



Lucile Packard
Children's Hospital
at Stanford

We Are Health

Healthy Hospital Initiative

Vision

“As a children’s hospital, we have the responsibility to provide the healthiest environment possible for our patients, their families and our employees, and to lead our community in modeling healthy practices.”

– Christopher Dawes, CEO

Wellness Team

- Human Resources
- Marketing and Communications
- Food Services
- Sustainability
- Community Benefits
- Government Relations
- Strategy

Employee Wellness

Physical

- Biometric screening
- Walking groups
- Group fitness and healthy living classes, seminars, online courses and webinars.

Emotional

- Wellness coaching
- Walking maps
- “Take the stairs” signs on elevators
- Bike to Work Campaign
- Discount at local gyms
- Employee smoking cessation program
- Health assessment

Financial

- Employee Assistance Program with referral to licensed professionals

Workplace Safety

- Retirement and financial services
- Comprehensive Environment of Care Program

Green

- Resource conservation
- Waste and hazardous chemical waste minimization
- Composting and recycling
- Green purchasing
- Water-efficient systems
- Green cleaning products
- Mercury free
- Mass transit passes

Built Environment

- Environmentally friendly building design
- Walking paths
- Sustainable design practices - on-site water collection, native vegetation, wind turbines, EV charging stations, and comprehensive recycling programs.

Nutrition Environment

Policy

- Food, beverage, vending, meetings, events, gifts, incentives

Product

- New, more healthful products
- Eliminate sugared sweetened beverages
- Eliminate highest fat, highest calorie foods
- Snacks 100 calories or less
- More healthful kids menu
- Produce market
- Locally grown and organic food
- Reduce portion size
- Free “spa water”

Preparation

- Remove deep fat fryer
- Eliminate trans fats and palm oil

Pricing

- Price healthy options lower than unhealthy items

Placement

- Only selected healthy items at Point of Purchase
- Healthy items displayed more prominently and attractively
- Unhealthy items located away from main traffic areas

Promotion

- Label nutritional content
- Signs to promote healthy items

Purchasing Practices

- Fruits, vegetables grown locally
- Compostable service items

Success Principles

- Unwavering CEO leadership and support
- Involve key stakeholders from the beginning
- Executive leaders, human resources, marketing, communications, general services, facilities, family advisory council

Develop marketing and communications plan

- Feature patient and employee stories
- Appeal to our responsibility as a children’s hospital to model health
- Build support from grass roots constituencies
- Start from our strengths

Engage physician and nurse champions

- Build community partnerships
- Be on the lookout for opportunities for change
- Publicly acknowledge change agents
- Identify quick wins to create momentum

For More Information

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