



**HEALTHY  
KANSAS  
HOSPITALS**

HEALTHY OPTIONS ARE THE ROUTINE, EASY CHOICE.



# Healthy Kansas Hospitals Frequently Asked Questions

## **What is Healthy Kansas Hospitals?**

Healthy Kansas Hospitals is a collaborative approach to improving the food and beverage choices found in hospitals across the state. Participating hospitals will be provided with materials and technical assistance in exploring policy changes that emphasize healthier food and beverage choices in cafeterias, vending machines and employee meetings. In addition, policy changes can prioritize increasing the availability of safe drinking water, limiting access to sugar-sweetened beverages and enhancing employee education.

## **Are certain changes mandatory under the initiative?**

No. While policies might explore changes to the food offered in cafeterias, vending machines and employee meetings, the goal is to identify and focus on only those food and beverage areas consistent with current policies, practices and the overall culture at your hospital. What is mandatory is that changes to your hospital's food and beverage environment are formalized through written policy, and not just an everyday practice.

## **By signing the commitment to a healthier workplace, what are we pledging to do?**

Your CEO or administrator is simply conveying a willingness to explore current food and beverage policies at your facility, and an openness to receive information and learn more about making healthy food/beverage policy changes. It does not bind your hospital to make any specific policy changes.

## **Why does participation in this initiative make sense for my hospital?**

Supporting health-promoting behaviors and choices is inherently consistent with health care's mission to prevent and treat chronic disease. However, all too often, health care settings create food and beverage environments that provide easy access to unhealthy choices. Hospitals have the potential to serve as powerful role models in the communities they serve by providing healthier food choices, which also leads to improving overall patient health.

## **Is it possible we already have met certain requirements for the initiative?**

Absolutely. Many hospitals already are posting nutritional facts or offering healthy choices in their cafeterias and vending areas. Healthy Kansas Hospitals is here to assist hospitals in expanding on these efforts, as well as to turn what is practice into formal, lasting policy.

## **What is a healthy beverage?**

Pop and energy drinks are sugar-sweetened beverages that contain calories. Diet pop and other reduced-calorie beverages contain artificial sweeteners, and are lower in calories than sugary drinks. Healthy beverages contain no sugar or only naturally-occurring sugar, rather than being added during production to enhance sweetness. Examples include tap water, unsweetened tea, black coffee, low-fat and nonfat milk (non-flavored) and 100 percent fruit and vegetable juices.

## **Do we have to get rid of all pop at our facility to meet the requirements of the initiative?**

No. Your facility makes its own policy. Going to a sugar-sweetened beverage-free environment is a serious commitment that may not be a realistic policy change for all hospitals.



**KANSAS HOSPITAL EDUCATION AND RESEARCH FOUNDATION**

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