

HEALTHY KANSAS HOSPITALS

HEALTHY OPTIONS ARE THE ROUTINE, EASY CHOICE.



Centers of Excellence Award Winner

Labette Health Focuses on Nutrition, Exercise and Feeding At-Risk Youth

Labette Health has promoted health and wellness since adopting a policy prohibiting the use of tobacco products on all its properties on Sept. 1, 2006. In 2009, the hospital formed a multi-disciplinary Wellness Committee. Joining the *Healthy Kansas Hospitals* program in 2014 was a natural extension of the hospital's long-time commitment to health and wellness promotion.

With the support of its leadership team and governing board, Labette Health has taken significant steps to improve the health of the communities it serves. From

changes in food and beverage offerings to nutritional education, the hospital has added more healthy food choices for employees, medical staff and visitors. In addition, the hospital has partnered with the U.S.D.A. Summer Food Service Program to provide healthy meals and snacks to more than 14,000 children in the past three years. In recognition of its achievements and innovation, Labette Health was named one of three recipients of the *Healthy Kansas Hospitals Centers of Excellence* awards for 2017.



Labette Health was one of three 2017 *Healthy Kansas Hospitals Center of Excellence* award winners and received a \$1,000 prize. **Melissa Hungerford**, third from left, chief executive officer of the Kansas Hospital Education and Research Foundation, presented the award to Labette Health recipients **Melanie King**, left, Food & Nutrition dietary aide; **Linda Johnson**, CDM, AFNP, CFPP, Food & Nutrition director; **Elaine Hudson**, fourth from left, RD,LD, clinical dietitian; **Jody Drumm**, Food & Nutrition dietary aide; **Carli Saye**, RD, LD, clinical dietitian; and **Kyla Reyes**, Food & Nutrition dietary aide.

“The vision of Labette Health is to improve the health of the communities that we serve. As a health care organization, we must take a leadership role to help our great nation improve its health and lower its national spending on health care.”

— Brian A. Williams, President / Chief Executive Officer

Healthy Kansas Hospitals

Hospital leaders and staff embraced joining the *Healthy Kansas Hospitals* initiative, a project led by the Kansas Hospital Education and Research Foundation. The program informs and supports local initiatives to promote healthy food and beverage environments in hospitals.

Labette adopted a two-prong strategy, one involving internal food and beverage policies as well as enhanced nutritional education, and the other focused externally on helping children at risk for food insecurity. While ensuring that at-risk children receive healthy meals during the summer, the hospital also teaches them healthy habits and the importance of nutrition.

“The *Healthy Kansas Hospitals* initiative inspired the Wellness Committee to expand its efforts internally and helped renew its enthusiasm and dedication to promoting wellness,” said Elaine Hudson, RD, LD, who spearheaded the activities along with Linda Johnson, food service manager. “While the committee had talked about hospital food and beverages, nothing had been done. We needed buy-in from other departments to promote healthier food and beverage choices,” she added. “With the leadership and support of our new CEO who came onboard in 2014, Labette reaffirmed its commitment to health and wellness, and to getting our communities exercising and eating healthy.”

Healthier Food and Beverage Choices

One of the first areas that Labette addressed internally was sugary beverages. Prior to the policy change, Labette Dietary provided cans of sodas for meetings. Now, urns with water and iced tea are set up.

Johnson is developing a publication suggesting healthier menu options for meetings and gatherings.

In the cafeteria, infused and tap water is a free daily option, and fountain beverage sales have decreased significantly. A lower-fat entrée is available daily on the cafeteria line. Healthier entrée options have 12 grams or less of total fat and less than 4 grams of saturated fat. Costing about \$1 less than other choices, the hospital is using a pricing strategy to make the healthier entrée the preferred choice.

Portion sizes also were addressed. The dietary manager moved from a 3-ounce to 1.5-ounce cookie. Cinnamon rolls used to be 4 ounces, and now are 2 ounces. Muffins went from 4 ounces to 2 ounces. “Smaller portions reduce calories and are not that noticeable to diners,” Johnson said.

The fruit and salad bar is available daily in the cafeteria, and more options are available for breakfast. Nutritional information is posted daily in the cafeteria.

