

Healthy Eating and Hospital Food Services in New Hampshire

The Foundation for Healthy Communities, through the Healthy Eating Active Living (HEAL) Initiative, distributed an on-line survey to food service directors at all acute care and specialty care hospitals in the spring of 2013 to determine their interests regarding use of local, healthy food and their connection to healthier eating educational efforts. Twenty-five of 31 hospitals surveyed responded for an 81% response rate. The survey instrument was adapted from a survey instrument developed by Healthcare Without Harm.

Summary of Findings

Purchasing Practices

More than two thirds (68%) of hospitals reported the purchasing of local food in 2012.

The primary vendor was identified as US Foods for 15 hospitals; Sysco for 5 hospitals, PFG-Northcenter for 4 hospitals and one other vendor was noted.

Figure 1

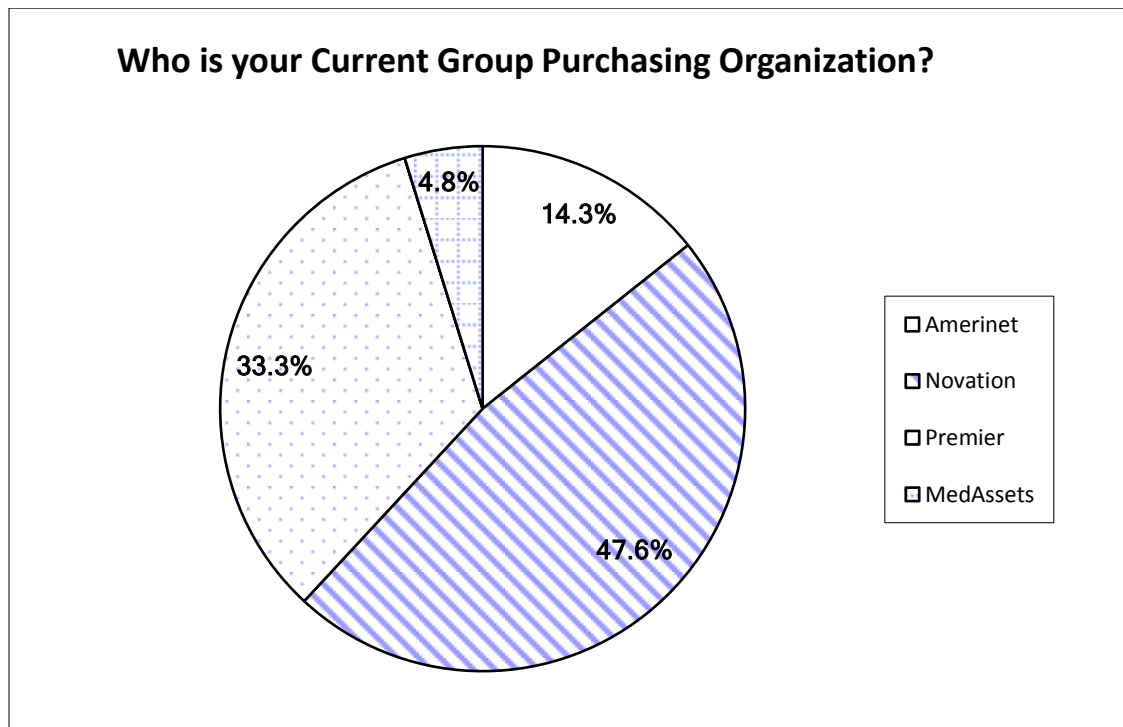


Figure 2

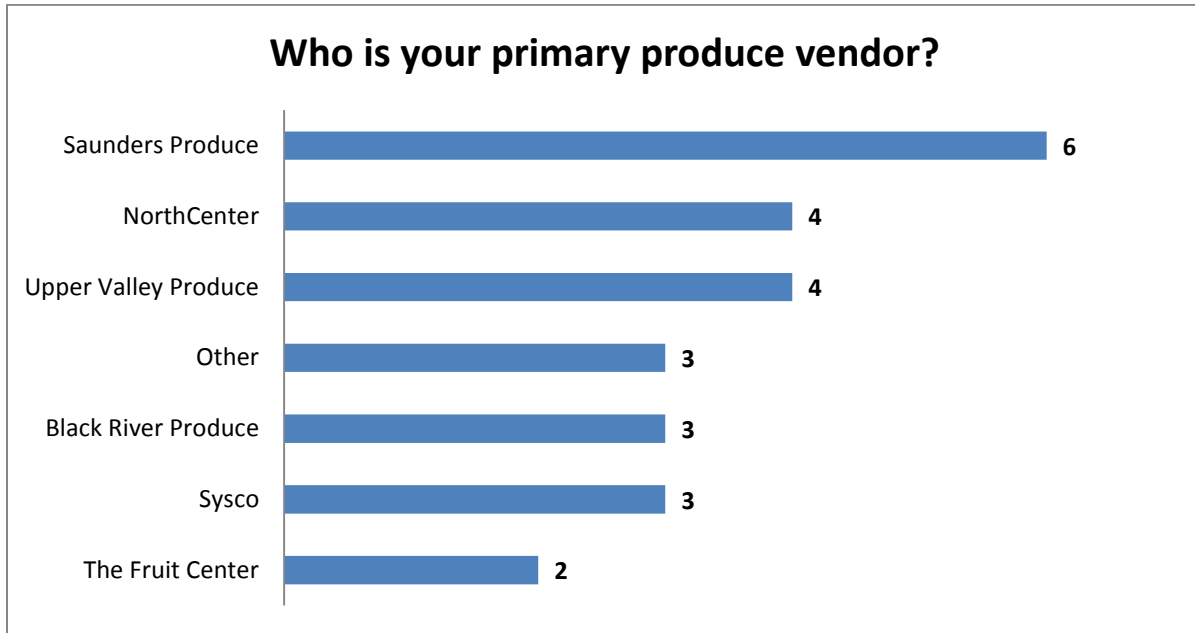


Figure 3

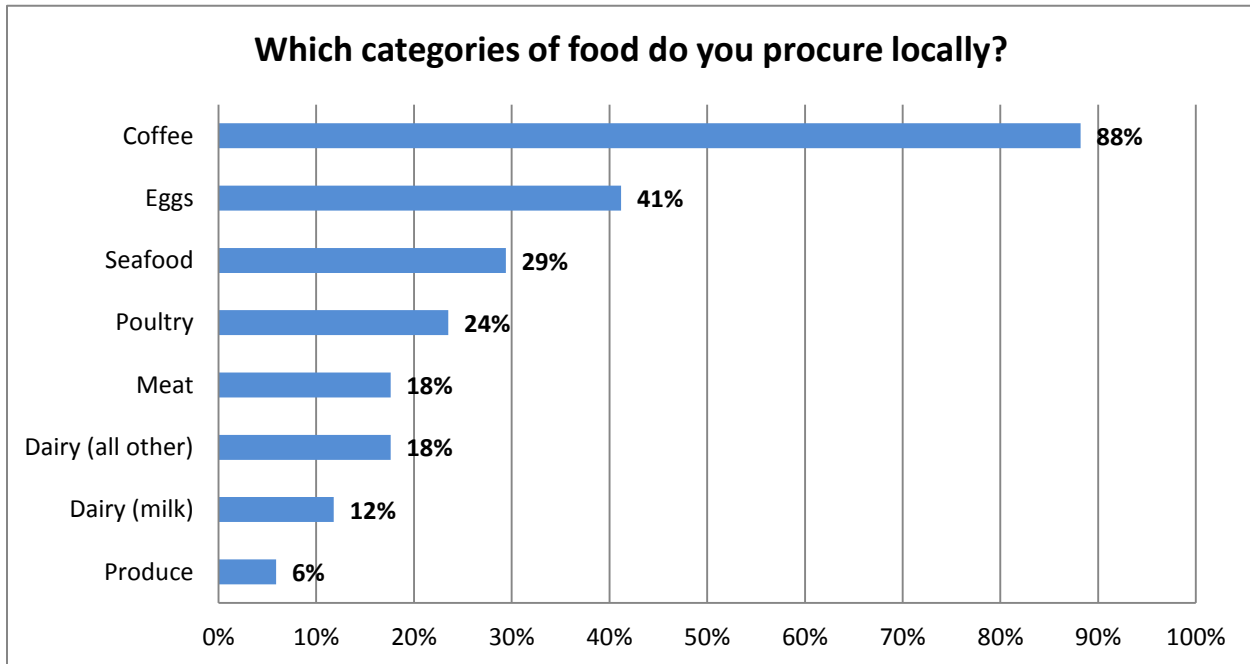


Figure 5

