Welcome!

• Today you will hear a presentation and have the opportunity to ask questions

• Find resources and materials at:
  nyspreventschronicdisease.com

• Today’s session is being recorded

Webinar Guidelines

• Please designate one person at the computer

• Adobe Features you will use today:
  – Chat Box
Evaluations
Nursing Contact Hours, CME and CHES credits are available

Please visit nyspreventschronicdisease.com to fill out your evaluation and complete the post-test

Learning Objectives
By the completion of this session, the learner will be able to:
• Identify the rationale for food service guidelines
• Describe key steps for evaluating chronic disease prevention programs related to food service guideline initiatives
• Identify existing resources for evaluating food service guideline initiatives in municipalities, community based organizations and worksites
• Describe two in-progress evaluations of food service guideline initiatives in NYS hospitals and senior meal sites

New York State Department of Health

Amy Jesaitis, Bureau of Community Chronic Disease Prevention
Ann Lowenfels, Bureau of Chronic Disease Evaluation and Research
Why Food Service Guidelines?

• Make healthy eating easy
• Change social norm
• Increase demand for & availability of healthy food
• Invest in health

Food Service Guidelines

• Nutrients of interest
  – Added sugars
  – Trans fat
  – Saturated fat
  – Sodium

• Sites for Guidelines

NYSDOH Food Service Guideline Initiatives

• Sodium Reduction in Communities
• Creating Healthy Schools and Communities
• Comprehensive Cancer Policies
• NYS Council on Food Policy
CDC's Evaluation Framework

- Engage Stakeholders
- Describe Program
- Focus Evaluation Design
- Gather Credible Evidence
- Justify Conclusions
- Ensure Use and Share Lessons Learned

Gather Your Stakeholders

- Employees
- Visitors
- Food Service Vendors
- Food Service Managers
- Food Producers
- Food Preparers
- Senior Leadership
- Wellness Committee

Program Logic Model

- Food Standards are Adopted
- Food Standards are Implemented
- Healthier Foods and Beverages are Available
- Healthier Foods and Beverages are Consumed
- Reduced Prevalence of Overweight and Obesity
Evaluation Questions

- Were standards adopted?
- Were standards implemented?
- What barriers were encountered?
- Did nutrition improve?
- Did environment change?

Data Collection Options

1. Gather existing standards
2. Conduct on-site observations
3. Interview key informants
4. Conduct nutrient analysis
5. Review production records
6. Gather sales data
7. Interview employees

Program Activity Timeline

Plan
Implement
Review & Revise

Data Collection Timeline

Before
During
After
Data Collection Instruments

- Worksite Health Scorecard
- Food Service Assessment Tool
  - Smart Food Choices: How to Implement Food Service Guidelines in Public Facilities. CDC 2014
- Nutrient Analysis Software
  - [www.supertracker.usda.gov](http://www.supertracker.usda.gov)

Data Use Opportunities

- Advocate for change
- Inform program planning
- Identify disparities
- Demonstrate progress

CDC’s Evaluation Framework

- Utility, Feasibility, Propriety, Accuracy
Sodium Reduction in Communities Program

SRCP in New York State
Program Locations
Past, Present and Future

SRCP Data Collection Plan

<table>
<thead>
<tr>
<th>Method</th>
<th>Instrument</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gather existing guidelines</td>
<td>Assessment of hospital policies and standards</td>
<td>Contact Albany County Department of Health</td>
</tr>
<tr>
<td>Conduct on-site observations</td>
<td>Hospital Nutrition Environment Scan (HNES)</td>
<td><a href="http://www.med.upenn.edu/nems/">http://www.med.upenn.edu/nems/</a></td>
</tr>
<tr>
<td>Interview key informants</td>
<td>Sodium Practices Assessment Tool (SPAT)</td>
<td>Contact NYS Department of Health</td>
</tr>
<tr>
<td>Conduct nutrient analysis</td>
<td>&quot;Nutritionist Pro&quot; and &quot;Food Processor&quot; nutrient analysis software</td>
<td>Available online (not free)</td>
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</tbody>
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Albany County

Peyton Harrison
Albany County
Department of Health
Food Service Guidelines in Hospitals

