

CHHC

Colorado Healthy Hospital Compact Program Details



COLORADO
Department of Public
Health & Environment

Healthier food
Healthier beverage
Marketing
Breastfeeding policy and support

Colorado Healthy Hospital Compact

Prevention Services Division
Colorado Department of Public Health & Environment
4300 Cherry Creek Drive south
Denver, CO 80246



Contents

What is CHHC?	4
Joining the Compact	6
Program Descriptions	7
Checklist of Programs	17
Scoring and Recognition Criteria	21
Review Process	26
Endnotes	27
References	29

The Partner Hospital Agreement is a separate document.



What is CHHC?

The Colorado Healthy Hospital Compact (CHHC) is an agreement by hospitals that share a mission to protect and promote the health of hospital patients and their families, visitors and staff. Compact Partner Hospitals will lead by example as they implement measures designed to improve the quality of their nutrition environments. In so doing, hospitals are working to develop a culture of wellness and contributing to Governor John Hickenlooper’s goal of making Colorado “the healthiest state.”¹

This document introduces the Compact and provides hospitals with information about how to participate. As Partners to the Compact, hospitals will gain access to a growing network of peer hospitals that are connected to the latest best practices and innovations in the national healthy hospital movement. The Colorado Department of Public Health and Environment (CDPHE) supports the Compact through staffing and technical assistance to encourage healthy food and beverage environments in Colorado hospitals that benefit patients and their families, visitors and staff.

The Compact at a glance:

- There are four **Programs**;
- Each program is composed of a number of **Standards**;
- Each standard is given a certain number of **Points**;
- There are four **Levels of Recognition** based on the cumulative number of points:
 - Platinum
 - Gold
 - Silver
 - Bronze

Detailed information about the programs and their standards can be found on pages 4-9. Information about scoring, points and levels of recognition can be found on pages 13-15.



Programs

The Compact consists of four programs. Hospitals choose the program or programs in which they want to participate:

1. The Healthier Food Program,
2. The Healthier Beverage Program
3. The Marketing Program
4. The Breastfeeding Policy and Support Program

Standards

Each of the four programs is comprised of standards designed to improve the hospital’s food and beverage environments. Hospitals that join the Compact will select and work to implement as many standards as they deem feasible.

Points

There are 25 points available per program. Points have been allocated to each standard within every program based on the standard’s importance and difficulty of implementation.

Levels of Recognition

Hospitals are recognized for the total points accumulated, whether in one single program or across multiple programs. There are four levels of recognition: Bronze, Silver, Gold and Platinum.

Platinum:	81-100	Points
Gold:	66-80	Points
Silver:	41-65	Points
Bronze:	20-40	Points



Joining the Compact

Hospitals that join the Compact are known as **Partner Hospitals**.

To participate in the Compact and be identified as a Partner, the hospital will:

1. Submit a signed statement from the hospital leadership committing to the Compact;
2. Identify a point person to guide the work and serve as a liaison to CDPHE and Compact Partner Hospitals;
3. Form a committee to manage Compact activities;
4. Provide quarterly progress on the activities associated with the Compact to the hospital's executive leadership team; hospitals are encouraged to include representation from their local health department as well as community members to support this process.
5. Participate in an annual review to measure progress and compliance with the standards of the Compact.

In addition:

- Partner Hospitals will make water available everywhere at no charge. Partner Hospitals should make free drinking water available either at a fountain drink station, an independent water dispenser, or as a separate water fountain or jet.
- Partner Hospitals will select one or more standards from any of the Compact's four programs on which they will focus during the first year after joining the Compact. The chosen program standard(s) should represent a challenge for the hospital.
- Partner Hospitals will complete and sign the **Partner Hospital Agreement** and return it to Sharon Crocco at CDPHE by email or mail:

sharon.crocco@state.co.us

or

Sharon Crocco

Prevention Services Division
Colorado Department of Public Health & Environment
4300 Cherry Creek Drive south
Denver, CO 80246



Program Descriptions

The Compact includes four programs: healthier foods, healthier beverages, marketing, and breastfeeding policy and support. CDPHE encourages hospitals to read through the program areas and standards and to consider which standard(s) the hospital wishes to implement. For the purpose of assessment, the review is limited to those areas of the hospital which are under hospital control and excludes its coffee shop and outside vendors who operate within areas of the hospital such as Starbucks or Subway.

