



Challenge: Healthier Foods

Why Healthier Foods?

The way food is produced, processed, packaged, distributed and consumed in the United States has significant impacts on human health. Nationally, the United States spends billions of dollars to treat diet-related, chronic diseases – \$147 billion to treat obesity alone, another \$116 billion to treat diabetes, and hundreds of billions to treat cardiovascular disease and cancer. To improve the health of patients, staff and communities, the Healthier Hospitals Initiative is teaming up with hospitals to encourage healthy food consumption.

HHI Solutions

The Healthier Hospitals Initiative is challenging hospitals to meet the baseline objective and take on three measurable goals to help hospitals serve healthier foods. These goals have been selected for their positive impact on human health and the environment, as well as to drive increased demand for healthier products in the marketplace.

Objective	Impact
Sign the Healthy Food in Health Care Pledge or formally adopt a sustainable food policy	Models healthy eating behavior and shifts the food system in a more sustainable direction
Decrease amount of meat purchased by 20 percent within a three-year period	Mitigates climate change by reducing fossil fuel use and models healthy eating behavior
Increase healthy beverage purchases by 20 percent annually or achieve healthy beverage purchases of 80 percent	Helps reduce rates of obesity and chronic illness as well as associated health care costs
Increase percentage of local and/or sustainable food purchases by 20 percent annually or achieve local and/or sustainable food purchases of 15 percent of total	Leverage buying power to shift the food system in a more sustainable direction; improve health of patients, staff and visitors

Health systems will be recognized for achieving ranks of Level One, Level Two and Level Three by completing the three goals in the order of their choice.

Why Should Hospitals Take on This Challenge?

Hospitals have a unique opportunity to use their purchasing power and mission of healing to model healthy food procurement and consumption by serving fresher, healthier, more nutritionally dense foods to patients, staff and communities. Health care organizations nationwide are writing healthier menus, working with local farmers to purchase local sustainably-grown products, reducing the amount of meat they purchase and serve, and purchasing more fair trade and certified organic products.

Success Stories

- Inova Health System started a mobile farmers' market that brings local produce into food deserts. The mobile market's food stamp matching program encourages residents to purchase locally sourced foods. Additionally, the system offers cooking classes featuring sustainable and healthy food to the community.

Get Started

Register today to join the Healthier Hospitals Initiative, which is free to any hospital in the United States and Canada. To get started, visit www.healthierhospitals.org and choose one or more challenges. Enrollees are invited to commit to at least one of the six "Challenge" areas: Engaged Leadership, Healthier Food, Leaner Energy, Less Waste, Safer Chemicals and Smarter Purchasing. Hospitals can choose to tackle a single Challenge or any combination of the six Challenges. By signing up, health systems will gain access to free tools and resources such as how-to implementation guides, a mentor program, webinars and a network of peers. Through the Initiative, hospitals will track progress at the local level and share data to show the measurable impact of the project. Visit the [HHI website](http://www.healthierhospitals.org) to learn more about the Challenges and the resources available to help participating health systems achieve these goals. Questions? Ask us at info@healthierhospitals.org. Or follow us on Twitter at [@HHIorg](https://twitter.com/HHIorg) or on Facebook at www.facebook.com/healthierhospitalsinitiative.