

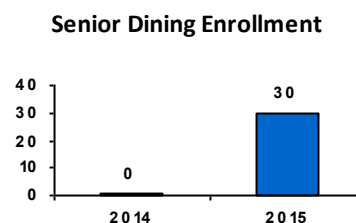
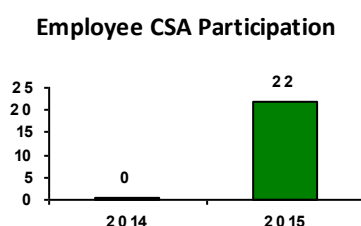
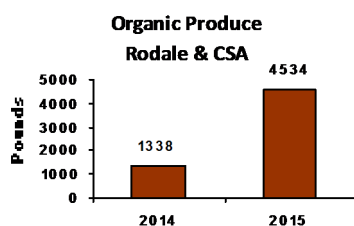
HEALTHY LIVING INITIATIVE

SUMMARY

Data obtained from the St. Luke’s CHNA illustrate that Quakertown residents have poor nutrition status and high rates of obesity and diabetes. Research shows that healthy eating habits can prevent many chronic health conditions. The community health initiative at St Luke’s Quakertown campus strives to increase the access and availability of affordable, healthy food choices as well as increase awareness and understanding of the benefits of good nutrition. We worked towards this goal by introducing programs and initiatives that will promote healthy eating habits.

HIGHLIGHTS

- In conjunction with the other campuses, and the ‘*Caring Starts with You*’ initiative, our salad bar is now offered at a reduced rate to all visitors and staff.
- We partnered with Rodale Institute to offer fresh organic grown (seasonal) vegetables to our patients on their menu, in our café and via a weekly farmer’s market.
- We partnered with Cooked Row Farm community supported agriculture (CSA).
- We promoted good nutrition and healthy lifestyles through monthly nutrition tables in the café with a RD available for questions and through our nutrition brochure rack that is filled with timely nutrition topics.
- In August, 2015 we started a Senior Dining club. Our goal is to provide healthy meals for seniors (over 65) in the area at an affordable price while offering opportunities for increased socialization.
- In our cafeteria, we promote good nutrition by identifying healthy entrees, soups, sandwiches and salads at all meals. These items are identified by the “Mindful” logo and nutritional information is posted to assist staff and visitors with their food choices. A Mindful combo is offered each day.





HEALTH INITIATIVE

SUCCESSSES

Healthy Eating program. By partnering with Rodale Institute and Crooked Row Farm CSA, we were able to offer fresh organically grown produce on our salad bar, on our patient menu (seasonal) and via a weekly farmer's market. Our salad bar price was reduced by 25% and our salad bar was certified as Mindful at the Gold level. This means healthy food at an affordable price for all.

- Quakertown campus utilized 4,534 pounds of produce in 2015 versus 1337 pounds in 2014. This included CSA and Rodale purchases (2015) versus Rodale purchases (2014.)
- We had 22 subscribers to the Crooked Row Farm CSA to staff in our first year.
- Six times this year we provided a table with nutrition info and a Registered Dietitian available for questions on pertinent healthy lifestyle topics.
- Since the start of our Senior Dining program in August, 2015 we have 30 members.
- Mindful entrée and soup option offered daily in the café and highlighted via POS

CHALLENGES & NEXT STEPS

*It was noted that those who purchased shares in the CSA did not purchased food items through the farmer's market. Increase produce purchases from Rodale.

*Work with CSA to provide more varied offerings on a weekly basis; maintain participation in CSA

*Preparing the farm produce for use in the café and on the patient line required additional labor hours. Decrease preparation time for staff via purchasing food processing equipment.

*Goal of monthly availability of registered dietitian in the café to discuss pertinent nutrition topics.

*Increase participation of Senior Dining Club members in events.

*Increase enrollment in Senior Dining Program by 25%.