You have our support!

OHA provides participating hospitals with templates and the resources needed to help implement these changes and gain employee support.

OHIOHOSPITALS.ORG/GOOD4YOU

Want to know how to participate?

Ryan Everett, MPH
Director, Population Health

Ohio Hospital Association
155 E Broad St, Suite 301
Columbus, OH 43215

614-221-7614
ryan.everett@ohiohospitals.org

OHIOHOSPITALS.ORG/GOOD4YOU

Eating Healthy is GOOD4YOU

An initiative of the Ohio Hospital Association

Ensuring a healthy Ohio

Good4You is a statewide initiative of Ohio hospitals, sponsored by OHA’s Institute for Health Innovation. Good4You seeks to help hospitals lead Ohioans to better health through healthy eating, physical activity and other statewide population health initiatives.

 WANT TO KNOW HOW TO PARTICIPATE?

Ryan Everett, MPH
Director, Population Health

Ohio Hospital Association
155 E Broad St, Suite 301
Columbus, OH 43215

614-221-7614
ryan.everett@ohiohospitals.org

OHIOHOSPITALS.ORG/GOOD4YOU

YOU HAVE OUR SUPPORT!

OHA provides participating hospitals with templates and the resources needed to help implement these changes and gain employee support.

OHIOHOSPITALS.ORG/GOOD4YOU
The Good4You Eat Healthy initiative encourages positive changes to the food and beverage environment in the hospital. As leaders in their communities and advocates of health and well-being, hospitals can model healthy eating to support the health of employees, visitors and the communities they serve. Hospitals participate in this voluntary initiative by adopting the Good4You Eat Healthy nutrition criteria in four specific areas within the hospital: vending machines, cafeterias and cafes, meetings and events, and with outside vendors and franchises serving the hospital.

Participation is easy, and tools and resources are available to help hospitals as they transition to an Eat Healthy environment.

Effectively making changes to beverage choices, vending machines and cafeterias takes time and requires employee buy-in. Knowing this, getting to 100% healthy options may take several years and be implemented in phases.

It is reasonable to use a phased-in approach that aims for meeting the various levels utilizing a timetable that best suits your hospital’s needs. The Good4You Eat Healthy evidence-based nutrition criteria are based on the American Heart Association’s Recommended Standards for Procurement of Food and Beverages Offered in the Workplace and the National Alliance for Nutrition & Activity. All limits are per standard serving size, unless otherwise indicated.

To attain the highest level in each of the four focus areas, 100 percent of offerings should meet the following Good4You Eat Healthy nutrition criteria. Additional guidance specific to each area are included in the one-page inserts included in this packet.

The Good4You Eat Healthy initiative is intended to be self-directed, and is designed to offer guidance and support to hospitals in any stage of change.

**Eating Healthy is GOOD4YOU**

**Nutrition criteria**

To attain the highest level in each of the four focus areas, 100 percent of offerings should meet the following Good4You Eat Healthy nutrition criteria. Additional guidance specific to each area are included in the one-page inserts included in this packet.

The Good4You Eat Healthy evidence-based nutrition criteria are based on the American Heart Association’s Recommended Standards for Procurement of Food and Beverages Offered in the Workplace and the National Alliance for Nutrition & Activity. All limits are per standard serving size, unless otherwise indicated.

**Healthy BEVERAGES**

- **Water**
  - sparkling, seltzer, or flavored water
- **Fat-Free or Low-Fat (1%) Milk**
- **100% Fruit Juice**
  - ≤ 180 calories per 12 ounce serving, no added sweeteners
- **Flavored Milk or milk alternatives**
- **No or Low-Calorie Beverages**
  - ≤ 10 calories per 8 ounce serving
- **Mid-Calorie Beverages**
  - ≤ 66 calories per 8 ounce serving
- **Unsweetened Teas**
  - regular or herbal, hot or cold
- **Coffee**
  - with 1% or lower fat milk or creamers, soy alternatives

**Healthy SNACKS, DESSERTS AND SIDE DISHES**

- **Healthy CAFETERIA**
- **Healthy VENDING**
- **Healthy MEETINGS**
- **Healthy PARTNERS**

**Healthy ENTRÉES**

- **Healthy Entrées**
- **Healthy MEALS**

**Healthy ENTRÉES**

- **Healthy ENTRÉES**

**Healthy MEALS**

*Criteria include items such as soups, salads, sandwiches served a la carte.

When possible, all items should be labeled with nutritional information. Items meeting the Good4You criteria should be designated.

See sample marketing materials and templates!

© 2016 Ohio Hospital Association