Healthier food
Healthier beverage
Marketing
Breastfeeding policy and support



1. Healthier food

Hospitals are urged to consult best practices guidance to create highly nutritious food service options that also meet each standard's nutrition criteria, including but not limited to the U.S. Department of Agriculture and the U.S. Department of Health and Human Services Dietary Guidelines for Americans, 2010; Key Consumer Behaviors and Potential Strategies for Professionals; or the Hospital Healthy Food Commitment from the Partnership for a Healthier America. Please turn to **References** at the end of this document to learn more.

Foods that do not meet the nutrition criteria may be made available to hospital patients when medically necessary.

1. The Healthier Food Program contains ten standards.

- 1.1. **Daily Healthy Meal.**² On a daily basis, offer a minimum of one healthy meal in the cafeteria and on the regular patient menu (t. (If all cafeteria food is offered a la carte, only the regular patient menu is used for this element) that meets the following nutrition criteria³:

NUTRITION CRITERIA

- Under 700 calories
- Less than 10% calories from saturated fat
- No trans fat⁴
- Less than 800 milligrams sodium

- 1.2. **Children's Healthy Meal.**⁵ On a daily basis, offer a minimum of one children's healthy meal in the cafeteria and on the general pediatric patient menu (if children are served) that meets the following nutrition criteria:

NUTRITION CRITERIA⁶

- Under 560 calories
- Less than 10% calories from saturated fat
- No trans fat
- Less than 665 milligrams sodium

1. Healthier food

- 1.3. **Healthy a la carte Entrées.**⁷ On a daily basis, either 40% or four of a la carte entrées in the cafeteria and on the patient menu meet the following nutrition criteria:

NUTRITION CRITERIA⁸

- Under 525 calories
 - Less than 10% calories from saturated fat
 - No trans fat
 - Less than 600 milligrams sodium
-

- 1.4. **Healthy a la carte Entrées.**⁹ On a daily basis, either 60% or six of la carte entrées in the cafeteria and on the patient menu meet the nutrition criteria for healthy a la carte entrées, above.

- 1.5. **Healthy Side Dishes.**¹⁰ On a daily basis, 40% or four of the side dish options in the cafeteria and on the patient menu meet the following nutrition criteria:

NUTRITION CRITERIA¹¹

- Under 250 calories
 - Less than 10% calories from saturated fat
 - No trans fat
-

- 1.6. **Healthy Side Dishes.**¹² On a daily basis, 60% or six of the side dish options in the cafeteria and on the patient menu meet the nutrition criteria for healthy side dishes, above.

- 1.7. **Healthy Snack Items.**¹³ 40% of snack items meet the following nutrition criteria:

NUTRITION CRITERIA

- Under 200 calories
 - Less than 10% calories from saturated fat
 - No trans fat
 - Less than 230 milligrams sodium
 - Less than 35% of calories from total sugars
 - Offer only 2%, 1% or fat free yogurt, with no added caloric sweeteners
-

1. Healthier food

- 1.8. **Healthy Snack Items.**¹⁴ 60% of snack items meet the nutrition criteria for healthy snack items, above.
- 1.9. **Food Preparation.** ¹⁵Remove all fryers and deep fat fried products offered in the cafeteria and on the general service patient menus.
- 1.10. **Elimination of Trans Fats.**¹⁶ Eliminate all trans fats from patient trays and cafeteria food.

2. Healthier beverage¹⁷

2. The Healthier Beverage Program contains four standards. Hospitals that neither sell nor offer any sugar-sweetened beverages (standard 2.4) have satisfied all standards in this program

Beverages that do not meet the beverages standards may be made available to hospital patients when medically necessary.

- 2.1 30% of all beverages offered in the hospital meet Healthier Beverages standards
- 2.2 60% of all beverages offered in the hospital meet Healthier Beverages standards
- 2.3 80% or greater of all beverages offered in the hospital meet Healthier Beverages standards
- 2.4 Hospital neither sells nor offers any sugar-sweetened beverages

Healthier Beverages: Standards. *These standards apply to the entire hospital environment including patient meals, vending, cafeterias, and catering.*

- **Water** - Water, carbonated water, and water with no added caloric sweeteners, including 100% natural fruit flavor-infused water
- **Juice** - 100% fruit or vegetable juice in 8 ounce servings or smaller with fewer than 140 milligrams of sodium per serving
- **Milk** - Unflavored nonfat or low-fat [1%] milk and soy beverages in 12 ounce servings or smaller
- **Other beverages** - 40 calories or fewer per 8 ounce serving ; this includes coffee and tea which is unsweetened.