Vending machine offerings were revamped to promote water and non-caloric beverages as the preferred drink. Prior to the new policy, 60 percent of beverages in the hospital's vending machines were sweetened drinks. Now 40 percent of the items contain less than 12 grams of sugar in a 12-ounce beverage portion, and 60 percent of the drinks are water and unsweetened beverages. Portion sizes also were addressed; 24-ounce drinks were reduced to 16-ounce portions, and 16-ounce portions were replaced with 12-ounce sizes. The price for sodas also was increased to \$1.80 for a 16-ounce portion.

“Despite the CEO’s support for the new policy, we anticipated push-back on the soda changes. After a month of not drinking sodas, one employee told us how much she was enjoying the infused water. We are making a difference.”

— Linda Johnson, Food Service Manager

Labette Health Cafe

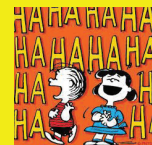
April Menu

Hot Breakfast: 6:15 am-10 am (hot food removed at 10 am) * Continental Breakfast available until 10:30 am
Lunch: 11 am-1:30 pm * **Dinner:** 4:30 pm-6 pm
 Closed daily for cleaning/restocking: 10:30 am-11 am and 1:30 pm-2 pm *Closed weekends and Holidays
 Daily salad, meat and cheese bar (sold by the pound @ \$4.75) * Dessert Bar Assorted drinks and snacks

Monday	Tuesday	Wednesday	Thursday	Friday
3 Find a Rainbow Day Salad & Deli Bar Rainbow Pasta & Meat Sauce (13) Reuben Sandwich (24) Tri-Colored Potatoes Roasted Root Vegetables	4 Salad & Deli Bar Baked Chicken Tenders (8) Gluten Free Tenders (17) Beef Brisket (26 gm) Garlic Mashed Potatoes Steamed Broccoli	5 Laugh at Work Day Baked Salmon (12) Baked Sausage & Spaghetti Casserole (24) Roasted Potatoes Zucchini & Yellow Squash	6 Hostess Twinkie Day Baked Turkey Breast (2) Pork Roast (18) Mashed Potatoes Stuffing Brussel Sprouts	7 National Beer Day Salad & Deli Bar Baked White Fish (7) Beer Battered Fish (15) Macaroni & Cheese (28) Battered Onion Rings Peas & Carrots
10 National Farm Animal Day Salad & Deli Bar Grilled Herb Chicken (8) Barbecue Ribs (36) Corn on Cob Potato Salad Cole Slaw	11 Taco Tuesday Salad & Deli Bar Chicken & Cheese Taco (13) Beef & Cheese Taco (13) Spanish Rice Refried Beans Shredded Lettuce & Cheese Diced Tomatoes & Onions	12 Salad & Deli Bar Chicken Noodle Soup (2) Broccoli Cheese Soup (11) Tomato Basil Bisque Soup (14) Grilled Cheese Day Let us prepare your favorite Grilled Cheese Sandwich (16) Assorted breads & cheeses	13 Salad & Deli Bar French Dip Sliced Chicken on Hoagie Bun (5) French Dip Sliced Beef on Hoagie Bun (12) French Fries Baked Chips Whole Green Beans	14 Good Friday Salad & Deli Bar Baked Garlic Herb White Fish (7) Roast Pork Loin (18) Wild Rice Broccoli Florets
17 Baked Chicken Breast in Bourbon Sauce (8) Meatloaf (18) Baby Baker Potatoes Capri Blend Vegetables	18 Tax Day Salad & Deli Bar Ham & Beans (4.0) Cabbage Roll (13) Oven Browned Diced Potatoes Steamed Zucchini	19 Salad & Deli Bar Sliced Roast Beef (6) Oven Fried Chicken (34) Mashed Potatoes & Gravy Seasoned Green Beans	20 Baked Pork Chop (10) Macaroni & Cheese (28) Steamed Beef Hot Dog & Bun (30) Baked Beans Cole Slaw Baked Chips	21 Salad & Deli Bar Breaded Catfish (14) Swiss Steak (21) Oven Fried Potatoes & Onions Kentucky Green Bean
24 Philly Chicken Sandwich (5) Philly Beef Steak Sandwich (17) (Sliced cheeses not included in fat grams) Baked Tater Tots Chuckwagon Corn	25 Salad & Deli Bar Popcorn Shrimp (12) Pizza by the Slice (21) Assorted Toppings , Vegetables & Sauces Garden Vegetable Blend	26 National Pretzel Day Salad & Deli Bar Gyro Turkey (20) or Gyro Beef (29) with Pita Bread Hamburger w/ Pretzel Bun (25) Home Style Chips Lettuce/Tomato/Onions National Walk @ Lunch Day	27 Salad & Deli Bar Roasted Turkey Breast (2) Pulled Pork on Bun (20) Baked Diced Sweet Potatoes Brussel Sprouts	28 Salad & Deli Bar Vegetable Lasagna (16) Meat & Cheese Lasagna (18) Cheese Lasagna (20) Bread Stick Zucchini & Yellow Squash



