

## NUTRITION INITIATIVES

### SUMMARY

As part of the efforts to reduce childhood obesity, St. Luke's Hospital has partnered with the Kellyn Foundation to build school gardens and educate children about healthy eating habits through the "Healthy Families Need Healthy Roots" School Programming. The Kellyn Foundation is a 501(c) (3) non-profit corporation with a mission to develop, support, facilitate and implement programs that encourage physical and emotional wellness.

The school program is based on age appropriate education and active hands-on involvement by the students that progresses over a three year period from third grade to fifth grade to build a foundation of healthy living knowledge. The "Garden as a Classroom" and the "Kellyn Kitchens" programming moves the knowledge base of living healthy from the classroom to real life implementation. The goal of the program is to build a long term relationship with the students, giving them the tools to choose a healthy lifestyle.

Additionally, St. Luke's Hospital implemented a healthy living campaign called *Live Your Life*, a program developed by Columbia University and Presbyterian Hospital of New York. *Live Your Life* is a year-long community-based wellness initiative with the main goal of promoting healthy eating habits and increasing physical activity in the community.

As part of SLUHN's efforts to promote healthy lifestyles, St. Luke's Hospital partnered with Eagles Point Farm to offer the opportunity for the staff at the Bethlehem and Allentown Campuses to participate in a Community Supported Agriculture (CSA) program. For 22 weeks, employees received weekly shares of seasonal fruits and vegetables grown locally and an e-mail with healthy living tips and recipes.

### HIGHLIGHTS

A total of ten monthly healthy living messages were promoted throughout the year by way of hands-on activities, and educational messages via handouts, email broadcasts and posters in the Bethlehem, Allentown and Miners campuses through *Live Your Life*. The messages include:

- A. Switch to low-fat (1% or less) milk, cheese and yogurt
- B. Eat plenty of vegetables and some fruit every day
- C. Eat smaller amounts
- D. Turn off the screens and live your life
- E. Be physically active every day
- F. Drink water instead of soda or juice
- G. Eat less fast food
- H. Snack on healthy foods
- I. Get enough sleep
- J. Do something healthy every day that makes you feel good

## SUCCESSSES

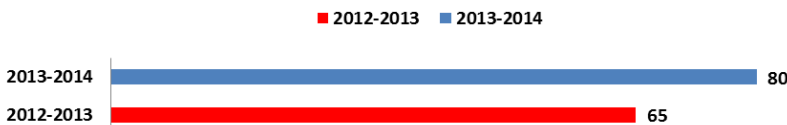
This past year, 265 children participated in the Live Your Life Campaign. The ten healthy living messages were promoted by hands on activities, handouts and posters to engage and educate children on healthy lifestyle choices at an age when children are defining their personal lifestyle habits.

Location	Number of Children	Campus
Tamaqua Head Start Program	69 children	Miners Campus
Pathstone Head Start Program	70 children	Miners Campus
Tamaqua YMCA Head Start Program	12 children	Miners Campus
Panther Valley Elementary School	16 children	Miners Campus
Donegan Elementary School	83 children	Bethlehem Campus
Union Terrance	16 children	Allentown Campus

Our two adopted schools working with the Kellyn Foundation are:

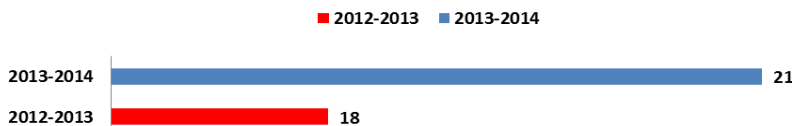
School	District
Union Terrance	Allentown School District
Panther Valley Elementary School	Panther Valley School District

### Number of Employees Participating in the CSA Program



Bethlehem Employees Participating in the CSA .

### Number of Employee Participating in the CSA Program



Allentown Employees Participating in the CSA

## CHALLENGES & NEXT STEPS

During the next fiscal year, we will work on expanding nutrition programming to other schools in the Lehigh Valley and collecting data to evaluate the program. Additionally we hope to make the CSA's a network wide initiative at St. Luke's.