3. Marketing¹⁸

3. The Marketing Program contains twelve standards in **three** categories: **Promotion, placement and incentives.**

Promotion

Hospitals are urged to market only healthier food and beverage choices and to display only healthy options in the cafeteria. Signage should encourage healthy food and drink.

- 3.1. **Cafeteria:** Any price differential (i.e., healthy foods and beverages are offered at a lower price than less healthy foods or beverages) is applied only to healthier items including foods that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards.
- 3.2. **Cafeteria:** Advertising, food displays, and signage are only used for healthier items including foods that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards.
- 3.3. **Cafeteria:** Healthy food items, water and healthier beverages that meet the Healthier Food Program nutrition criteria and the Healthier Beverage Program standards are identified by methods such as -
 - Stoplight system or a modification
 - Calorie and/or nutritional information
 - Healthy icons (such as the Heart Check symbol)¹⁹
- 3.4. **Vending:** Any price differential (i.e., healthy foods and beverages are offered at a lower price than less healthy foods and beverages) is applied only to healthier items including foods that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards.
- 3.5. **Vending:** Advertising, food displays, and signage are only used for healthier items including foods and beverages that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards.

3. Marketing

- 3.6. Vending:** Healthy food items, water and healthier beverages that meet the Healthier Food Program nutrition criteria and the Healthier Beverage Program standards are identified by methods such as -
- The stoplight system or a modification
 - Calorie and/or nutritional information
 - Healthy icons (such as the Heart Check symbol)
- 3.7. Patient Menu:** Any advertising on patient menus promotes only healthier items including foods that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards.
- 3.8. Patient Menu:** Healthy food items, water and healthier beverages that meet the Healthier Food Program nutrition criteria and the Healthier Beverage Program standards are identified by methods such as -
- The stoplight system or a modification
 - Calorie and/or nutritional information
 - Healthy icons (such as the Heart Check symbol)

3. Marketing

Placement²⁰

One or both methods of product placement may be selected:

- displaying only healthy items at point of purchase
 - displaying healthier items at eye level
- 3.9. Cafeteria:** Only healthier items including foods that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards are displayed at point of purchase (i.e., cash register or check out line).
- 3.10. Cafeteria:** Only healthier items including foods that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards are displayed at eye level.

Incentives

Incentives may include but are not limited to discounts and promotions for staff members, patients and their families or visitors to the hospital on the purchase of healthier foods and beverages.

- 3.11. Cafeteria:** Only healthier items including foods that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards are eligible for discounts and promotions for staff members, patients and their families or visitors to the hospital.
- 3.12. Vending:** Only healthier items including foods that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards are eligible for discounts and promotions for staff members, patients and their families or visitors to the hospital.

4. Breastfeeding policy and support

4. The Breastfeeding Policy and Support Program contains four standards. Certified Baby-Friendly Hospitals™ (standard 4.4) have satisfied all standards in this program.

4.1 Breastfeeding Policy: The hospital's written policies must be available to staff who care for mothers and infants, be in line with current evidence-based standards, and contain the following provisions:

- Mothers delivering healthy newborns are given their infants to hold skin-to-skin within one hour of delivery and are allowed to remain with them in uninterrupted skin-to-skin contact until completion of the first feed unless there is a documented medical contraindication.
- Nursing staff will offer all mothers delivering healthy newborns hospital assistance with breastfeeding within six hours of delivery and optimally, within three hours of delivery.
- Hospital staff will give breastfed infants no food or drink other than breast milk, unless medically indicated.
- A prohibition on distributing gift packs with commercial samples, coupons or promotional materials for formula to pregnant women and new mothers.
- A process or procedure to orient new staff to the policy.

4.2 Staff Education

- Hospital staff members who interact with childbearing women and children are able to inform patients and staff about the advantages of breastfeeding, the breastfeeding policy and the facilities and services to protect, promote and support breastfeeding.
- Hospital staff members caring for pregnant women, mothers and infants are trained on lactation and breastfeeding management and support within one year of hire.

