

# 2012 Update on Wellness Initiatives



# Food and Nutrition

- Removed sugar sweetened beverages from all retail areas, including gift shop, vending, approved catering companies, and patient feeding – this was done to support the Healthy Kids act, sugar sweetened beverages is one of the largest contributors to obesity in children.
- Offer a Healthy meal option in the cafeteria every day at a reduced price.

# Food and Nutrition

- Post nutritional information on electronic menu boards in the cafeteria
- All impulse items at the cash registers are healthy snacks and fresh fruit
- No fried foods on the patient menu, only baked products. General cafeteria menu has very limited fried items available (3).
- Offer smaller portions of high calorie items, like brownies.

# Food and Nutrition

- Vending machines options are color coded to encourage healthy choices. 30% of the options are labeled “Best Choice” (green), 55% are labeled “Choose Occasionally” (yellow) and only 15% are labeled “Choose Rarely” (red). Contract currently out to bid and requesting only green and yellow products.
- We offer healthy alternatives, for example fat free & low fat frozen yogurt in ice cream parlor.

# Food and Nutrition

- Interested in learning more about Nationwide Children's wellness improvements with Food and Nutrition?
  - Contact Kathy Grover,  
Director of Nutrition Services  
(614) 722-1519  
[Kathryn.Grover@NationwideChildrens.org](mailto:Kathryn.Grover@NationwideChildrens.org)

# Employee Wellness

- Aetna Get Active Program - on-line, team based wellness challenge where employees track activity in pedometer steps, exercise minutes and/or weight loss. Participants who successfully completed a challenge by tracking activity weekly receive a \$20 per pay discount on their medical insurance premium for six months. The challenge was made available to all benefit eligible employees, even if they did not elect our medical insurance.

# Employee Wellness

- Annual Health Risk Assessment - health questionnaire for employees and insured spouse or domestic partner. Participants who complete the HRA receive a \$20 per pay discount on their health premium for six months.

# Employee Wellness

- Farmers' Markets have been held on campus for the past 4 years. Invite the community, employees and patient families to shop for healthy, locally grown produce and goods



# Employee Wellness

- Interested in learning more about Nationwide Children's wellness improvements with Employee Wellness?
  - Contact Cindi Solomon,  
Employee Wellness Operations Manager  
(614) 355-4153  
[Cindi.Solomon@NationwideChildrens.org](mailto:Cindi.Solomon@NationwideChildrens.org)

# Green & Sustainability

- Use compostable to-go containers in retail outlets
  - Purchased a pulper for patient services with a SWACO grant.
  - In cafeteria, separate recyclables from regular trash
  - Central Energy Plant is LEED-certified.
  - The new main hospital building and our third research building were built with LEED-certified principles.
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# Green & Sustainability

- Adding 6 acres of green space to the existing Livingston Park
  - The new “front lawn” to Nationwide Children’s Hospital will help absorb rainfall and manage water run-off more effectively than concrete and asphalt. It also helps the area stay cooler in the summer. The green space will complement Livingston Park, which is owned by the Columbus Recreation and Parks Department. It will be open to the community and includes park benches, serene gardens, a fragrance garden, walking paths, story teller garden; and interactive garden.

# Green & Sustainability

- Using low emitting materials – eliminating or reducing materials that diffuse particles to the environment including paints and coatings, carpets, doors and casework, furniture and medical furnishings
- Recycling bins are placed in every patient room

# Green & Sustainability

- Interested in learning more about Green & Sustainability?
  - Contact Kathy Grover,  
Director of Nutrition Services  
(614) 722-1519  
[Kathryn.Grover@NationwideChildrens.org](mailto:Kathryn.Grover@NationwideChildrens.org)
  - OR
  - Contact Scott McClure,  
Engineering Project Manager  
(614) 355-1585  
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# Wellness

- A link to extensive information on obesity and fitness/nutrition in our schools

<http://www.nationwidechildrens.org/full-potential-obesity>

# Wellness

## *For Our Patients*

- The Center for Healthy Weight and Nutrition at Nationwide Children's Hospital offers families a comprehensive approach to weight management and programs for both the prevention and treatment of overweight children.
- The Ounce of Prevention Program at Nationwide Children's Hospital is designed for infancy through 18 years of age and provides parent handouts, a physician guide and posters to help prevent obesity through the first 12 well-child visits.

# Wellness

## *For Our Community*

- F.A.N. (Fitness and Nutrition) Club is a 30-week, afterschool fitness training program combined with a social cognition-based nutrition program for high risk and obese children in 3rd, 4th and 5th grade. The program is a partnership between Nationwide Children's Hospital, Columbus Public Schools and Mount Carmel College of Nursing.
- Happy Healthy Preschoolers is an intensive six-week, community based program whose aim is to change the family's daily habits toward ones that promote health and fitness.



# Wellness

## *For Our Community*

- Snackwise is a research-based snack rating system that calculates Nutrient Density in snack foods and is designed for use by any organization or individual interested in making healthier snack choices.
- Feeding Your Kids is a free, 45-day text and email-based program that addresses the real-life challenges with feeding kids and teenagers.

# Wellness

- Interested in learning more about Nationwide Children's wellness improvements with Wellness?
  - Contact Ihuoma Eneli,  
Medical Director for Center for  
Healthy Weight and Nutrition  
(614) 722-4811  
[Ihuoma.Eneli@NationwideChildrens.org](mailto:Ihuoma.Eneli@NationwideChildrens.org)

# Breastfeeding

## *Services offered to employees*

- provide on-site lactation support for employees
  - 1. pump rooms
  - 2. hospital-grade pumps
- pump kits are available through payroll deduction
- lactation specialists are available to answer questions, concerns
- provide rental pumps at a discount

# Breastfeeding

## *Services provided for families:*

- lactation specialist visits while inpatient
- rooms available for inpatient families
  - 1. portable pumps for those who wish to pump at the bedside
- follow-up phone calls after discharge
- outpatient appointments can be made if families wish to revisit
- NCH is part of group collaborative to encourage breastfeeding within the community too

# Breastfeeding

- Interested in learning more about Nationwide Children's wellness improvements with Breastfeeding?
  - Contact Chris Smith,  
Clinical Nutrition and Lactation  
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[Chris.Smith@NationwideChildrens.org](mailto:Chris.Smith@NationwideChildrens.org)



- Use the link below to learn more about our strategic plan and how it helped NCH focus on Wellness
  - [Strategic Plan](#)