

**Healthy Eating Active Living (HEAL) Hospital Forum**  
**Minutes**  
**Wednesday, May 20, 2009**  
**12:00 – 1:00 p.m.**  
**Denver Health Medical Center**  
**Pavilion C – Nightingale/Osler Classroom**

**Attendees:**

Eric Aakko, COPAN  
 Kristine Barrett, Penrose St. Francis  
 Bethany Braunstein, Rose Medical Center  
 Brad Cooper, US Corporate Wellness  
 Eileen Duin, Denver Public Health  
 Heidi Fritz, Tri-County Health Department  
 Matt Haemer, The Children’s Hospital  
 Colleen Hatton, Exempla Lutheran Medical Center  
 Caleb Hedberg, Denver Public Health  
 Cathy Hyland, Presbyterian/St. Luke's Medical Center  
 Elise LuBell, Jefferson County  
 Erica Martinez, Denver Public Health  
 Jessica Osbourne, COPAN  
 Renee Buchanan Porter, The Children’s Hospital  
 Tracey Richers Maruyama, Denver Public Health

Michelle Somers, Penrose St. Francis  
 Beverly Tafoya-Dominguez, Denver Public Health  
 Chris Urbina, Denver Public Health  
 Stephanie Zubiata, Boulder Community Hospital

**Conference Call in:**

Brad Chewakin, Memorial Health System  
 Cara Harshberger, Rose Medical Center  
 Lori Kadin-Benson, Exempla Saint Joseph Hospital  
 Jessica Linder, Memorial Health System  
 Joan Michaud (and others), Heart of the Rockies Regional  
 Medical Center  
 Barb Parnell, Steamboat Springs  
 Pueblo City-County Health Department  
 Carmen J. Ritz, Mercy Regional Medical Center  
 Susan Westof, Summit Prevention Alliance

<b>Agenda Topic</b>	<b>Description</b>	<b>Action</b>
<b>Introductions</b>	The meeting began at 12:00 p.m. People introduced themselves by name, position and health agency or institution.	
<b>Description of the HEAL Hospital Forum</b>	Chris Urbina, Director of Denver Public Health, welcomed everyone and gave a description of the HEAL Hospital Forum. The HEAL Forum was created because of the great success the Tobacco Free Hospital Forum had in moving	

	<p>hospitals forward with enacting tobacco free policies in over 40 Colorado hospitals. The time was ripe to see what could be done to move hospitals forward with healthy eating and active living policies. The HEAL Hospital Forum was created to build a system of support and information exchange for hospital wellness professionals to:</p> <ul style="list-style-type: none"> <li>• Learn from each other on similar Health Eating Active Living (HEAL) issues</li> <li>• Become acquainted with other hospitals HEAL policies and materials</li> <li>• Identify and offer suggestions to overcome challenges and barriers</li> <li>• Identify resources and enhance communications about HEAL issues</li> </ul>	
<p><b>Discussion – What is currently happening in terms of healthy eating and active living strategies</b></p>	<p>The floor was opened up to participants to describe what is currently happening in their institutions in terms of HEAL strategies:</p> <ul style="list-style-type: none"> <li>• Kristine Barrett, Penrose St. Francis, Colorado Springs, shared their hospital’s wellness program. Penrose Hospital wellness program began in 1985 and is one of the longest continually running wellness programs in the nation. They have 2900 employees. They have a state of the art on-site fitness center, their CEO teaches a boot camp class, they offer incentive programs and partner with a massage therapy school to offer low cost massage therapy to staff. They are working with their cafeteria to offer heart healthy options, have activities planned for National Employee Health and Fitness Day. They have received the Platinum Standard from the American Health Association as a Fit Friendly Company.</li> <li>• Eric Aakko with COPAN mentioned the Smart Meal Seal program is available to assist cafeterias in offering healthier options. A Smart Meal Kids online website will be up in June. There is documented evidence of less French fries purchased and more healthy food purchased when there is a Smart Meal Seal present.</li> <li>• Bethany Braunstein with Rose Medical Center said her cafeteria is contracted with Sodexo and they are looking into offering smaller sized</li> </ul>	<p>Erik Aakko will see if the Worksite Wellness Task Force with COPAN can gather information on Return on Investment (ROI)</p> <p>Bethany Braunstein will send</p>

	<p>portions. She mentioned a good resource is the Healthcare without Harm website and their Menu of Change – Healthy Food in Healthcare document.</p> <ul style="list-style-type: none"> <li>• Renee Buchanan Porter with the Children’s Hospital shared some of their healthy eating and active living strategies. They are contracted with US Corporate Wellness to provide worksite wellness to their employees. Like almost everyone else they are working and struggling to provide healthy food options in their cafeteria and vending machines. They have developed a one page written “tour” of the cafeteria - to help people navigate to the healthier choices. They are working on creating a Wellness Meal of the Day – an easy to order healthy option in the cafeteria. They have some nice walking paths around the hospital for employees or families to utilize. They are very interested in ways we can bridge the gap between employees, patients and families.</li> <li>• Stephanie Zubiata gave an overview of some of Rose Medical Center’s wellness strategies. They have a wellness team and regularly offer lunch and learns. Management plays a role in supporting wellness. They sponsor community walks, send out a wellness newsletter and offer nutrition consultation.</li> <li>• Lori Kadin-Benson with Exempla Saint Joseph Hospital gave an update as well. They also have a wellness committee, hold lunch and learns, send out a wellness newsletter and put on health fairs and hold wellness challenges. They make an effort to include spiritual wellness as well. They also struggle with healthy cafeteria and vending.</li> <li>• Carmen Ritz from Mercy Regional Medical Center in Durango shared her program. They are actively working with the community and hold a community health fair for employees as well as community members. They have a new chef in their cafeteria and hope to be able to work with him on healthier food options.</li> </ul>	<p>Eileen the link to Healthcare with Harm to post to the new HEAL website.</p>
<b>Wrap Up</b>	We will create a HEAL Hospital Forum website as a place to house information	The HEAL Hospital Forum

	<p>on the forum and resources related to healthy eating and active living strategies.</p> <p>Topic ideas for future forums:</p> <ul style="list-style-type: none"> <li>• Healthy dining options – Cafeterias/Vending</li> <li>• Capturing CEO support</li> <li>• Return on Investment</li> <li>• Wellness tied to benefits</li> <li>• Bridging the link between employees, patients and families</li> <li>• Liability – working with legal in terms of liability/worker’s comp</li> </ul>	<p>website is:  <a href="http://www.dath.org/heal.html">http://www.dath.org/heal.html</a></p> <p>If you have information or resources you would like to post to the HEAL website, please email  <a href="mailto:eileen.duin@dhha.org">eileen.duin@dhha.org</a>.</p>
<p><b>Next Forum</b></p>	<p>The next forum is scheduled for Wednesday, July 15 from 12:00 – 1:00 p.m. and will focus on healthy dining options – please invite your cafeteria folks to attend.</p> <p>Location: TBD</p>	<p>The Children’s Hospital will look into hosting the July forum.</p> <p>Penrose St. Francis (Colorado Springs) has agreed to host the September 16 meeting and will include a presentation from their CEO on how to gain CEO support.</p>