4.3 Maternal Prenatal and Postpartum Breastfeeding Promotion and Support

- When offered, prenatal care clinics inform pregnant women on the importance of: (1) exclusive breastfeeding for the first six months; (2) early initiation of breastfeeding after birth; (3) rooming in 24 hours a day with baby in early days; (4) early and frequent nursing; and (5) effective positioning and attachment.
- Hospital has established services or coordinates with other community services that provide support to mothers on feeding their infants.
- Mothers are referred to a health care provider or skilled breastfeeding support person in the community to assess breastfeeding within 3-5 days after infant's birth.
- Lactation rooms are available to patients, visitors, and staff who are nursing mothers. Hospital staff members who interact with childbearing women and children can direct nursing mothers to the location of lactation rooms.
- Hospital staff who are nursing mothers are offered flexibility in their schedules to pump breast milk and to breastfeed their infants.

4.4 Baby-Friendly Hospital: Hospital is a certified Baby-Friendly Hospital™.

Compact Checklist

Partner Hospitals -use this checklist to identify the Program(s) in which your hospital will participate.

Healthy Hospital Compact - Programs

Select the program(s) in which your hospital will participate:

- Healthier Food Program
- Healthier Beverage Program
- Marketing Program
- Breastfeeding Policy and Support Program



Compact Checklist

Healthier Food Program

The Healthier Food Program contains ten standards. Select standards within the Healthier Food Program:

- 1.1 Daily Healthy Meal
- 1.2 Children's Healthy Meal
- 1.3 Healthy a la carte Entrées, 40% or 4
- 1.4 Healthy a la carte Entrées, 60% or 6
- 1.5 Healthy Side Dishes, 40%
- 1.6 Healthy Side Dishes, 60%
- 1.7 Healthy Snack Items, 40%
- 1.8 Healthy Snack items, 60%
- 1.9 Food Preparation
- 1.10 Elimination of Trans Fats

Compact Checklist

Healthier Beverage Program

The Healthier Beverage Program contains four standards. Select standards within the Healthier Food Program:

- 2.1 30% of all beverages will meet beverage standards
- 2.2 60% of all beverages will meet beverages standards
- 2.3 80% of all beverages will meet beverages standards
- 2.4 Hospital neither sells nor offers any sugar sweetened beverages

Compact Checklist

Marketing Program

The Marketing Program contains twelve standards. Select standards within the Marketing Program:

- 3.1 Cafeteria: Apply price differentials (i.e., healthy foods and beverages are offered at a lower price than less healthy foods and beverages) only to healthier foods and beverages as identified in the Compact.
- 3.2 Cafeteria: Advertise only healthier foods and beverages as identified in the Compact.
- 3.3 Cafeteria: Identify healthier foods and beverages using methods such as a stoplight system or a modification, calorie and/or nutritional information, and healthy icons.
- 3.4 Vending: Apply price differentials (i.e., healthy foods and beverages are offered at a lower price than less healthy foods and beverages) only to healthier foods and beverages as identified in the Compact.
- 3.5 Vending: Advertise only healthier foods and beverages as identified in the Compact.
- 3.6 Vending: Identify healthier foods and beverages using methods such as a stoplight system or a modification, calorie and/or nutritional information, and healthy icons.
- 3.7 Patient Menu: Advertise only healthier foods and beverages as identified in the Compact.
- 3.8 Patient Menu: Identify healthier foods and beverages with methods such as a stoplight system or a modification, calorie and/or nutritional information, and healthy icons.
- 3.9 Cafeteria: Only healthier foods and beverages as identified in the Compact will be displayed at point of purchase.
- 3.10 Cafeteria: Only healthier foods and beverages as identified in the Compact will be displayed at eye level.
- 3.11 Cafeteria: Only healthier foods and beverages as identified in the Compact will be eligible for discounts and promotions for staff members, patients and their families or hospital visitors.
- 3.12 Vending: Only healthier foods and beverages as identified in the Compact will be eligible for discounts and promotions for staff members, patients and their families or hospital visitors.

Compact Checklist

Breastfeeding Policy and Support Program

The Breastfeeding Policy and Support Program contains four standards. Select standards within the Breastfeeding Policy and Support Program:

- 4.4 Hospital is a certified Baby-Friendly Hospital™
- Hospital is not a certified Baby-Friendly Hospital™ (*see below*).

