Department of Public Health and Environment

4300 Cherry Creek Drive South

Denver CO 80246

303-692-2942

[sharon.crocco@state.co.us](mailto:sharon.crocco@state.co.us)

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