



DIVISION OF
ADOLESCENT
AND YOUNG
ADULT MEDICINE



USC University of
Southern California



EMPOWER
WEIGHT MANAGEMENT
CLINIC

PSE change:
**Hospital Wellness and
Community Advocacy**
Opportunities and Challenges

Claudia Borzutzky, MD
Fellow, Champion Provider Initiative
Children's Hospital Los Angeles/
Keck School of Medicine of USC

Identifying Opportunities to Make Change: Bad Grades!

PhysiciansCommittee for Responsible Medicine

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▶ HEALTH AND NUTRITION

The Five Worst Children's Hospital Food Environments

Children's Hospital Los Angeles

Los Angeles, Calif.

Children's Hospital Los Angeles made the *U.S. News & World Report's Best Children's Hospitals: The Honor Roll*. But it gets an F for its fast food and fatty cafeteria and patient menus. The hospital houses a McDonald's with typical high-fat burgers and junk food. Pizza and rotisserie meats are regularly served in the hospital cafeteria, and the patient menu features hot dogs, chicken, and eggs.

GOOD MEDICINE

From the Physicians Committee for Responsible Medicine / Winter 2015 / Vol. XXIV, No. 1



Hazardous Hospital Foods

How Fast Food Jeopardizes Public Health

CARE Research:
It's Time to Test Drugs with Better Technology

Fast-Food Chains in Hospitals



Chick-fil-A		McDonald's	Wendy's	
Arkansas	12. University of North Carolina Hospitals Chapel Hill	California	Mississippi	Michigan
1. Saline Memorial Hospital Benton	Oklahoma	1. Children's Hospital Los Angeles Los Angeles	13. University of Mississippi Medical Center Jackson	1. DMC Harper University Hospital (Medical Center) Detroit
Florida	13. Duncan Regional Hospital Duncan	2. Naval Medical Center San Diego San Diego	Ohio	Ohio
2. Baptist Medical Center Jacksonville Jacksonville	South Carolina	3. Rady Children's Hospital San Diego San Diego	14. Cleveland Clinic Cleveland	2. Ohio State University Wexner Medical Center Columbus
3. UF Health Shands Hospital at the University of Florida Gainesville	14. Greenville Memorial Hospital Greenville	Florida	Texas	Florida
Georgia	15. Medical University of South Carolina University Hospital Complex Charleston	4. Broward General Medical Center Fort Lauderdale	15. Ben Taub General Hospital Houston	3. Sacred Heart Health System Pensacola
4. Northeast Georgia Medical Center Gainesville	Tennessee	5. Jackson Memorial Hospital Miami	16. Driscoll Children's Hospital Corpus Christi	4. UF Health Shands Hospital at the University of Florida Gainesville
5. Piedmont Fayette Hospital Fayetteville	16. Jackson-Madison County General Hospital Jackson	6. Memorial Regional Hospital Hollywood	17. John Peter Smith Hospital Fort Worth	Virginia
6. University Hospital Augusta	Texas	7. Tampa General Hospital Tampa	18. St. Luke's Episcopal Hospital/ Texas Heart Institute Houston	5. Virginia Commonwealth University Medical Center Richmond
Maryland	17. Baylor St. Luke's Medical Center/Texas Children's Hospital Complex Houston	Georgia		
7. Saint Agnes Hospital Baltimore	18. Cook Children's Medical Center Fort Worth	8. Georgia Regents Medical Center/Children's Hospital of Georgia Augusta		
Mississippi	19. University of Texas M.D. Anderson Cancer Center Houston	9. Grady Hospital Atlanta		
8. North Mississippi Medical Center Tupelo	Virginia	10. Northside Hospital Atlanta		
9. University of Mississippi Medical Center Jackson	20. Virginia Commonwealth University Medical Center Richmond	Iowa		
North Carolina		11. Mercy Medical Center Des Moines		
10. Carolinas Medical Center Charlotte		Minnesota		
11. Duke University Hospital Complex Durham		12. Abbott Northwestern Hospital Minneapolis		

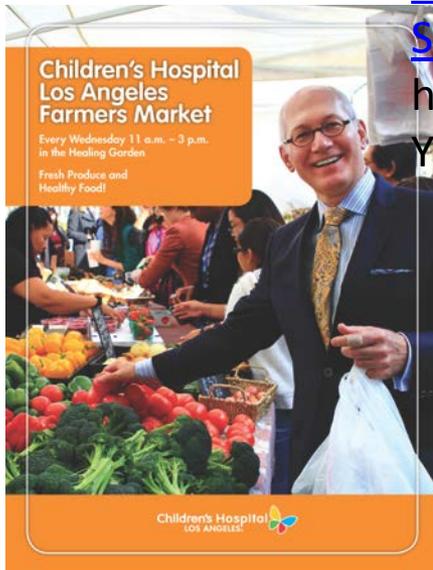
Identifying Opportunities to Make Change

[McDonald's - CLOSED - 15 Photos - Fast Food - 4650 W](#)

[Sunset Blvd ...](#)

<https://www.yelp.com> › Restaurants › Fast Food

Yelp



Aims of the Food Policy

- To provide a cohesive set of guiding principles for food and food services at Children's Hospital Los Angeles
- To provide an environment that supports the health and well-being of patients, employees, and visitors



- At least 50% of options will be healthy food items, defined by Mindful by Sodexo©
- Only healthy options available at cash register
- Provide signage to indicate Nutrition Facts at each food station
- At least one local and sustainably grown produce option will be available at salad bar
- Provide pricing incentives for healthy choices among comparable food items
- Kiddo meals will be offered as a healthy affordable option for families

Healthy Hospital Food Initiative

- DPH partners with hospitals to support improvements in the nutritional quality of food and beverages offered in hospital cafeterias, cafés, and vending machines.