Learning Objective: Describe an in-progress evaluation of a food service guideline initiative in New York State hospitals

- Overview
- Program strategies and activities
- Collecting data
- Using evaluation data

Overview

- Define outcome performance measures
- Four levels of desired change
  - Policy
  - Environment
  - Practice
  - Individual

Program Strategies & Activities

- Select hospitals
- Get in the door
- Create buy-in
Collecting Data

- Hospital Nutrition Environmental Scan (HNES)
  - Training on NEMS (Nutrition Environment Measures Survey)
- Assessment of hospital policies & standards
- Sodium Practices Assessment Tool (SPAT)

Nutrition Environment Measures Study Training

For access to online training: http://www.med.upenn.edu/nems/

Hospital Nutrition Environmental Scan (HNES)
Hospital Nutrition Environmental Scan (HNES)

- Are there signs, table tents, or other devices encouraging healthy food choices as part of a wellness or nutrition program?
  - Yes: ______
  - No: ______

- Are there promotions or pricing strategies (e.g., farmers markets, discounts on healthy items) provided within the cafeteria?
  - Yes: ______
  - No: ______

General Comments, Facilities, and lanterns:

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Hospital Policies and Standards Assessment

- Nutrition Policies and Standards for Hospitals

Below are examples of different types of nutrition policies and standards that can be adapted for hospital settings. Many hospitals are developing systems of standards.

- Good food choices are a priority; the availability of healthy and nutritious options is emphasized.
- Variety of healthy food options is available at all locations.
- Healthy food options are clearly visible and accessible.
- Healthy food options are promoted through education and awareness campaigns.
- Healthy food options are available at all times of the day and week.
- Healthy food options are available at all locations throughout the hospital.
- Healthy food options are available at all prices.
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Utilizing Evaluation Data

- Determine interventions and create action plans
- Examples of interventions
  - Healthier options at point of purchase
  - Wellness committee
Steuben County

Andrea Haradon, S2AY Rural Health Network

Steuben County Sodium Reduction Initiative

- Four county public health departments, with Steuben County as the lead
- Year 1: Steuben (and Yates) Senior Meals
  - Home delivered and congregate meals
  - At Ira Davenport hospitals and two affiliated hospitals: Arnot Ogden and St. Josephs in Elmira
- Years 2 and 3: Senior meals in remaining two counties and four additional hospitals

Senior Meals

- Food service guidelines in place
- Numerous barriers remain:
  - Cost containment
  - Efficiency in food preparation
  - Staff training
Senior Meals (continued)

• Sodium reduction is possible
• Sodium Practices Assessment Tool (SPAT)
  – Developed to help assess current status and possible changes

SPAT-Assessment Examples: Preparation Methods

• Food is prepared:
  – In a kitchen at the site
  – Using recipes
• Salt is:
  – Measured when cooking
  – Added to cooking water for pasta, vegetables, etc. (reverse scale)
• Soups/sauces/stews are made from scratch without purchased soup base

SPAT-Assessment Examples: Preparation Methods (continued)

• Reduced sodium soup base used (defined as at least less than 25% of original product)
• High sodium soup base is diluted
• Higher sodium soup base used as flavoring ingredient in other dishes (reverse scale)
• Herbs and spices used as salt replacement
SPAT-Changing Methods
Food Presentation Strategies

• Reduce portion sizes for high sodium foods
• Provide fresh fruit and vegetable sides
• Substitute fruits, vegetables or lower sodium options in place of chips/fries at no extra cost
• Offer salad dressing in pre-measured containers (max 2-ounce) on the side
• Prepare sandwiches without cheese or bacon

SPAT-Changing Methods
Food Presentation Strategies (continued)

• Identify and promote benefits of lower sodium options
• Offer taste tests of lower sodium menu changes
• Remove pretzels and chips as a la carte options
• Reduce number times per week pizza served
• Offer lower sodium deli meats

Lessons Learned

• Track – currently using nutrient analysis software, but could use simple Excel spreadsheet
• Get buy-in early – helps people understand why it is important (i.e., stroke rates, etc.)
• Let users choose what works for their site
• Share results – i.e.: message of 11.89% reduction
  – A media release
  – With CHIP committees, state and CDC
Questions?
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