



2022 REPORT

**Good Food, Healthy Hospitals** is an initiative transforming Pennsylvania's hospital food environments by bringing healthier options to thousands of employees, visitors, and patients every day. Funding is provided by the Pennsylvania Department of Health through the State Physical Activity and Nutrition grant and Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.

[www.foodfitphilly.org/gfhh](http://www.foodfitphilly.org/gfhh)



In 2022, healthcare institutions continued to make more fresh, healthy, local food available in partnership with the Good Food, Healthy Hospitals initiative. Even as the effects of the COVID-19 pandemic continued to impact operations, we marked an increase in healthy vending choices, and welcomed 13 new participating hospitals. We proudly recognize our participants for nourishing their communities with practices that promote the health of the individual, the environment, and the local economy.

– Shelley Chamberlain  
*Healthy Food in Healthcare Specialist*  
*Good Food, Healthy Hospitals*

## HOW THE PROGRAM WORKS

# Participants pledge to promote good healthcare through good food choices

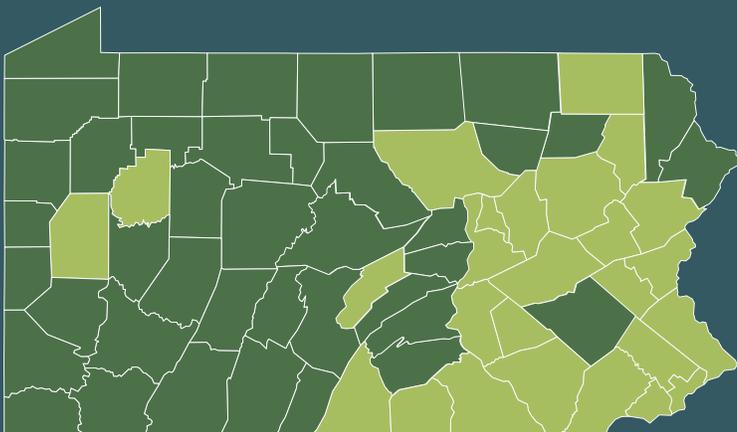
- ▶ **Offering more:**
  - fresh fruits and vegetables
  - nutritionally dense food
  - healthy, natural beverages
- ▶ **Promoting healthy options** with signs, posters and brochures
- ▶ Providing **nutrition information**
- ▶ **Incentivizing** purchases of healthy foods
- ▶ **Improving community access with:**
  - farm stands and farmers markets
  - Community Supported Agriculture programs
  - food pantries
- ▶ **Offering fewer:**
  - sugar-sweetened beverages
  - packaged snacks
  - unhealthy fats
  - processed foods

## Targeting five food environments

Participants target food served throughout the hospital, in **patient meals, cafeteria service, catering and vending**, as well as in hospital food **purchasing plans**. Good Food, Healthy Hospitals supports achievement in these five areas by providing procurement standards, implementation assistance, and marketing materials to educate patients, staff and the community.



## IMPACT



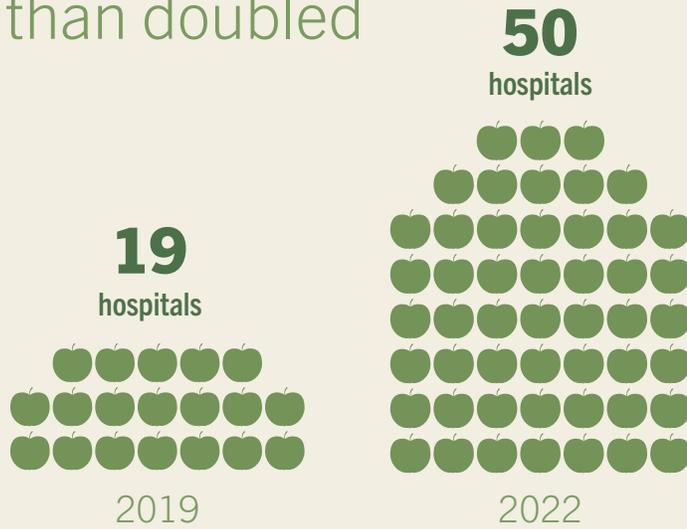
More than one third of Pennsylvania counties are now served by participating hospitals, including many of the state's most populous areas.

