Quest to Healthy Eating

October 1, 2010
Mission Statement

Ridgeview Medical Center exists to enhance the health of people it serves by creating a culture that nurtures the whole person: mind, body, and spirit.
Ridgeview’s Quest to a Healthier Community
Why?

- RedBrick Health
- Integrative Medicine Service Line
- Employee requests
- Patient requests
RedBrick Health

Health Assessment of Ridgeview Employees

- 3 Top Medications used by Ridgeview employees
  - Anti-hypertensives
  - Anti-Depressants
  - High Cholesterol medications
Integrative Medicine
Broadening the Scope at Ridgeview

- Visioning Retreat for Integrative Medicine 7/09
- Decision made to start a service line for the Healing Arts/Blended Medicine/Integrative Medicine
- Charged to start with “Food as Medicine” initiative and the next high ranking modalities were Meditation/Guided Imagery and Aromatherapy with essential oils
How?

Begin transformation of cafeteria and patient food:

- No trans fats
- Enhanced pricing for healthy choices
- Local organic produce
- Weekly menu changes to increase healthier food choices
- Explore Farmers Market for employees/community
- Explore community/rooftop Gardens
What?

Elimination of fried foods:
- Patients, visitors and employees were tempted with an array of fried foods upon entering the cafeteria.

Introduction of Healthier Choices:
- Steel cut oatmeal, whole grain breads, yogurt/fruit bar offered twice weekly, home-made low-fat salad dressings, water infused with a variety of fruit.

Healthier choices encouraged:
- Healthier choice options are offered at a lower profit to promote healthy choices in the cafeteria.

Ridgeview gardening established:
- Fresh produce from raised gardens located in the employee patio area was used on a small scale in 2010 with plans to expand.
  - Tomatoes, peppers and herbs were grown.
Next Steps:

- Hire Chef Manager (in process)
- Cultivate several rooftop planter gardens to engage employees in our healthy quest.
  - These gardens will enhance the patient experience and help to provide a healing environment.
  - Produce from these gardens will be used in the kitchen and be made available for purchase by employees, visitors and patients.
- Partner with the community to create a healthier society.
Ridgeview’s future

- Provide education for nutrition/culinary staff.
- Partner with schools and the community.
- Smoke free campus 3 year plan
  - Gave $500 to employees for nicotine replacement products
  - Smoke free campus
  - Insurance surcharge for smokers