

Can All Hospital Food Be Healthy Food?



Background

A strong public health message can be sent out by hospitals to a significant number of people from all socio-economic groups, about the impact food has on health.

Despite this, many hospitals, while promoting healthy eating, sell or provide unhealthy foods, particularly in terms of saturated fat, sugar and salt. This is likely to undermine strategies which promote healthier food choices.

Aim

To improve the availability of good quality, healthy, nutritious food, for staff, patients and visitors.

Our Plan

Improve access to and awareness of healthy foods to all hospital users

Reduce the availability of unhealthy foods and snacks that are currently available

Engage external food providers in plans for change

Gain support at Trust Board level via links with Health Promoting Hospitals Steering Committee

Comply with external assessment and indicators concerning nutrition

Our Work so far

Food Provision	Education
Extended range of healthy meal options	Awareness events for staff including: Salt awareness FSA Sat Fat campaign Change 4 Life
Healthier cooking methods used	Fruit and Veg plant giveaway for staff
Food 2 Go Deli Bar introduced, providing access to fresh salads, sandwiches and fruit	Development of greenhouse garden on site
Free fruit with meal deals	
Salt removed from tables	
High fat crisps and high sugar drinks removed from vending machines in phased approach to healthier snacks	
Discussions commenced with WRVS	

The Next Step

Analyse nutritional value of food and drinks available

Introduce FSA Traffic light labelling to all restaurant menus

Provide nutritional information to consumers to enable more informed choices

Potential Barriers

Financial implications

Loss of income generation from sale of unhealthy foods

Lack of co-operation from external suppliers

Resistance to change

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