

# NUTRITION IN HEALTHCARE LEADERSHIP TEAM (NHLT) STRATEGIC PLAN

**Vision:**

San Diego County healthcare systems promote optimal health by ensuring all foods and beverages served are healthy, fresh, affordable and produced in a manner that supports the local economy, environment and community.

**Mission:**

The mission of the NHLT is to advance healthful, sustainable food and beverage practices in San Diego County healthcare systems through collaboration.

GOALS	STRATEGIES	YEAR 1 ACTIVITIES/OUTCOMES	YEAR 1 TIMELINE	YEAR 2 ACTIVITIES/OUTCOMES
1. Make healthful food the standard.	A. Sign the Health Care Without Harm (HCWH) “Healthy Food in Health Care Pledge” or formally adopt a sustainable food policy*.	<ul style="list-style-type: none"> <li>35% of SD County hospitals adopt the HCWH Healthy Food in Health Care Pledge or a sustainable food policy (based on 29 total hospitals)</li> </ul>	Complete by Dec. 2012  (Pledge Signers as of 9/13/12: <ul style="list-style-type: none"> <li>Palomar Health (2 facilities)</li> <li>Scripps Memorial Hospital, Encinitas, CA</li> <li>Scripps Green Hospital, La Jolla, CA</li> <li>Sharp Chula Vista Hospital</li> <li>Sharp Grossmont Hospital</li> <li>Sharp Memorial Hospital</li> <li>Sharp Mesa Vista Hospital</li> </ul> Two additional hospitals needed to meet Year 1 Outcomes.)	<ul style="list-style-type: none"> <li>Track # of hospitals that sign a sustainable food policy/pledge</li> <li>Track implementation of policy/pledges through member updates at NHLT meetings</li> </ul>
	B. Participate in the Healthier Hospitals Initiative (HHI) Healthier Food Challenge*.	<ul style="list-style-type: none"> <li>35% of SD County hospitals enroll/participate in at least one HHI Food Challenge objective</li> </ul>	Complete by Dec. 2012  (Enrollees as of 9/13/12: <ul style="list-style-type: none"> <li>Palomar Health (3 facilities)</li> <li>Rady Children’s Hospitals</li> </ul> Seven additional hospital enrollees needed to meet Year 1 Outcomes.)	<ul style="list-style-type: none"> <li>Track # of hospitals that enroll/participate in the HHI Healthier Food Challenge</li> </ul>

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	C. Decrease percentage of meat purchased by 20% over baseline within 3 years*.	<ul style="list-style-type: none"> <li>Develop a recommendation for consistently and accurately tracking meat purchases/sales in SD County hospitals</li> </ul>	Complete by June 2013	<ul style="list-style-type: none"> <li>Track meat purchases/sales</li> </ul>
	D. Increase local and/or sustainable produce purchases to 15% of total dollar purchases within 3 years*.	<ul style="list-style-type: none"> <li>Develop a common definition for local and sustainable produce for use in SD County hospitals</li> </ul>	Complete by June 2013	<ul style="list-style-type: none"> <li>Develop a recommendation for consistently and accurately tracking local and sustainable produce in SD County hospitals</li> <li>Track produce purchases/sales</li> </ul>
	E. Increase healthy vending to 80% of all vending within 3 years.	<ul style="list-style-type: none"> <li>Develop a common definition for healthy vending for use in SD County hospitals</li> <li>Conduct an audit/create a baseline of current vending</li> <li>Develop a recommendation for consistently and accurately tracking healthy vending in SD County hospitals</li> </ul>	Complete by April 2013  Sept 2012- Review healthy vending standard examples  Nov 2012- Meet with vendors to discuss standards, product options, and tracking  April 2013- Finalize standards and tracking recommendations	<ul style="list-style-type: none"> <li>Track % of healthy vending product</li> </ul>

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2. Make healthful beverages the standard.	A. Increase healthy beverage purchases to 80% of total beverage purchases throughout hospital within 3 years*.	<ul style="list-style-type: none"> <li>Develop a common definition for healthy beverages</li> <li>Conduct an audit/establish a baseline of current available product</li> <li>Develop a recommendation for consistently and accurately tracking healthy beverages in SD County hospitals</li> </ul>	<p>Complete by April 2013</p> <p>Sept 2012- Review healthy beverage standard examples</p> <p>Nov 2012- Meet with vendors (if needed) to discuss standards, product options, and tracking</p> <p>April 2013- Finalize standards and tracking recommendations</p>	<ul style="list-style-type: none"> <li>Track % sales of healthy beverages</li> </ul>
3. Leverage collective buying power to increase cost-effective, healthful and sustainable food and beverage choices.	A. Participate in an annual "Buy Local Challenge".	<ul style="list-style-type: none"> <li>Pilot the "Buy Local Challenge" at 15% of SD County hospitals</li> <li>Work with distributors to track local purchases</li> </ul>	<p>Complete in July 2013</p> <p>April 2013- Begin planning for "Buy Local Challenge"</p> <p>May 2013- Work with vendors to ensure local product is available and purchases are tracked</p> <p>July 2013- Participate in "Buy Local Challenge"</p>	<ul style="list-style-type: none"> <li>Track # of participating hospitals</li> <li>Track local product purchases among NHLT members</li> </ul>