## BY THE NUMBERS

- 50 pledged hospitals in 26 counties
- 78,239 hospital staff
- 188 healthier vending machines
- 5.1 million cafeteria meals/year
- 5.3 million patient meals/year

Results from 35 of 50 hospitals (70%) reporting at time of publication

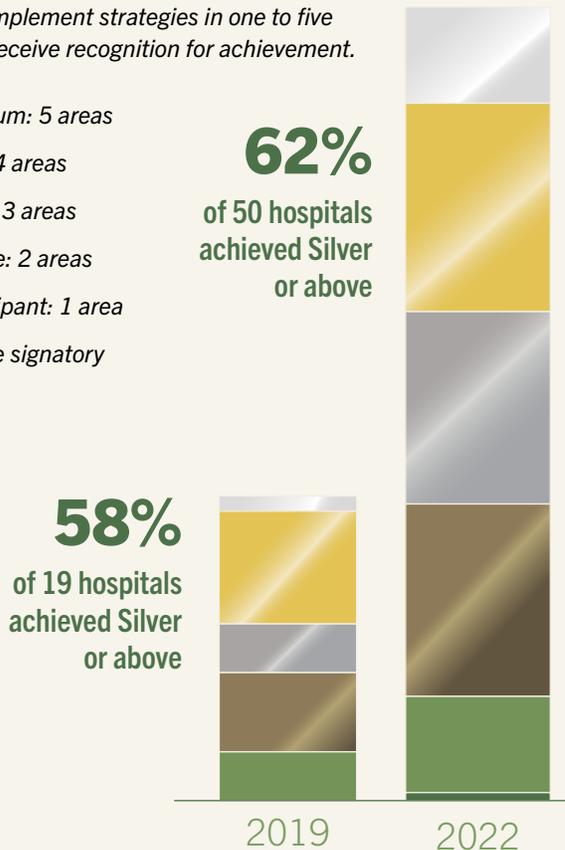
## Participation has more than doubled



## Hospitals are achieving more over time

Hospitals implement strategies in one to five areas and receive recognition for achievement.

- Platinum: 5 areas
- Gold: 4 areas
- Silver: 3 areas
- Bronze: 2 areas
- Participant: 1 area
- Pledge signatory



## WHY HOSPITALS?

### HOSPITALS ARE UNIQUELY POSITIONED TO MAKE A DIFFERENCE.

Healthcare institutions are cornerstones of communities and drivers of the local economy. Food that is fresh, healthy, and environmentally sustainable is central to preventive care.

Hospitals prepare thousands of meals every day and have a unique opportunity to:

- ▶ Improve community health and wellness, particularly for nutritionally vulnerable populations
- ▶ Lessen the economic burden of healthcare costs associated with type two diabetes, cardiovascular disease and other diet-related illness
- ▶ Serve as a model for other large institutions, employers and programs
- ▶ Influence suppliers to provide more foods that promote human health, a thriving regional economy and a healthy environment
- ▶ Increase access to healthier food and beverage choices on site

# ACHIEVEMENT

## Celebrating 2022 Good Food, Healthy Hospitals leaders



- Episcopal Hospital
- Fox Chase Cancer Center
- Jeanes Hospital
- Temple University Hospital



- Mercy Fitzgerald
- Nazareth Hospital
- St. Mary Medical Center



- Butler Memorial Hospital
- Clarion Hospital



- St. Christopher's Hospital for Children



- Lankenau Medical Center



- New!** Endless Mountains Health Systems



- Einstein Medical Center Phila.
- Jefferson University Hospital
- New!** Magee Rehabilitation Hospital
- Methodist Hospital



- Chester County Hospital
- Hospital of the University of Pennsylvania
- Penn Medicine Rittenhouse
- Penn Presbyterian Medical Center
- Pennsylvania Hospital
- Hospital of the University of Pennsylvania, Cedar Ave.



- Chambersburg Hospital
- Ephrata Community Hospital
- Gettysburg Hospital
- Good Samaritan Hospital
- Philhaven Hospital
- Surgery & Rehabilitation Hospital
- Waynesboro Hospital
- York Hospital



- Geisinger Bloomsburg Hospital
- Geisinger Community Medical Center
- Geisinger Jersey Shore Hospital
- Geisinger Lewistown Hospital
- Geisinger Medical Center
- New!** Geisinger Medical Center Muncy
- Geisinger Shamokin Community Hospital
- Geisinger South Wilkes-Barre
- Geisinger Wyoming Valley



- St. Luke's Allentown Campus
- St. Luke's Anderson Campus
- St. Luke's Bethlehem Campus
- New!** St. Luke's Carbon Campus
- New!** St. Luke's Easton Campus
- St. Luke's Lehighon Campus
- St. Luke's Miners Campus
- St. Luke's Monroe Campus
- St. Luke's Upper Bucks Campus
- St. Luke's Sacred Heart Campus
- Geisinger St. Luke's Hospital

### SPECIAL MENTION

*Congratulations Episcopal Hospital on opening a community food pantry; and to St. Luke's Monroe Campus and Geisinger Muncy for implementation of all five standards this year.*

### KEY

- Pledge Signatory:** Sign the Good Food, Healthy Hospitals Pledge and identify goals reaching any level of achievement
- Participant:** Implement one of the Good Food, Healthy Hospitals standards
- Bronze:** Implement two of the Good Food, Healthy Hospitals standards

- Silver:** Implement three of the Good Food, Healthy Hospitals standards
- Gold:** Implement four of the Good Food, Healthy Hospitals standards
- Platinum:** Implement all five of the Good Food, Healthy Hospitals standards

