



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

- | | |
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| 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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