For hospitals that are not certified Baby-Friendly (above), select the appropriate standards:

- 4.1 Breastfeeding Policy
- 4.2 Staff Education
- 4.3 Maternal Prenatal and Postpartum Breastfeeding Promotion and Support

Compact Scoring and Recognition Criteria

Through a review and verification process, hospitals will be recognized for their success in implementing Compact standards. A point system is used to measure a hospital’s progress in implementing Compact standards. The sum of the points in each program is twenty-five (25) and each standard is assigned a point value based on the standard’s difficulty of implementation and relative importance. Hospitals are recognized at the Bronze, Silver, Gold, or Platinum levels based on the total number of points accumulated across all program areas.

Hospitals are recognized at the following levels:

Platinum:	81-100	Points
Gold:	66-80	Points
Silver:	41-65	Points
Bronze:	20-40	Points

The following tables match each program standard to a point value. Hospitals accumulate the specified number of points for implementation of the associated program standard.



1. Healthier food

The Healthier Food Program contains ten standards. Standards have been assigned points as follows:

1.1	Daily Healthy Meal	3 points
1.2	Children's Healthy Meal	3 points
1.3	Healthy a la carte Entrées, 40%	1.5 points
1.4	Healthy a la carte Entrées, 60%	2.5 points
1.5	Healthy Side Dishes, 40%	1.5 points
1.6	Healthy Side Dishes, 60%	2.5 points
1.7	Healthy Snack Items, 40%	1.5 points
1.8	Healthy Snack Items, 60%	2.5 points
1.9	Food Preparation	4 points
1.10	Elimination of Trans Fats	3 points
Total available points		25 points



2. Healthier beverage

The Healthier Beverage Program contains four standards. Standards have been assigned points as follows:

2.1	30% of all beverages offered in the hospital meets Healthier Beverages standards	7.5 points
2.2	60% of all beverages offered in the hospital meets Healthier Beverages standards	15 points
2.3	80% of all beverages offered in the hospital meets Healthier Beverages standards	20 points
2.4	Hospital neither sells nor offers any sugar-sweetened beverages	25 points
Total available points		25 points

3. Marketing

The Marketing Program contains twelve standards in three categories: Promotion, Placement and Incentives. Standards have been assigned points as follows:

3.1	Cafeteria: Any price differential is applied only to healthier items including foods that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards.	3 points
3.2	Cafeteria: Advertising, food displays, and signage are only used for healthier items including foods that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards.	2 points
3.3	Cafeteria: Identify healthier foods and beverages using methods such as a stoplight system, calorie and/or nutritional information, or healthy icons.	2 points
3.4	Vending: Any price differential is applied only to healthier items including foods that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards.	3 points
3.5	Vending: Advertise only healthier foods and beverages as identified in the Compact.	1 point
3.6	Vending: Identify healthier foods and beverages using methods such as a stoplight system, calorie and/or nutritional information, or healthy icons.	2 points
3.7	Patient Menu: Advertise only healthier foods and beverages as identified in the Compact.	1 point
3.8	Patient Menu: Identify healthier foods and beverages using methods such as a stoplight system, calorie and/or nutritional information, or healthy icons.	2 points
3.9	Cafeteria: Only healthier foods and beverages as identified in the Compact will be displayed at point of purchase.	2 points
3.10	Cafeteria: Only healthier foods and beverages as identified in the Compact will be displayed at eye level.	1 point
3.11	Cafeteria: Only healthier items including foods that meet the Healthier Food Program nutrition criteria and beverages that meet the Healthier Beverage Program standards are eligible for discounts and promotions for staff members, patients and their families or visitors to the hospital.	3 points
3.12	Vending: Only healthier foods and beverages as identified in the Compact will be eligible for discounts and promotions for staff members, patients and their families or hospital visitors.	3 points
Total available points		25 points

4. Breastfeeding policy and support

The Breastfeeding Policy and Support Program contains four standards. Standards have been assigned points as follows:

4.1	Breastfeeding Policy	7.5 points
4.2	Staff Education	7.5 points
4.3	Maternal Prenatal and Postpartum Breastfeeding Promotion and Support	7.5 points
4.4	Certified Baby-Friendly Hospital	25 points
Total available points		25 points

The Review Process

To recognize Partner Hospitals for their accomplishments in implementing program standards, a review and verification will be necessary. Hospitals should conduct a self-assessment to measure compliance with the Compact’s program standards. A template which can be used for this purpose is attached. Following an internal review, a team from CDPHE and (where possible) a member of the local health department will verify the assessment and the level of recognition which the hospital has achieved.

