Promoting Healthy Providence Oregon Employees: Implementing nutrition education in support of the Healthy Dining Initiative

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Significance
Unhealthy eating patterns are caused by lack of knowledge, habitual choices, and convenience. The average employee works 40 hours each week, giving us the opportunity to promote the development of healthy lifestyle habits.

Purpose
Providence Health and Services’ HDI program aims to address lack of knowledge and build a culture of health and well-being, including food and beverage choices.

Goals & Objectives
Goal #1: Develop effective nutrition education materials supporting the Healthy Dining to encourage health conscious food and beverage choices at Providence locations in Oregon.

- Objective: After distributing a nutrition label handout, Providence St. Vincent staff will be able to demonstrate understanding of the new nutrition labels by scoring 75% or above on a post-survey.

Goal #2: Promote the Healthy Dining Initiative “Rethink your Drink” campaign by facilitating healthier decision-making in beverages choices.

- Objective 1: Providence employees will be able to identify two strategies to reduce the sugar content in their coffee beverages.

- Objective 2: Online resource discussing artificial sweeteners will reach at least 5% of Providence employees.

Nutrition Education Topics
- Sugar-sweetened coffee beverages: tips on how to reduce sugar and calories in coffee drinks to be displayed at Providence St. Vincent where coffee beverages are served.

- Artificial sweeteners: to be introduced as an online newsletter. Drafts are still being revised and discussion of using USDA materials on artificial sweeteners may be used.

- New nutrition labels: Handout to inform employees on how to read the new labels on Grab & Go items to assist in healthier choices.

Implementation
Surveys were conducted for the new nutrition label handout during lunch time at Providence St. Vincent. An intern posed the questions to 18 Providence employees, explained the educational handout, and promoted the HDI. Responses were recorded and analyzed to determine the handout’s efficacy at improving the understanding and application of the updated nutrition labels.

Example of Educational Piece

Results

Table 1. Pre-survey questions answered before nutrition label handout introduced to participants.

<table>
<thead>
<tr>
<th>Nutrition Labels: Have you seen them?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rating</td>
</tr>
<tr>
<td># of responses</td>
</tr>
</tbody>
</table>

1. Is eating healthy important to you?

| Rating | Not helpful at all | Slightly helpful | Neutral | Helpful | Very helpful |
| # of responses | 1 | 0 | 2 | 2 | 4 |

2. How helpful is the nutrition information and dining symbols on the Grab & Go labels?

Conclusions
Overall, participants found the nutrition label handout to be helpful in understanding how to read the nutrition information on Grab & Go labels. Further explanation of nutrition labels is needed to assist Providence employees in making healthier choices.

Next Steps
- Incorporate nutrition label handout into a larger HDI event to attract more participants.
- Introduce online newsletter on artificial sweeteners following further approval from Providence RD’s and HDI staff.

Limitations
- Limited amount of time to implement the surveys leading to a small sample size of Providence employees.

Lessons Learned
- Creating educational materials is time consuming and difficult to create for the masses.
- We don’t always need to recreate the wheel.

Table 2. Post-survey questions answered after nutrition label handout explained to participants.

<table>
<thead>
<tr>
<th>Nutrition Labels: How are we doing?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rating</td>
</tr>
<tr>
<td># of responses</td>
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3. Rate this statement: The handout of Providence nutrition labels helped me understand how to read the nutrition information on Grab & Go food labels.

| Rating | Strongly disagree | Slightly disagree | Neutral | Slightly agree | Strongly agree |
| # of responses | 3 | 1 | 5 | 2 | 7 |

4. Rate this statement: Nutrition labels and dining symbols on Grab & Go food labels help me make healthier choices.

Statistic of note: 50% of respondents had seen/noticed the nutrition information and dining symbols while 50% had not.

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