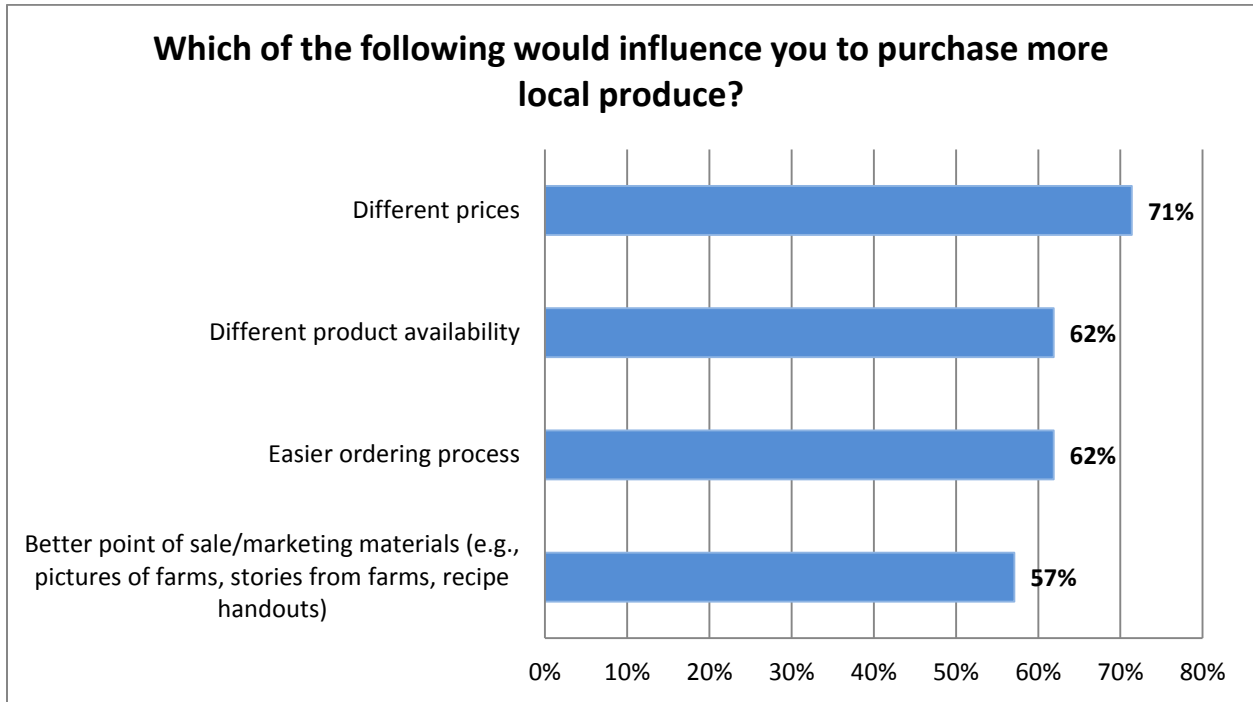
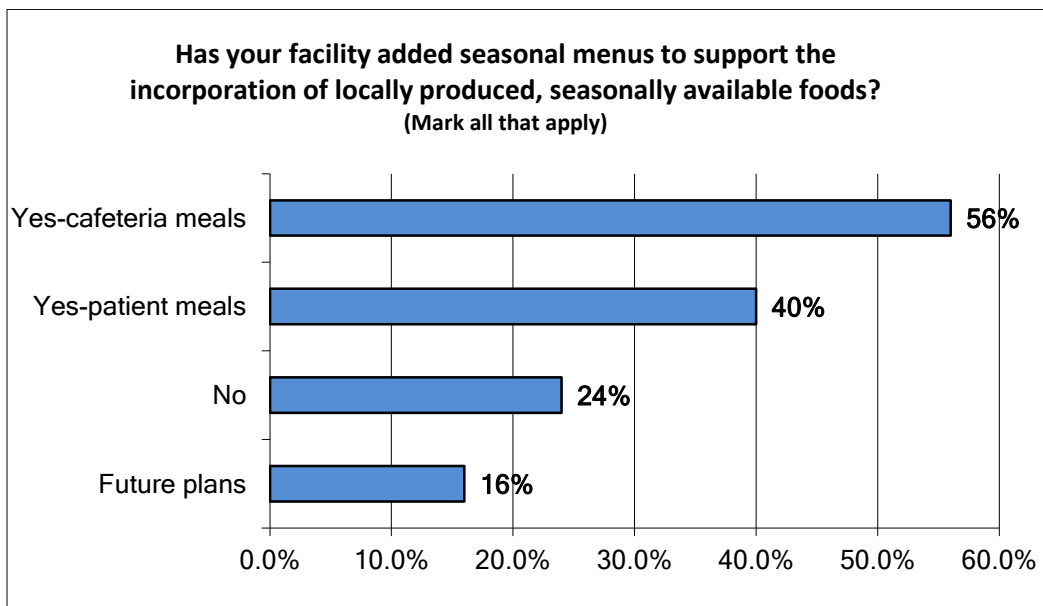


Figure 6



Healthier Choices

About a third (36%) of hospitals reported adding healthier options to their vending machines. Healthier options were defined as 75% of the vending options meet nutritional standards and a minimum of 20% of options meet sustainable food standards. Only 28% of hospitals reported initiating an effort to increase the percentage of healthier beverages sold throughout the hospital and reduce access to sugar sweetened beverage options.