- **Heart Healthy Entrée choices are in bold faced print.**
- **Total Fat is shown with the entrée itemsgm**
- **Daily menu & pricing available on Café menu board**
- **Menus are subject to change**
- **April 29th is National Herb Day! Let’s plant parsley, sage & thyme!**



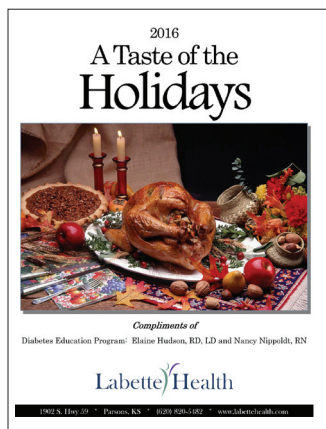
Get Moving!

Eating healthier is just one part of the equation, and Labette Health recognized the need to promote exercise/fitness. The hospital provides a campus-based fitness center, and employees pay a discounted \$20 monthly fee. If employees work out 12 times in a month, membership for the following month is free.

Employees are encouraged to join walking clubs and participate in area runs. The hospital has eight teams participating in the Walk Kansas Program, sponsored by the KSU Research and Extension Service. Participants log-in to the KSU system to record miles. "The Food and Nutrition Department has logged 750 miles since March 19, [2017] and is leading in its division," Hudson proudly reports. The hospital also supports other organizations' walks, recently providing a healthy lunch for the Blue Cross Blue Shield event.

Encouraging Healthier Eating Habits

Prior to 2014, the hospital offered employees a "Lunch and Learn" series with the KSU Research and Extension Service. In 2017, the program was opened to the community with a program on cooking with herbs. "We had a full house of 35 people," Hudson said. Healthy food and infused water were served for lunch. Attendees received hand-outs, and door prizes were awarded. "Now, we are offering these community programs four times a year, and are considering adding monthly cooking/sampling/education sessions," said Hudson. Johnson planted an herb garden in one of the hospital's windows, so people can see what herbs are, and the Dietary Department uses them to encourage people to cook with herbs at home.



Butternut Squash Soup

Makes 6 servings

1 serving: 1 cup = 107 Kcal, 20 grams carbohydrate

Ingredients:

- 1 teaspoon canola or olive oil
- 1 small diced onion
- 2 (10 ounce packages) Butternut Squash, thawed
- 1 cup low fat, low sodium chicken broth
- 1 1/2 cups evaporated skim milk
- 1/8 nutmeg
- freshly ground black pepper, to taste

Directions:

In a stock-pot over medium-high heat, heat the oil. Add the onion and sauté for 3 minutes. Add the butternut squash and the broth and bring to a boil. Add the milk and simmer on low heat for 20 minutes. Add the nutmeg. Puree the soup in a blender until smooth. Add pepper to taste. Serve immediately.



Labette has a diabetes education program, certified by the American Diabetes Association since 2005, and offers nutritionally-focused support group meetings five times a year. "For almost 10 years, the hospital has provided an educational program on how to prepare a healthy holiday meal," Johnson explained. "We put together a holiday recipe

book which includes cooking tips. At the event, more than 100 people – not just diabetics – enjoy a healthy holiday meal made from scratch at no cost. We show them how to reduce fat and calories, and use more vegetables, like pureed cauliflower instead of mashed potatoes. The squash soup is one of our most popular items," she explained.