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	B. Target 1 - 2 items (e.g., chicken, beef, liquid eggs) to transition to sustainable variations by working as a region with vendors/suppliers.	Develop a common definition for sustainable product for use in SD County hospitals	Complete by June 2013	<ul style="list-style-type: none"> <li>Select 1 – 2 items to transition to sustainable variations</li> <li>Work with distributors to acquire items, create a baseline of current purchases, and track sales/impact</li> <li>Track # of participating hospitals</li> <li>Track selected food products' sales/impact</li> </ul>
4. Create and foster opportunities for collaboration among healthcare systems.	A. Convene regularly scheduled meetings to support hospitals in sharing best practices, networking, and advancing healthier foods and beverages at their respective facilities.	<ul style="list-style-type: none"> <li>Host a minimum of 10 meetings</li> </ul>	Complete by December 2013	<ul style="list-style-type: none"> <li>Track # of meetings held per year</li> <li>Track member activities initiated as a result of or influenced by NHLT participation</li> </ul>
	B. Secure the active participation of hospitals in the NHLT.	<ul style="list-style-type: none"> <li>Engage 2 – 4 new hospitals in the NHLT</li> </ul>	Complete by December 2013 (Added as of 9/19/12: <ul style="list-style-type: none"> <li>Tri-City Medical Center</li> </ul> One additional hospital needed to meet min. Year 1 Outcome.)	<ul style="list-style-type: none"> <li>Track # of participating hospitals in the NHLT</li> </ul>

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5. Raise the “food literacy” of patients and their families, employees, physicians and the community.	A. Conduct a CEO roundtable on healthier foods and beverages in healthcare.	<ul style="list-style-type: none"> <li>Host a CEO roundtable in partnership with HHI and HCWH/PSR</li> <li>Create and administer a program evaluation and/or pre- and post-survey</li> </ul>	<p>Complete by March 2013</p> <p>October 2012- Assemble a planning committee for the CEO roundtable</p>	<ul style="list-style-type: none"> <li>Track # of CEOs, hospitals, and/or hospital systems participants</li> <li>Results of program evaluation/surveys</li> </ul>
	B. Conduct a Food Matters: A Clinical Education and Advocacy Training for physicians, nurses, dietitians, and other health professionals.	<ul style="list-style-type: none"> <li>Host a Food Matters training in partnership with HCWH/PSR</li> <li>Submit an application for CME and CEU accreditation</li> <li>Create and administer a pre- and post- test</li> </ul>	<p>Complete by September 2013</p> <p>Dec 2013- Assemble a planning committee for the training</p> <p>Jan 2013 – Submit applications for CME and CEU credits</p>	<ul style="list-style-type: none"> <li>Track # of participants, hospitals, clinics, and/or hospital systems participants</li> <li>Results of pre- and post- test</li> </ul>

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6. Support evaluation and tracking of food and beverage practices across healthcare systems.	A. Measure healthy food practices in healthcare systems annually.	<ul style="list-style-type: none"> <li>Create a baseline with HCWH survey and CDC's Healthier Hospitals Environmental Scan data</li> <li>Conduct the HCWH survey and Centers for Disease Control and Prevention's Healthy Hospitals Environmental Scan (HHES)</li> <li>Track # of hospitals that complete survey/HHES</li> </ul>	Complete by November 2013  October 2012- Aggregate data  October 2013- Administer survey and HHES  November 2013- Aggregate data	<ul style="list-style-type: none"> <li>Conduct annual surveys and scans</li> <li>Track # of hospitals and/or systems that participate in HCWH survey and HHES</li> <li>Compare data from surveys on an annual basis</li> </ul>
	B. Track outcomes for all NHLT activities.	<ul style="list-style-type: none"> <li>Track process outcomes</li> <li>Develop evaluation surveys for special events</li> <li># of systems that complete the survey</li> </ul>	Complete by October 2013	<ul style="list-style-type: none"> <li>Track process outcomes</li> <li>Develop evaluation surveys for special events</li> <li># of systems that complete the survey</li> </ul>
	C. Set annual goals for advancing healthier food and beverage environments.	<ul style="list-style-type: none"> <li>Review and revise annual goals and strategies</li> <li>Track implementation of 2013 strategies</li> </ul>	Complete by November 2013	<ul style="list-style-type: none"> <li>Track implementation of annual strategies</li> </ul>
	D. Report to hospitals on successes, challenges and opportunities in the six goal areas.	<ul style="list-style-type: none"> <li>Produce a progress report on participant activities</li> </ul>	Complete by December 2013	<ul style="list-style-type: none"> <li>Report annually on process and outcome evaluation results</li> </ul>