Figure 6

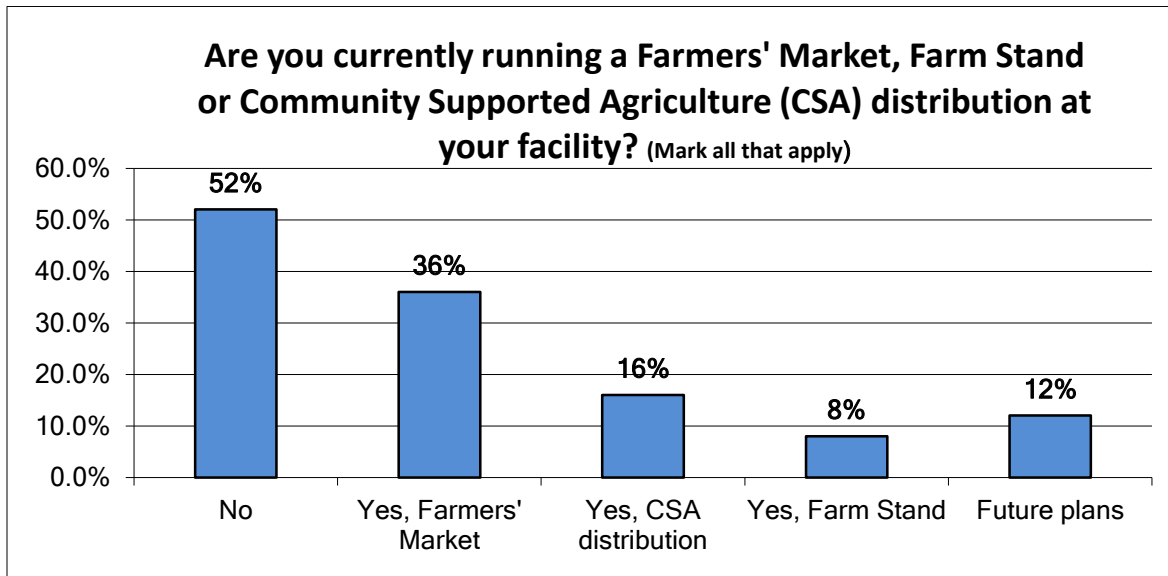


Figure 7

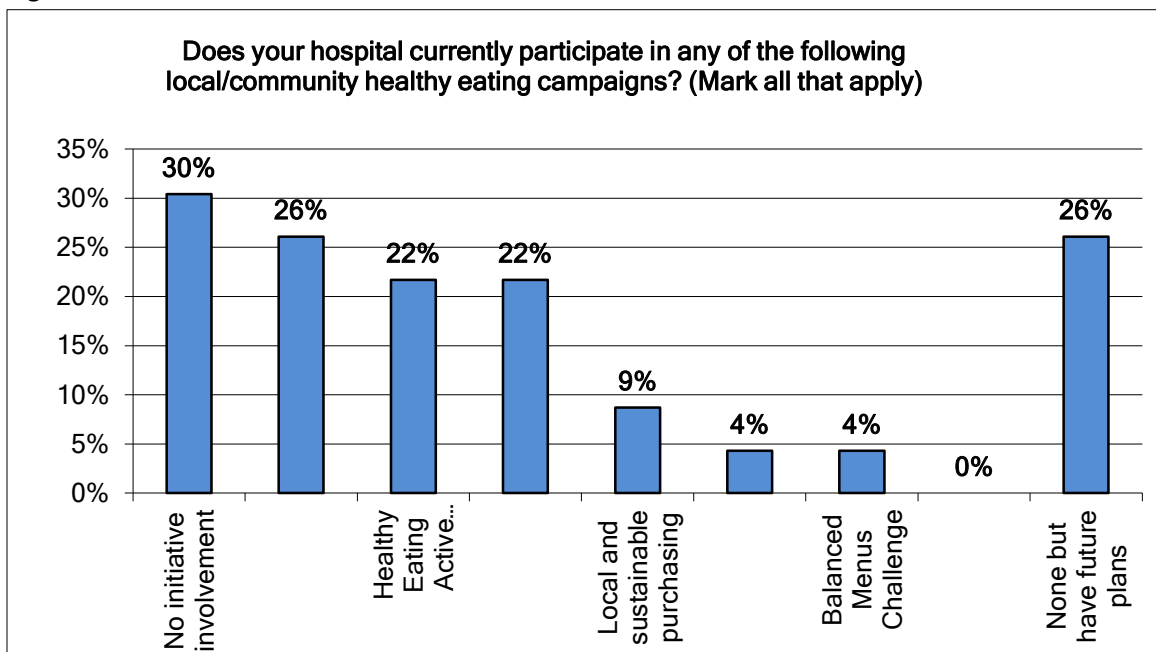


Figure 8