Colorado Healthy Hospital Compact: Synopsis

Stage	Components
Partner Hospital	<ul style="list-style-type: none"> ✓ Free drinking water is available ✓ Set a goal: pick at least one challenging program standard to accomplish ✓ Submit a signed agreement from hospital leadership to CDPHE committing to the Compact.
Standards Implementation	<ul style="list-style-type: none"> ✓ Collaborate with other Partner Hospitals as well as CDPHE to facilitate implementation.
Review	<ul style="list-style-type: none"> ✓ Conduct an internal review to measure progress in implementing Compact standards ✓ Report results to CDPHE
Recognition	<ul style="list-style-type: none"> ✓ Verification materials cross-checked and scored by CDPHE
Bronze-level Hospital	<ul style="list-style-type: none"> ✓ Achievement of 20-40 points
Silver-level Hospital	<ul style="list-style-type: none"> ✓ Achievement of 41-65 points
Gold-level Hospital	<ul style="list-style-type: none"> ✓ Accumulation of 66-80 points
Platinum-level Hospital	<ul style="list-style-type: none"> ✓ Accumulation of 81- 100 points



Endnotes

¹ [The Healthiest State](#)

² The concept of offering at least one healthy meal a day is modeled on standards/guidelines used by: Partnership for a Healthier America: *Hospital Healthy Food Initiative*; Centers for Disease Control: *Hospital Food & Beverage and Physical Environment Assessment Scans: a Step-by-Step Guide** (*Draft document that has not yet been released by the CDC).

³ Based on Partnership for a Healthier America: *Hospital Healthy Food Initiative*; Centers for Disease Control: *Hospital Food & Beverage and Physical Environment Assessment Scans: A Step-by-Step Guide*; See also U.S. Department of Health and Human Services and U.S. Department of Agriculture (2010). *Dietary Guidelines for Americans, 2010*.

⁴ Based on U.S. Department of Health and Human Services and U.S. Department of Agriculture (2010). *Dietary Guidelines for Americans, 2010*. (“Keep *trans* fatty acid consumption as low as possible by limiting foods that contain synthetic sources of *trans* fats, such as partially hydrogenated oils, and by limiting other solid fats.”).

⁵ The concept of offering at least one healthy children’s meal a day is modeled on standards/guidelines used by: Partnership for a Healthier America: *Hospital Healthy Food Initiative*.

⁶ Based on Partnership for a Healthier America: *Hospital Healthy Food Initiative*; See also U.S. Department of Health and Human Services and U.S. Department of Agriculture (2010). *Dietary Guidelines for Americans, 2010*.

⁷ Concept based on standards/guidelines used by: Partnership for a Healthier America: *Hospital Healthy Food Initiative*; Centers for Disease Control: *Hospital Food & Beverage and Physical Environment Assessment Scans: A Step-by-Step Guide** (*Draft document that has not yet been released by the CDC).

⁸ Based on Centers for Disease Control: *Hospital Food & Beverage and Physical Environment Assessment Scans: A Step-by-Step Guide** (*Draft document that has not yet been released by the CDC).

⁸ The implementation schedule is modeled on the implementation schedule used by Partnership for a Healthier America: *Hospital Healthy Food Initiative*.

⁹ The implementation schedule is modeled on the implementation schedule used by Partnership for a Healthier America: *Hospital Healthy Food Initiative*.

¹⁰ Concept based on standards/guidelines used by: Partnership for a Healthier America: *Hospital Healthy Food Initiative*; Centers for Disease Control: *Hospital Food & Beverage and Physical Environment Assessment Scans: A Step-by-Step Guide** (*Draft document that has not yet been released by the CDC).

¹¹ Based on Centers for Disease Control: *Hospital Food & Beverage and Physical Environment Assessment Scans: A Step-by-Step Guide** (*Draft document that has not yet been released by the CDC).

¹² Based on Centers for Disease Control: *Hospital Food & Beverage and Physical Environment Assessment Scans: A Step-by-Step Guide** (*Draft document that has not yet been released by the CDC).

¹³ Based on Centers for Disease Control: *Hospital Food & Beverage and Physical Environment Assessment Scans: A Step-by-Step Guide** (*Draft document that has not yet been released by the CDC).

