

Healthy Eating Active Living (HEAL) Hospital Forum
Minutes
Wednesday, July 15, 2009
12:00 – 1:30 p.m.
Rose Medical Center
Auditorium

Attendees:

Kristine Barrett, Penrose St. Francis
 Bethany Braunstein, Rose Medical Center
 Tami Charles, Penrose St. Francis
 Rebecca Collier, Rose Medical Center
 Brad Cooper, US Corporate Wellness
 Michael Coyle, Sodexo
 Eileen Duin, Denver Public Health
 Julie Furd, Rose Medical Center
 Sue Goodin, Progress Health Center
 Kevin Hamilton, The Children’s Hospital
 Colleen Hatton, Exempla Lutheran Medical Center
 Kate Jones, Rose Medical Center
 Kristen Kodeski, Sky Ridge Medical Center
 Ilana Kurtzig, Denver Health
 Lise Melbye, Jefferson County/Healthbreak

Renee Buchanan Porter, The Children’s Hospital
 Tina Ric-Jimenez, Rose Medical Center
 Michelle Somers, Penrose St. Francis
 Terri Sarganis Syrpos, Rose Medical Center
 Patti Sturgess, Denver Health

Conference Call in:

Sharon Jacob, Penrose St. Francis
 Jessica Linder (and others), Memorial Health System
 Eileen Maddox (and others), Longmont United Hospital
 Joan Michaud (and others), Heart of the Rockies Regional
 Medical Center
 Heather Rose and Amy Tweedy, Yampa Valley Medical
 Center
 Jana Ortiz-Misiaszek, Park View Medical Center

Agenda Topic	Description	Action
Introductions	The meeting began at 12:00 p.m. People introduced themselves by name, position and health agency or institution. Special thanks to Bethany Braunstein and Rose Medical Center for hosting this month’s forum and providing a delicious and healthy lunch.	
Presentation –	Bob Sulick – the National Director for Procurement Support with Sodexo gave a	This presentation will be

<p>The Big Picture on How Food Service Can Support Our Efforts in Wellness</p> <p>Bob Sulick, National Director for Procurement Support, Sodexo</p>	<p>presentation on the food environment at hospitals entitled: Wellness and You! Offering and Promoting Healthy Food Options. Sodexo is a food service contractor with many hospitals in Colorado, as well as around the country. He discussed ways Sodexo is striving to offer healthier food options and talked about some of the challenges they face. Some key points from his presentation:</p> <ul style="list-style-type: none"> • Dual Challenges – produce and serve food that works within the budgets available...and establish a plan of action that drives intelligent choices • “Wellness and You” Program – Choices that promote a healthy lifestyle - food that meets certain criteria for calories, fat, cholesterol and sodium. Items identified by a symbol. Integrated into all menu systems (employee and visitor dining, catering, vending, patient promotions). Marketing collateral includes: posters, brochures, newsletters, patient try cards, take home recipes. • Food and the Environment – Sodexo is a member of Healthcare without Harm and strongly support efforts for sustainability. Healthcare without Harm is an international coalition of hospitals and health care institutions whose mission is to transform the health care sector worldwide, without compromising patient safety or care, so that it is ecologically sustainable and no longer a source of harm to public health and the environment. • Keys for Success <ul style="list-style-type: none"> • People eat food, they don’t eat nutrients. • Serve good food that is appealing and just happens to be healthy too. • Make it easy to make good choices. • Consider all eating occasions. • Chef/Registered Dietitian partnership • Vendor Resources (i.e. work with your produce rep) • Partner with non-for-profit organizations • Start somewhere and build from there 	<p>posted to the HEAL Forum website at www.dath.org/heal.html</p> <p>The Health without Harm website is: www.noharm.org/us.</p>
<p>Open Discussion</p>	<p>Unfortunately there was limited time available for questions and discussions.</p>	<p>More time for open</p>

	<p>There was a question concerning trans fat and the issue of cost and taste: Taking everything into consideration – why can't hospitals go trans fat free? Bob Sulick commented that Sodexo's policy is to get rid of trans fat and that if a vendor tells you there is not a trans fat free option – they are not telling the truth. Vendors have the capability to provide trans fat free options that are comparable in cost and taste.</p> <p>Another question, that most people in the room were struggling with, and we still do not have a good answer for, was: How do we make the cafeteria healthy and manage cost? This is something we will continue to look at as we move forward with the forum.</p>	<p>discussion will be scheduled for the next forum meeting in September. If you have any pressing questions or needs, please email eileen.duin@dhha.org and she will facilitate electronic correspondence.</p>
<p>Wrap Up</p>	<p>We will create a HEAL Hospital Forum website as a place to house information 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"> • Continue looking at the food environment • Return on Investment • Wellness tied to benefits • Bridging the link between employees, patients and families • Liability – working with legal in terms of liability/worker's comp 	<p>The HEAL Hospital Forum website is: http://www.dath.org/heal.html</p> <p>If you have information or resources you would like to post to the HEAL website, please email eileen.duin@dhha.org.</p>
<p>Next Forum</p>	<p>The next forum is scheduled for Wednesday, September 16 from 12:00 – 1:30 p.m.</p> <p>Location: Penrose St. Francis Main Hospital 2222 N. Nevada Colorado Springs, CO 80907</p> <p>Topics: Capturing CEO Support and an overview of the Club HIIP Wellness Program</p> <p>We are looking into the possibility of making this forum available as a webinar. We will definitely have a conference call in number, but are exploring ways to enhance the forum experience for those calling in.</p>	<p>A conference call in number will be sent prior to the September forum.</p> <p>The Children's Hospital is looking into hosting the November 18 forum.</p>