



# HEALTHY FOODS IN HOSPITALS PROGRAM 2013 to 2016

## FACT SHEET

### BACKGROUND & CONTEXT

- **The Champlain Cardiovascular Disease Prevention Network (CCPN)** is an innovative, multi-sectoral partnership housed at the University of Ottawa Heart Institute. CCPN represents leaders from public health, specialty and primary care, hospitals, and academia - all working together to reduce the burden of cardiovascular disease in the Champlain region.
- CCPN's **2013-16 CCPN Strategy & Action Plan** identifies five priority programs. One priority is the **Healthy Foods in Hospitals Program**.
- The Champlain region includes the City of Ottawa, Renfrew County, the Eastern Counties of Stormont, Dundas & Glengarry and Prescott & Russell, as well as parts of northern Leeds, Lanark & Grenville Counties.

### THE OPPORTUNITY

- Dietary factors, such as low fruit & vegetables, low nuts & seeds, and high sodium, rank among the highest risk factors for both death and disability in Canada and throughout the world.
- Health care institutions have a unique opportunity to role model health from all aspects of service delivery; this means nutrition environments that are consistent with the healthy eating principles taught to patients in clinical settings and the community at large.
- As an employer, promoting healthy eating in the workplace supports employee health and well-being, helping to prevent costs related to absenteeism, reduced productivity, and other outcomes typically associated with the development of nutrition-related health conditions.
- With more than 28,000 staff, as well as thousands of visitors and patients walking through the doors of our 20 Champlain hospitals every day, the venue is opportune.

### THE PROGRAM

The **Healthy Foods in Hospitals Program** is creating supportive, healthy nutrition environments in Champlain hospitals so that the healthy choice is the easy choice for staff, physicians, visitors, patients, and volunteers.

The emphasis is on **retail food settings**; this includes cafeteria, vending, volunteer, and franchise operations on hospital campuses.

#### Program Goals

- Increase availability of healthy foods and beverages in hospital retail settings
- Decrease availability of unhealthy foods and beverages in hospital retail settings
- Increase purchase/consumption of healthy foods and beverages in hospital retail settings
- Position Champlain hospitals as leaders with respect to healthy food environments in Ontario

## Key Components

- A Hospital CEO Leadership Table to support regional planning and execution
- A nutrition framework to guide selection of available food & beverage offerings with central dietetic support and tools for hospital food services staff
- Point-of-purchase nutrition information (e.g. calories, sodium)
- Healthier food retail environments, implemented in a phased manner
- Opportunities for partnership and standardization to leverage costs and ensure consistent sourcing of nutritious, quality food products
- Innovative communications to support successful adoption throughout hospital community

## PARTICIPATING HOSPITALS

- |  |   |
|--|---|
| 1. Almonte General Hospital                    | 11. Kemptville District Hospital          |
| 2. Arnprior & District Memorial Hospital       | 12. Pembroke Regional Hospital            |
| 3. Bruyère Continuing Care                     | 13. Queensway Carleton Hospital           |
| 4. Carleton Place & District Memorial Hospital | 14. Renfrew Victoria Hospital             |
| 5. Children's Hospital of Eastern Ontario      | 15. Royal Ottawa Mental Health Centre     |
| 6. Cornwall Community Hospital                 | 16. St. Francis Memorial Hospital         |
| 7. Deep River and District Hospital            | 17. St. Joseph's Continuing Care Centre   |
| 8. Glengarry Memorial Hospital                 | 18. The Ottawa Hospital                   |
| 9. Hawkesbury and District General Hospital    | 19. University of Ottawa Heart Institute  |
| 10. Hôpital Montfort                           | 20. Winchester District Memorial Hospital |

## KEY MILESTONES

- Summary Report of the Retail Food Landscape in Champlain Hospitals completed (*August 2012*)
- Formation of a regional CEO **Leadership Task Force** (*September 2012*)
- Formation of a regional **Dietetic Working Group** (*February 2013*)
- **Nutrition framework** finalized (*October 2013*)
- **Retail food audit** conducted at seven sites to inform a multi-year implementation plan (*Fall 2013*)
- **Implementation benchmarks** drafted (*December 2013*); site-specific **feasibility assessments** underway (*Winter 2014*); **recognition levels** (gold, silver, bronze) endorsed (*March 2014*)
- **Hospital Declaration** signed by participating hospitals; commitment to achieve **Bronze level by December 2015** (*April 2014*)
- **First hospital** achieves Bronze status (*December 2014*)
- **All 20 Champlain hospitals** signed on to program (*July 2015*)

## CONTACT

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