



2023 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



In 2023, healthcare institutions continued to make more fresh, healthy, local food available in partnership with the Good Food, Healthy Hospitals initiative. This year we saw a marked increase in healthier vending choices — over half of the participating hospitals now offer healthier snacks and beverages.

We proudly recognize all participants, including one new hospital, 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

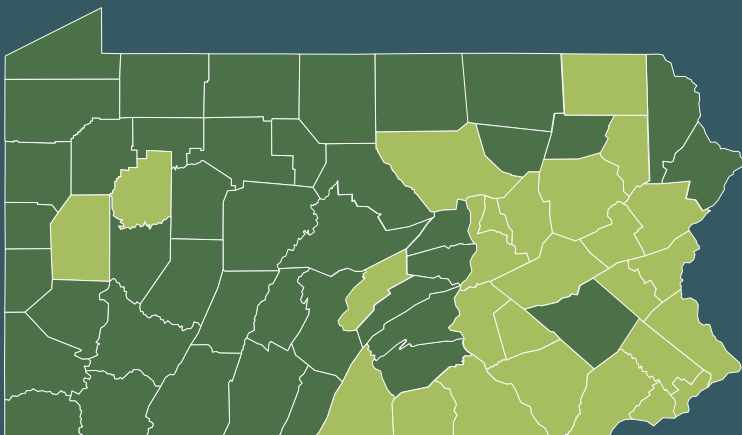
- ▶ **Offering more:**
 - fresh fruits and vegetables
 - nutritionally dense food
 - healthy, natural beverages
- ▶ **Promoting healthy options** with signs, posters and brochures
- ▶ Providing **nutrition information**
- ▶ **Incentivizing** purchases of healthy foods
- ▶ **Improving community access 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

51 pledged hospitals in 26 counties

42,238 hospital staff

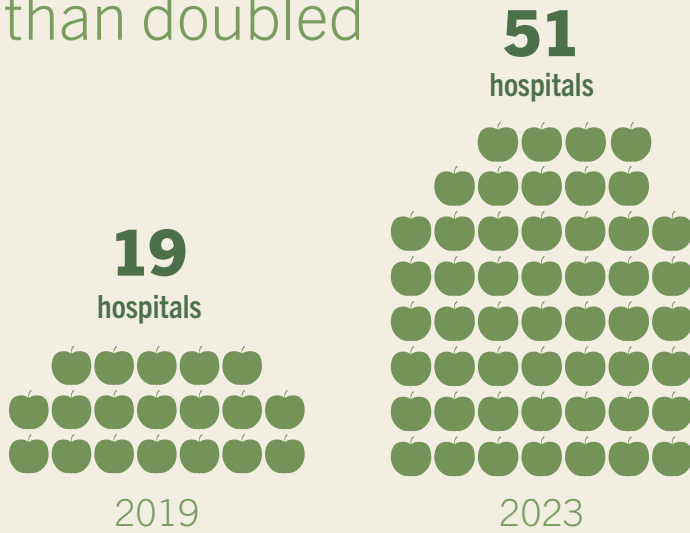
263 healthier vending machines

6.8 million cafeteria meals/year

5.3 million patient meals/year

Results from 35 of 51 hospitals (68.6%) reporting at time of publication

Participation has more than doubled



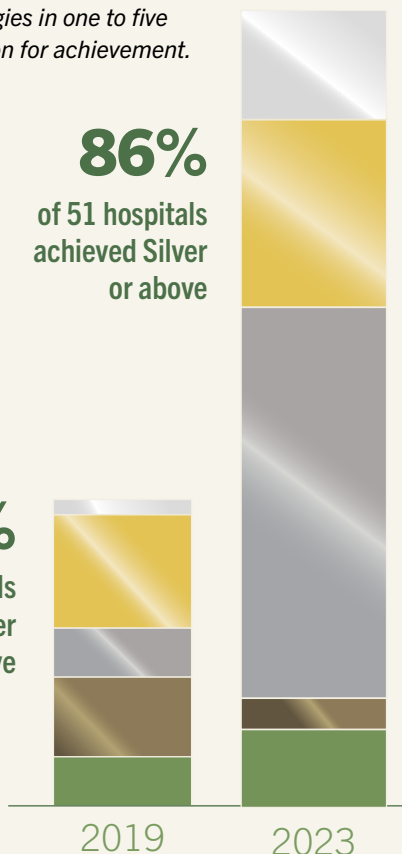
Hospitals are achieving more over time

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

58%
of 19 hospitals
achieved Silver
or above

86%
of 51 hospitals
achieved Silver
or above



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 2023 Good Food, Healthy Hospitals



- 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



- Endless Mountains Health Systems



- Einstein Medical Center Philadelphia
- New!** Einstein Medical Ctr. Elkins Park
- Jefferson University Hospital
- 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
- 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
- St. Luke's Carbon Campus
- St. Luke's Easton Campus
- St. Luke's Lehighon Campus
- St. Luke's Miners Campus
- St. Luke's Monroe Campus
- St. Luke's Sacred Heart Campus
- St. Luke's Upper Bucks Campus
- Geisinger St. Luke's Hospital

SPECIAL MENTION

Congratulations Episcopal Hospital, Endless Mountains Health Systems and WellSpan Health for achieving the Standard for Vending.

KEY

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