Hospitals and Health Centers

Children's Hospital Los Angeles
City of Hope National Medical Center
Harbor-UCLA Medical Center
High Desert Regional Health Center
Hubert Humphrey Comprehensive Health Center
LAC +USC Medical Center
Olive View-UCLA Medical Center
Rancho Los Amigos Rehabilitation Center
White Memorial Medical Center

Los Angeles County Department of Public Health

Technical Assistance in Hospitals



Conducting food and beverage environment assessments



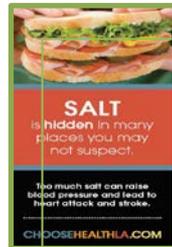
Developing hospital nutrition standards and procurement policies



Aligning recipes with nutrition standards



Providing nutrition education to staff, patients and visitors



Implementing reduction strategies for specific nutrients of concern, such as sodium

CHLA	HOSPITAL POLICY AND PROCEDURE MANUAL			
	SUBJECT: Nutritional Food Standards			
	ORIGINAL DATE:	REVISED / REVIEWED DATE:	PREVIOUS NAME/NUMBER:	PAGE NUMBER: Page 1 of 6
POLICY NUMBER:	CHAPTER: Administrative		APPROVED BY:	

PURPOSE:

To provide guiding principle for food and food services at Children’s Hospital Los Angeles

POLICY:

Children’s Hospital Los Angeles is dedicated to providing an environment that models and supports the health and well-being of patients, employees, and visitors. In order to achieve this goal, all aspects of food services require provision of healthy options. Food services include, but are not limited to: patient food service, HBO café, Vending, and Catering. It is not the intent of this policy to dictate what individuals bring to the CHLA campus to eat or drink, but simply to assure that healthy options are available to our customers.

Attachments:

Healthy Hospital Initiatives

Los Angeles County Department of Public Health’s Concession Nutrition Standards

Los Angeles County Department of Public Health’s Sodium Reduction Plan

Los Angeles County Department of Public Health’s Vending Machine Nutrition Policy

Sodexo Goal Check Sheet

REVIEWED BY:

Executive Leadership

Sodexo Management

Diabetes and Obesity Center Leadership

CS Councils: Recruitment and Retention Council, Quality Council, and Clinical Councils

Los Angeles County Department of Public Health, Division of Chronic Disease and Injury Prevention

Michelle Wood, MPP - Program Manager, Food Procurement & Policy

Allison Kwan, MPP - Program Analyst

Community Engagement



The CDI team partners with New Mount Calvary Missionary Baptist Church staff to conduct community outreach.

Obesity Prevention

Sustained Community Partnerships

Throughout Los Angeles County, there are wide disparities in the prevalence of both adult and childhood obesity—and they go hand in hand with socioeconomic disparities across the county.

While the rate of childhood obesity across L.A. County is 23 percent, it is 30 percent in East Los Angeles and 29 percent in South Los Angeles. The median annual incomes in these areas are \$36,000 and \$28,000, respectively. Meanwhile, areas with higher median incomes generally demonstrate a lower prevalence of childhood obesity.

The Community Diabetes Initiative (CDI) is a partnership between CHLA and the University of Southern California that has been engaging leaders, advocates and residents of East and South Los Angeles communities since 2004. The goal: to identify factors contributing to disproportionately high rates of obesity, and work together to develop and implement strategies appropriate to community needs and resources.

"In addition to easy availability of fast-food options, families in both East and South L.A. have limited access to healthy food grocery venues, and far fewer full-service, quality markets per capita compared with their wealthier neighbors,"



EAL conducting community outreach



Letters to the Editor/Op-Eds

THE SACRAMENTO BEE



Schools could serve breakfast in the classroom after the first bell, or students could get “grab-and-go” or “second chance” breakfast options when and where students are able to eat. **Randall Benton** - rbenton@sacbee.com

SOAPBOX

NOVEMBER 16, 2016 5:03 AM

3 actions that can ensure kids are nourished and ready for school



BY VALERIE RUELAS AND GEORGE MANALO-LECLAIR
Special to The Bee

Legislative Advocacy



DIABETES AND
OBESITY PROGRAM

May 11, 2015

The Honorable Phil Ting
State Capitol
P.O. Box 942849
Sacramento, CA 94249-0019

Re: AB 1321 (Ting) – Support

Dear Assembly Member Ting:

The Children's Hospital Los Angeles (CHLA) Diabetes and Obesity Program supports AB 1321, which would establish the Nutrition Incentive Matching (NIM) Grant Program to maximize California's share of federal matching funds, improve the health of low-income Californians, and support California's farming communities and small business owners. CHLA frequently treats patients and serves children and their families with preventable, chronic disease. Currently, 1 in 5 kids who presents to CHLA with new diabetes has preventable type 2 diabetes. While we recommend that people eat a healthy diet, we have seen that a number of barriers, including lack of access to fresh, affordable, and palatable produce, prevent families from following through on this advice.



**HOORAY,
Gov Brown
Signed
AB 1321!**

Legislative Advocacy

SODA WARNING LABEL INTRODUCED IN CALIFORNIA SENATE TO COMBAT OBESITY AND DIABETES EPIDEMICS

February 13, 2017

April 13, 2017

The Honorable Bill Monning
State Capitol, Room 100
Sacramento, CA 95833

Dear Senator Monning

As a consortium of pediatric health professionals from public health writing in strong support of health warning labels on sugary beverages, we are writing to you to help consumers with valuable information and help ameliorate the

Respectfully,

The Southern California
of multidisciplinary
pediatric and adolescent



health problems associated with the
Monning (D-Carmel) introduced
on sugary beverages sold in

and other health
issues, we are
writing. Requiring
would provide
these products

laborative group
network to treat
California.