



# HEALTHY KANSAS HOSPITALS

HEALTHY OPTIONS ARE THE ROUTINE, EASY CHOICE.

TO: Kansas Hospitals  
FROM: Kansas Hospital Association  
SUBJECT: Healthy Kansas Hospitals – Toolkit # 2  
DATE: December 1, 2023

Thank you for your commitment to establishing a healthier workplace, as well as being a leader in your community by establishing norms and influencing health decisions. Thank you for all you have done so far to provide the healthiest choices possible for patients, visitors and staff.

The Kansas Hospital Association is pleased to provide hospitals with this second toolkit to help hospitals create change inside of the facility. We appreciate the opportunity to provide leadership, shared knowledge and innovative approaches to improve health and wellness in hospitals.

This second toolkit of resources and templates was created to further assist and support you as you lead the way to improve environments in Kansas hospitals. The enclosed materials, as well as all the materials in the first toolkit (creating a worksite wellness committee) and the third toolkit (nurturing strategies for a healthy culture) are available online at [www.HealthyKansasHospitals.org](http://www.HealthyKansasHospitals.org).

## Healthy Kansas Hospitals Toolkit #2:

[Sample Standards](#)

[Healthy Kansas Hospitals Model Policy](#)

[Five Steps to Success](#)

[Hospitals Can Model Healthy Options](#)

[Healthy Foods and Beverages](#)

[Template PowerPoint](#)

[Template Media Release](#)

[Sample Letter to the Editor](#)

[Health Data and Best Practices at Your Fingertips](#)

[A Guide to Posting on Social Media](#)

[Local Resources Template](#)

[Additional Resources](#)

[Implementing Healthier Vending Options](#)

[Are Diet Beverages Acceptable](#)

[Frying vs. Baking](#)

[Nutritional Labeling for Menus](#)

[Keeping It Fresh and Local](#)

If your hospital would like to explore establishing a worksite wellness committee, please e-mail Hayley Finch-Genschorck at [hfinch@kha-net.org](mailto:hfinch@kha-net.org) or (785) 233-7436. Thank you for your commitment to improving the health and wellbeing of Kansans.