

This newsletter is intended to keep you, our health and community partners, informed of our progress, and to inspire our collective efforts in reshaping the food environments in our hospital retail settings.

### HEALTHY FOOD ENVIRONMENTS – A HOT TOPIC

It's not just a fringe conversation happening on the sidelines at hospitals and schools anymore. Numerous organizations from the Heart & Stroke to the Senate are calling for renewed attention to our food environments and the role they play on our overall health.

In the past year we have seen hospitals from around the world adopt a similar cause and set their sights on removing sugary beverages and deep-fried foods from their campuses. Now, several organizations are calling on **all** publicly-funded institutions to follow suit!

As the conversation about how to make the shift to healthy continues, hospitals in our region can feel proud of their participation in the *Healthy Foods* program, knowing that their efforts are well aligned with strategies proposed by our colleagues in the health community. Read more below about the push (both locally and internationally) to get more healthy food options in institutions!

#### Ontario:

[Ontario Food and Nutrition Strategy](#)

#### Canada:

[Obesity in Canada: Report of the Standing Senate Committee on Social Affairs, Science and Technology](#)

[Guiding Principles, Recommendations and Considerations for the Updated Canada's Food Guide](#)

[Heart & Stroke Summary of the Health and Economic Impact of a Tax on Sugary Drinks in Canada](#)

[HealthCareCAN: The Role of Food in Hospitals](#)

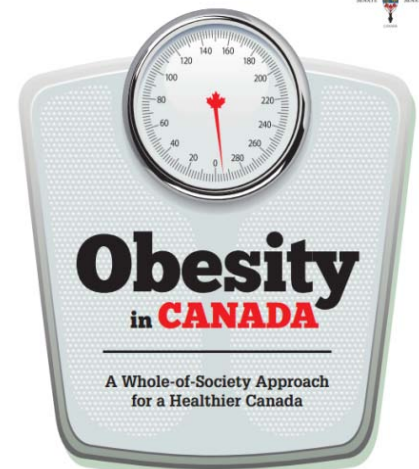
#### International:

[American Medical Association Policy to Reduce the Consumption of Sugar-Sweetened Beverages](#)

[NSW Health Announces Plans to Remove Sugary Drinks from All Hospitals](#)



A COMPREHENSIVE  
EVIDENCE-INFORMED  
PLAN FOR HEALTHY FOOD  
AND FOOD SYSTEMS  
IN ONTARIO



The *Healthy Foods in Champlain Hospitals* program is about creating supportive, healthy retail food environments in local hospitals. Together, we want to ensure that the healthy choice is the easy choice for staff, physicians, volunteers, patients and families. [www.ccpnetwork.ca](http://www.ccpnetwork.ca)



## CELEBRATING SUCCESS AROUND THE REGION



### Kemptville District Hospital Silver Celebration, June 2017

Visit *Inside Ottawa Valley* online to view the news article (direct hyperlink to article not available)



### Deep River and District Hospital Silver Celebration, May 2017

[Click here](#) to view the news article in *the Daily Observer*

### HOSPITALS IN ACTION!

Creating a truly healthy food environment, which provides plenty of healthy options while simultaneously decreasing the less healthful ones, is not easy. It takes a great deal of planning, menu and nutritional analysis, sourcing and taste testing of new products, and incorporating customer feedback to get it just right.

Our hospital food service leads, staff and volunteers have been working continuously to make these changes a reality! Here are a few recent highlights:

- **90% of cafeterias** post calorie and sodium information for entrees and soups
  - Furthermore, **25% of cafeterias** are now posting nutrition information for snacks and desserts, and for items in salad and sandwich bars
- **80% of sites** do not offer energy drinks in their cafeterias or vending machines
- **25% of sites** have removed high-calorie beverages such as pop, iced tea, and lemonade from their vending machines, focusing instead on water, milk, 100% fruit juice and no-calorie or low-calorie options
- **Over half of the gift shops** have significantly reduced their offering of chocolate bars, chips, and candy

[Click here](#) to read more about our region's journey to a healthy hospital food environment in *Healthcare Management Forum*.

