



**HEALTHY
KANSAS
HOSPITALS**

HEALTHY OPTIONS ARE THE ROUTINE, EASY CHOICE.



Communicating Food/Beverage Policy Changes

Successful implementation of healthier food and beverage policies requires good communication with all the stakeholders. It's important that employees, medical staff members, volunteers, patients and families are aware of policy changes and the reasons the hospital/system is making them. Internal and external newsletters as well as direct communication with all stakeholders should be done in advance of implementation of new policies.

Sample Email to Hospital Employees

TO: All Staff

FROM: [HOSPITAL CEO OR ADMINISTRATOR]

SUBJECT: Commitment to a Healthier Workplace

At [Name of Hospital], we value the health of each employee and want to provide an environment in which you can thrive. In the coming weeks, the hospital will be making a few changes to the food and beverage policies affecting what is offered in the cafeteria, vending machines, meetings and events. These changes are intended to help the hospital fulfill its mission of not only treating, but also preventing chronic diseases.

The obesity rate in Kansas has doubled since 1995, and now nearly two-thirds of Kansas adults are overweight or obese and roughly a quarter of youth in grades six through 12 also are overweight or obese. Public health experts agree that one norm that must be changed is the over-consumption of unhealthy foods and beverages. [Name of Hospital] has chosen to take a proactive role in improving the health of its employees, medical staff and volunteers, as well as patients and their families.

[Name of Hospital] has partnered with the Kansas Hospital Education and Research Foundation, which is part of the Kansas Hospital Association, to create healthier food and beverage policies. Making these changes will take time and cooperation. Our intent is to create a healthier environment that will benefit those who work here as well as those who receive care at or visit [Name of Hospital]. I ask you to support this initiative, and I welcome your feedback during this transition process. Thank you for helping make [Name of Hospital] a caring, healing facility.

With appreciation,

[CEO OR ADMINISTRATOR AT YOUR HOSPITAL]

Sample Article for Internal/External Newsletter

[NAME OF HOSPITAL]

Adopts Policies to Offer Healthier Food/Beverage Choices

Nearly two-thirds of Kansas adults are overweight or obese and roughly a quarter of youth in grades six through 12 also are overweight or obese. This epidemic has increased health care costs dramatically and led to an increase in chronic diseases and premature deaths. Public health experts agree that one norm that must be changed is the over-consumption of unhealthy foods and beverages. [Name of Hospital] has partnered with the Kansas Hospital Education and Research Foundation, which is part of the Kansas Hospital Association, to create healthier food and beverage policies.

“Our intent is to create a healthier work environment that will benefit those who work here as well as those who receive care at or visit [Name of Hospital],” said [Name of CEO], [title]. “[Name of Hospital] is committed to fostering a culture of health in the workplace where healthy choices are the easiest choices,” [Last name of CEO] added.

In the coming weeks, the hospital will be making a few changes to the food and beverage policies affecting what is offered in the cafeteria, vending machines, meetings and events. “These changes are intended to help [Name of Hospital] fulfill its mission of not only treating, but also preventing chronic diseases,” [Last name of CEO] said.

[Add specific details about your new food/beverage policies, including when the changes will occur.]

As major employers and a primary source of health care in many communities, hospitals have the opportunity to establish strong community norms and influence the health decisions of the public. Hospitals in Kansas and across the nation have taken up the challenge by working to implement policies and practices to promote consumption of healthy products within their facilities and to reduce consumption of sugary drinks and unhealthy foods.

“[Name of Hospital] wants to be a role model for other employers and health care providers in the community. With the support and participation of all our stakeholders, we can help lead our community to a healthier future,” said [Last name of CEO].



KANSAS HOSPITAL EDUCATION AND RESEARCH FOUNDATION

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