



GOOD FOOD, HEALTHY HOSPITALS

A four-year, multi-faceted initiative to transform Philadelphia's hospital food environment and bring healthier options to thousands of employees, visitors, and patients every day. *Join us!*

Hospitals and health systems not only provide critical care for patients, but are also employers, community educators and local economic drivers with a unique opportunity to promote a culture of health and wellness. Ensuring that staff, patients, and visitors have access to fresh, healthy, and environmentally sustainable food within hospital walls is a reflection of a health system's commitment to preventative care and an opportunity to reduce the risk of chronic disease for thousands of Philadelphians.

WHO ▶ *Get Healthy Philly*, an initiative of the Philadelphia Department of Public Health, and *Common Market* are leading this effort. We are partnering with the American Heart Association, Einstein Healthcare Network's Center for Urban Health Policy and Research and Philadelphia hospitals. We invite you to join us!

WHAT ▶ With your input we will develop voluntary nutrition standards and identify regional procurement practices that Philadelphia hospitals can implement to make the healthy choice the easy choice.

- ▶ We can provide technical assistance, educational resources, marketing materials, and general support to participating hospitals.
- ▶ We will also highlight hospital achievements through a recognition system.

WHERE ▶ Philadelphia Hospitals: on the plates of patients, visitors, and staff through meals served at cafeterias, catered events, on-site restaurants, patient trays, and vending machines.

WHY ▶ Preventable chronic diseases that affect our most vulnerable communities are linked to poor diet and lack of access to good food. Hospitals are well-suited to impact the health and wellness of those who work, heal, visit, and eat within their walls. Offering and promoting fresh, local and healthy food can impact not only the health of the community at large, but also the bottom line, by reducing health care costs over time. This is particularly important given that Philadelphia has some of the highest rates of obesity, high blood pressure, diabetes and heart disease among the ten largest cities in the nation.

“ We are dedicated to providing our patients, customers and employees foods that improve their well being, encourage a healthy lifestyle and promote community involvement. ”

— Temple University Hospital's Executive Chef Jeff Klova





Take this opportunity to join health care institutions across the country who are making a commitment to health and wellness, and serve as a model for healthy eating in Philadelphia. If you are interested in being part of the Good Food, Healthy Hospitals Initiative contact Catherine Bartoli at Catherine.Bartoli@phila.gov or (215) 685-5281.



GET HEALTHY PHILLY is a groundbreaking public health initiative bringing together government, community-based organizations, academia, and the private sector to make healthy choices easier wherever people live, work, learn, shop, worship, and play. For more information, visit foodfitphilly.org.



COMMON MARKET is a nonprofit distributor of local farm food whose mission is to strengthen regional farms while making the local bounty accessible to communities and the institutions that serve them. To learn more about their work visit commonmarketphila.org.



THE AMERICAN HEART ASSOCIATION is devoted to saving people from heart disease and stroke—the two leading causes of death in the world. Together, with a team of millions of volunteers, the AHA funds innovative research, fights for stronger public health policies, and provides lifesaving tools and information to prevent and treat these diseases. heart.org



EINSTEIN HEALTHCARE NETWORK's Center for Urban Health Policy & Research studies, demonstrates, supports and champions ways to improve the delivery of healthcare to diverse, urban underserved communities. Through the work of the Center, Einstein seeks to identify and address the multilevel system issues that impede optimal health and healthcare in the communities it serves. einstein.edu/urbanhealth



Left: Executive Chef Jeff Klova. Middle: fresh, healthy food benefits patients. Right: Farm Stand at Lankenau Medical Center.