

BACKGROUND & CONTEXT

- The **Champlain Cardiovascular Disease Prevention Network (CCPN)** is an innovative, multi-sector partnership housed at the University of Ottawa Heart Institute. CCPN represents leaders from public health, specialty and primary care, hospitals, and academia – all working together to reduce the burden of cardiovascular disease in the Champlain region of Eastern Ontario.
- **Healthy Foods in Hospitals** (*Healthy Foods*) is a CCPN priority program.

THE OPPORTUNITY

- Dietary factors, such as low fruit & vegetables, low nuts & seeds, and high sodium, rank among the highest risk factors for both death and disability in Canada and throughout the world.
- Health care institutions have a unique opportunity to role model health from all aspects of service delivery; this means nutrition environments that are consistent with the healthy eating principles taught to patients in clinical settings and the community at large.
- As an employer, promoting healthy eating in the workplace supports employee health and well-being, helping to prevent costs related to absenteeism, reduced productivity, and other outcomes typically associated with the development of nutrition-related health conditions.

THE PROGRAM

The *Healthy Foods* program is creating supportive, healthy nutrition environments in Champlain hospitals so that the healthy choice is the easy choice for staff, physicians, visitors, patients, and volunteers.

The emphasis is on **retail food settings**; this includes cafeteria, vending, volunteer, and franchise operations on hospital campuses.

Program Goals

- *Increase availability of healthy foods and beverages in hospital retail settings*
- *Decrease availability of unhealthy foods and beverages in hospital retail settings*
- *Increase purchase/consumption of healthy foods and beverages in hospital retail settings*
- *Position Champlain hospitals as leaders with respect to healthy food environments in Ontario*

Key Components

- *A Hospital Senior Leadership Table to support regional planning and execution*
- *A set of evidence-based nutrition standards to guide selection of available food & beverage offerings, implemented in a phased manner*
- *Point-of-purchase nutrition information (i.e. calories, sodium)*
- *Central dietetic support and tools for hospital food services staff*
- *Opportunities for exchange across hospitals to share promising implementation strategies*
- *Innovative communications to support successful adoption throughout hospital community*

PARTICIPATING HOSPITALS

- | | |
|--|---|
| 1) Almonte General Hospital | 11) Kemptville District Hospital |
| 2) Arnprior & District Memorial Hospital | 12) Pembroke Regional Hospital |
| 3) Bruyère Continuing Care (2 campuses) | 13) Queensway Carleton Hospital |
| 4) Carleton Place & District Memorial Hospital | 14) Renfrew Victoria Hospital |
| 5) Children's Hospital of Eastern Ontario | 15) Royal Ottawa Mental Health Centre |
| 6) Cornwall Community Hospital | 16) St. Francis Memorial Hospital |
| 7) Deep River and District Hospital | 17) St. Joseph's Continuing Care Centre |
| 8) Glengarry Memorial Hospital | 18) The Ottawa Hospital (3 campuses) |
| 9) Hawkesbury and District General Hospital | 19) University of Ottawa Heart Institute |
| 10) Hôpital Montfort | 20) Winchester District Memorial Hospital |

KEY MILESTONES

- *August 2012:* Summary Report of the Retail Food Landscape in Champlain Hospitals completed
- *September 2012:* Formation of a regional CEO **Leadership Task Force**
- *February 2013:* Formation of a regional **Dietetic Working Group**
- *October 2013:* **Nutrition framework** finalized
- *December 2013:* **Multi-year implementation plan** drafted
- *March 2014:* Progressively-phased **recognition levels** (gold, silver, bronze) for implementation endorsed
- *April 2014:* **Hospital Declaration** signed by participating hospital CEOs, Champlain LHIN CEO & CCPN Chair
- *December 2014:* **First hospital** achieves Bronze status
- *July 2015:* **All 20 Champlain hospitals** signed on and actively participating in the program
- *Today:* **21/23 hospital campuses achieved Bronze status; nine sites achieved Silver!**

CONTACT

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