

# Hospital Healthy Food Initiative

Partnership for a Healthier America  
2014 Progress Report

For the past 3 years, 10 MaineHealth member and affiliate hospitals have been working together to advance the national Partnership for a Healthier America's *Hospital Healthy Food Initiative*. The goal of this initiative is to create healthier cafeteria environments and more nutritious patient meals. A national report on the impact of this program was released in May 2015.\*

## MaineHealth: Report Highlights from Across the System

- **8 of 10 hospitals** meet the healthier marketing criteria, which aim to include only healthy food and beverage options in advertising within cafeterias and on patient menus. All 10 hospitals are on track to meet this mark by September 2015.
- **10 of 10 hospitals** offer only healthy food options within 5 feet of cash register stations.
- **7 of 10 hospitals** label all items in the cafeteria with calories per serving.

## *Stephens Memorial Hospital*

### Local Successes:

- Introduced an entrée-size fruit and yogurt parfait in year one of the initiative, which was an instant success. This year, customers asked for a snack-size version and these now fly off the shelf!
- Installed a new highly-upgraded water and ice station in the cafeteria, with marketing signage that promotes the consumption of water. The machine is attractive, quiet and with sensors to reduce risk of cross contamination. Employees and visitors notice and appreciate the upgrade—it gets a lot of use!

### Additional Accomplishments:

- Customers are using the nutrient information. At first it was a novelty; however, customers now share that they look for the information when making food choices.



**MaineHealth**

Learn more at [www.CheckPlusChoices.org](http://www.CheckPlusChoices.org)

\*For full report and progress: <http://progressreports.ahealthieramerica.org/2014/partner/mainehhealth-2/>