For more information on systems which measure the nutrient value of snacks, cf. <https://www.snackwise.org/> or [Nemours Healthy Vending](#)

¹⁴ The implementation schedule modeled on the implementation schedule used by Partnership for a Healthier America: *Hospital Healthy Food Initiative*.

¹⁵ Based on standards/guidelines used by Partnership for a Healthier America: *Hospital Healthy Food Initiative*.

¹⁶ Based on U.S. Department of Health and Human Services and U.S. Department of Agriculture (2010). *Dietary Guidelines for Americans, 2010*. (“Keep *trans* fatty acid consumption as low as possible by limiting foods that contain synthetic sources of *trans* fats, such as partially hydrogenated oils, and by limiting other solid fats.”)

¹⁷ **Healthcare without Harm**. *Healthy beverages initiative*. Retrieved from <http://www.healthyfoodinhealthcare.org/healthybeverage.php>.

RWJF Recommendations for healthier beverages. Retrieved from http://www.rwjf.org/content/dam/farm/reports/issue_briefs/2013/rwjf404852.

¹⁸ ChangeLab Solutions:
http://changelabsolutions.org/sites/default/files/Taking%20Stock_CX3_CDPH_FINAL_20140410.pdf

¹⁹ American Heart Association. (March 2014). *Heart-check food certification program*. Retrieved from https://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Heart-Check-Food-Certification-Program-Nutrition-Requirements_UCM_300914_Article.jsp.

²⁰ Wansink, Brian, [Research on marketing and product placement](#)

References

- American Heart Association. (March 2014). *Heart-check food certification program*. Retrieved from https://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Heart-Check-Food-Certification-Program-Nutrition-Requirements_UCM_300914_Article.jsp.
- Baby Friendly Hospital Initiative. (n.d.). *The ten steps to successful breastfeeding*. Retrieved from <http://www.babyfriendlyusa.org/about-us/baby-friendly-hospital-initiative/the-ten-steps>.
- Boston Public Health Commission. (n.d.). *Healthy beverages in hospitals campaign*. Retrieved from http://www.cityofboston.gov/news/uploads/24633_13_17_31.pdf.
- Centers for Disease Control and Prevention. (June, 2013). (Draft). *Hospital food/beverage and physical environment assessment scans: A step-by-step guide*.
- Colorado Department of Public Health and Environment [CDPHE]. (n.d.). *Colorado can do 5! Initiative: Raising awareness for the baby friendly ten steps*. Retrieved from <http://www.colorado.gov/cs/Satellite/CDPHE-PSD/CBON/1251621446825>.
- Healthier Hospitals Initiative (n.d.). *Healthier foods*. Retrieved from <http://healthierhospitals.org/hhi-challenges/healthier-food>.
- Healthcare without Harm. (n.d.). *Healthy beverages initiative*. Retrieved from <http://www.healthyfoodinhealthcare.org/healthybeverage.php>.
- Massachusetts General Hospital. (January 2014). *“Traffic light” food labels, prominent positioning of healthy items produce lasting purchase choice changes*. Retrieved from <http://www.massgeneral.org/about/pressrelease.aspx?id=1660>.
- National Alliance for Nutrition and Activity. (n.d.). *Model beverage and food vending machine standards*. Retrieved from <http://cspinet.org/new/pdf/final-model-vending-standards.pdf>.
- Partnership for a Healthier America (n.d.). *Hospital healthy food initiative*. Retrieved from <http://ahealthieramerica.org/our-partners/hospitals/>.
- Partnership for a Healthier America (n.d.). *Appendix B: Hospital healthy food commitment*.
- Robert Wood Johnson Foundation (2013). *Recommendations for healthier beverages*. Retrieved from http://www.rwjf.org/content/dam/farm/reports/issue_briefs/2013/rwjf404852.
- U.S. Department of Agriculture and U.S. Department of Health and Human Services [U.S.]. (2010). *Dietary guidelines for Americans, 2010*. 7th Ed., Washington, D.C.: U.S. Government Printing Office. Retrieved from <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>.
- U.S. Department of Agriculture. (n.d.). *My Plate: How much food from the dairy group is needed daily*. Retrieved from <http://www.choosemyplate.gov/food-groups/dairy-amount.html>.
- U.S. Department of Health and Human Services. (n.d.). *Health and sustainability guidelines for federal concessions and vending operations*. Retrieved from http://www.cdc.gov/chronicdisease/pdf/Guidelines_for_Federal_ConcessionsandVendingOperations.pdf.