

# Eating Healthy @ Work

## Sentara Healthcare Vending Program

Joan Sechrist, PhD, RD

Research and Education Specialist

Health and Preventive Services

March 22, 2013

# Objectives:

- Healthy Edge Choice vending program description
- Implementation system-wide program
- Outcomes
- Lessons Learned

# Healthy Edge Choice Program

- Started in 2005
- Criteria
- Vending provider contract
- Price Points
- Food item nutrient analysis
- Patient Protection and Affordable Care Act, 2010

# Implementation System-wide

- Signage
- Message
- Facilities with other vending providers
- Performance Guarantees

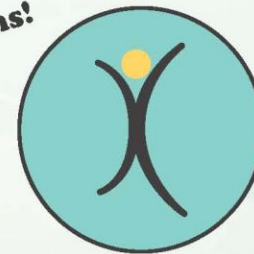
# Implementation System-wide



Healthy Edge Choice items have been evaluated by a registered dietitian and each snack *serving*\* meets the following criteria:

- ✓ Less than 35% calories from Fat
- ✓ Less than 1.5 gm Saturated Fat
- ✓ Less than 270 mg Sodium
- ✓ No Trans Fat

**Look for the Healthy Edge Choice sticker for healthier options!**



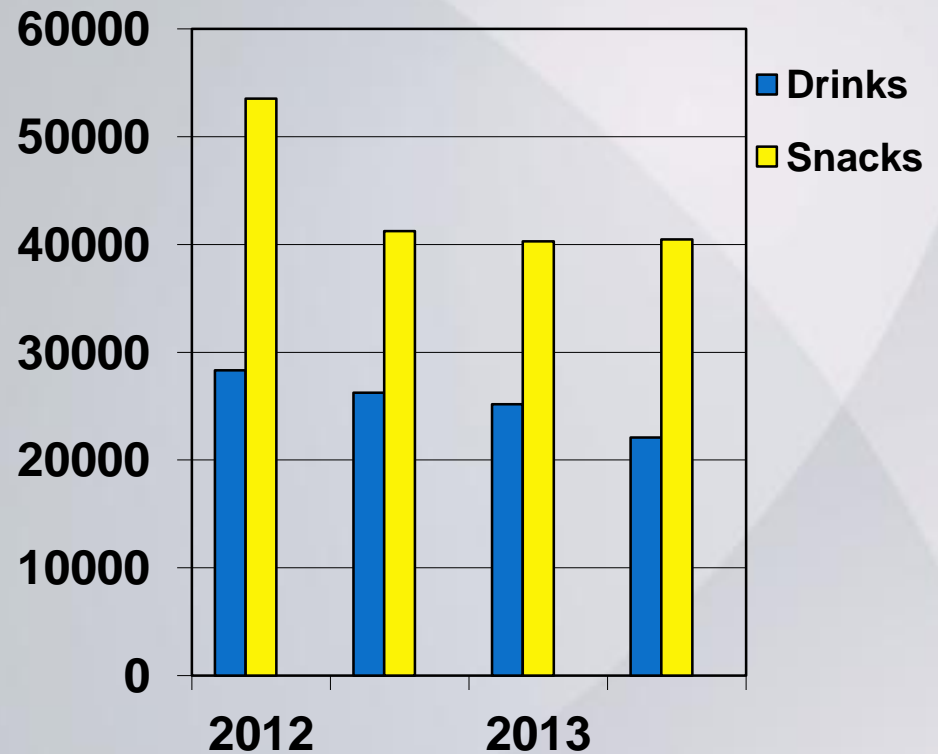
*\*Trail Mix and nuts are evaluated on their protein and fiber content*

**Healthy Edge Choice Beverages:** Calorie-free beverages, like plain water and low-calorie drinks, milk, and juice are the healthiest choices.



# Outcomes for non-Healthy Items

- Includes sales to employees and general public
- Trending from 4<sup>th</sup> Qtr 2012 through January 2013



# Lessons Learned

- Contract specifics-reports, deadlines
- Performance guarantees tied to monetary disincentive
- Pricing
- Communicate



SENTARA®