Feeding At-Risk Children in the Summer

In the U.S., one in five children struggles with hunger, lacking consistent access to enough food to ensure healthy development. In the Parsons School District, 50 percent of children in all schools qualify for reduced-cost meals; the number increases to 80 percent in elementary schools. Because children are at an increased risk for food insecurity, malnutrition and obesity during the summer when school is not in session and the National School Breakfast and Lunch programs are suspended, the community created a partnership to operate a Summer Food Service Program, administered by the Child Nutrition and Wellness Division of the Kansas State Department of Education. Labette partnered with the Parsons District Schools, the Parsons Recreation Center and City of Parsons to serve hundreds of children meals throughout the summer of 2012 when the Parsons Community received a \$50,000 grant from the National Recreation and Park Association/Kansas



Labette Health takes nutritional meals to various locations in the community to ensure at-risk children receive a healthy breakfast and lunch or snack each weekday.

Health Foundation. The hospital was one of the initial meal sites in 2012, and since has greatly expanded its role.

In 2014, the hospital's Food and Nutrition Department assumed responsibility for planning, preparing and serving summer meals on weekdays. The federal program allows any child 18 or younger to receive a free breakfast and lunch or snack. While U.S.D.A. provides most of the funding, a few cents of each meal are subsidized by the state. The Parsons Area Community Foundation has funded the hiring of college students to serve food and interact with the children at various meal sites. The foundation also has helped fund equipment purchases, such as warmers, tables, coolers, etc. Labette Health provides significant in-kind support for the program.



Neighborhood parks are one of the locations where Labette Health serves healthy meals to children during the summer.



Labette Health has served healthy lunches to 13,750 children and snacks to 625 children in the past three years. A grant from Parsons Area Community Foundation has funded the hiring of college students to serve food and interact with the children at various meal sites.

Lunches are served to approximately 150 children Monday through Friday. "When the kids see our vehicle approaching, they gather to help us unload and set-up," Hudson said. Labette Health has served healthy lunches to 13,750 children and snacks to 625 children in the past three years.

This summer, the hospital will participate in new activities, providing breakfast for the Emergency Medical Services' safety program. The hospital also is reaching out to churches to encourage healthier snacks – like string cheese and fruit -- at Vacation Bible Schools. New meal sites at movie theaters and libraries are being considered.

Tips/Advice/Lessons Learned

Hudson and Johnson offer advice for others starting to emphasize healthier food and beverage options:

- Get the support of the hospital leadership team, the governing board and the medical staff.
- Start small and make incremental changes.
- Don't be afraid to try new things.
- Make a plan. Look at how to improve existing efforts.
- Communicate and promote what you are doing.
- Recognize accomplishments.

The healthy nutrition duo has learned some lessons which may help others achieve success:

"Be strategic about who is involved initially. The hospital grapevine can blow things out of proportion," Johnson said. "The hospital decided to cut back on fried foods and offer more healthy beverage choices. But the rumor got around the community that we were taking out the deep fryers and soda machines. News traveled fast!" Despite the initial concern, both employees and visitors have embraced the hospital's healthier food and beverage policies.

"Train the food and nutrition staff, especially the front-line staff. They need to know how to respond to comments/questions," Hudson said.

"Our goal is to impact diet-related illnesses over time, and reduce utilization, which ultimately will reduce health care costs," Hudson concluded.

About Labette Health

Labette Health is a 99-bed Level III Trauma Center located in Parsons, Kansas. Serving a six-county area since 1961, Labette Health provides acute, intensive and inpatient rehabilitation services. Labette Health is a respected regional medical center known for its comprehensive health care services, skilled and caring employees, state-of-art medical technology, and dedicated/talented medical staff.

About Healthy Kansas Hospitals

Healthy Kansas Hospitals is a project of the Kansas Hospital Education and Research Foundation to encourage Kansas hospitals to improve food and beverage policies and become community role models; the program also provides resources and information. The KHERF was created in 1969 by the Kansas Hospital Association to facilitate collaboration and innovation to improve health delivery for Kansas communities. The Kansas Hospital Association is a voluntary, non-profit organization that is the leading advocate and resource for Kansas hospitals. For more information, visit www.HealthyKansasHospitals.org.