

LAKELAND VILLAGE

NURSING AND INTERMEDIATE CARE FACILITY



LAKELAND
VILLAGE



THE CHALLENGE

Understanding that chronic conditions such as heart disease, stroke, obesity, and diabetes are largely preventable, Governor Jay Inslee enacted Executive Order 13-06, Improving the Health and Productivity of State Employees and Access to Healthy Foods in State Facilities. The E.O. also applies to state agency services including custodial populations and residents. Stressed in the E.O. is that policies should meet the Washington State Nutritional Guidelines which are based on the 2010 Dietary Guidelines for Americans and were developed by the Washington State Department of Health. The Guidelines are based on the following guiding principles:

- Emphasize fruits, vegetables and whole grains in menu planning.
- Minimize the use of processed foods that contain added sugar and sodium.
- Recommend use of healthy cooking techniques, such as baking, roasting, broiling, grilling, poaching, steaming and stir frying. Recommend no use of deep fryers.
- Serve items in smaller portions if high calorie items are provided (e.g., mini muffins or 2-inch cookies), while still maintaining overall calorie and nutrient requirements.
- Work toward reducing overall sodium content.

The Guidelines set criteria to ensure healthy options in these food categories: beverages, fruits, vegetables, grains, protein and fat. The federal government has already implemented the Health and Sustainability Guidelines for Federal Concessions.

The Department of Health (DOH) also provided an implementation guide by March 1, 2014 to help agencies implement the changes and provide technical assistance. DOH engaged

local health jurisdictions through a federal grant to work with state agencies in their areas. Spokane Regional Health District assisted Lakeland Village, Eastern State Hospital, and Eastern Washington University with changes toward meeting the E.O.

To implement the guidelines the Lakeland Village foodservice department had a myriad of challenges to overcome. Providing therapeutic meals for 200 residents in a unique setting and staying fully staffed with experienced employees every day takes skillful management.

Rick Allen, Food Service Director stated, "Understanding the importance of E.O. 13-06 has opened the door to look for nutritious items for the residents ensuring they are receiving a healthy and balanced diet." Anna explains that knowing who you are serving and the reasons for making the changes is key.

Rick; Anna H., Registered Dietitian; and Lakeland Village administration staff teamed with Spokane Regional Health District (SRHD) Healthy Communities staff to review existing policies and practices and assess current recipes, menus, and food products comparing them to the guidelines. The initial assessment showed Lakeland Village met the minimum guidelines in whole grains and fruits and fully met the unsweetened beverage guidance. To progress toward meeting the Guidelines Rick, Anna and the SRHD staff created a 9-month action plan:

- Work toward reducing overall sodium content.
- Increase the use of whole grains.
- Increase the use of healthy cooking techniques.
- Increase fresh seasonal fruit.
- Increase fresh seasonal vegetables.



PROGRESS

To start the change process, Rick provided SRHD staff several recipes from his menu that were highest in fat and sodium for nutritional analysis. SRHD staff modified the recipes to reduce fat and sodium while maintaining the delicious taste and appearance of the food with improved nourishing qualities. The cooks and

FOUR PRODUCTS AT

D VILLAGE

APRIL - JULY in 2017 and 2018



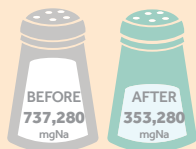
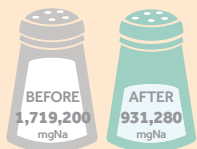
BEEF
GRAVY



POULTRY
GRAVY

46%

52%



14
CASES

6
CASES



OF SODIUM SAVED

9,460

ERS OR 7,312 TSP OF SALT
ANCE OF SALT FOR AN ADULT IS 1 TSP

residents tested the recipes for flavor and gave their approval of the changes. Higher sodium products such as processed tomato sauce and gravy and salted butter were successfully replaced with lower sodium products. Anna H. pointed out how important it is to have those involved in the food preparation be part of the process. SRHD provided training on reducing sodium in cooking and why it matters

to the lead cooks. Rick says, "It takes time for the cooks to adjust to the lower sodium products but once they do, they like it". SRHD provided the sodium training materials for future trainings the food service director and R.D. will be conducting with food service staff. The change in tomato products and butter resulted in a sodium reduction of 94% in those products. The lead cook has started thinking of ways to reduce sodium in some of the meats they are purchasing. Rick says they are not going back to the previously used high sodium products.

Scratch cooking is now the preferred method of food preparation with an emphasis on whole fresh foods, and processed foods have been minimized on the menu. Whole grain products were being used in pasta dishes, for breaded meats and in cereals, and have been increased to include waffles and breakfast breads.

Seasonal fruits are now the standard on the menu, replacing many of the canned low sugar product and juices have been replaced with fresh fruits. Seasonal vegetables are replacing many of the canned vegetable items. Applying these healthy nutrition guidelines to the menu, in food preparation and with purchasing procedures has created meaningful momentum toward meeting the Guidelines of the Executive Order.

NEXT STEPS

Providing nutritious meals is a combination of providing the right foods and beverages, prepared in the right way, and served in the right amounts. Achieving these changes takes time. Lakeland Village is committed to meeting the Guidelines of the Executive Order 13-06. Next steps for the foodservice department to meet the requirements of the Executive Order will be to work on limiting processed foods and fats and increasing the amount of leaner meats on the menu. The lead cook

is looking into cooking their own roasts in house to avoid the added sodium and preservatives that come with purchased products. Other opportunities exist to further bring down the overall sodium content in menu items and food products. Increasing the amount of vegetables served each day is also another step toward overall healthier menus.

ABOUT LAKELAND VILLAGE

Lakeland Village is a state operated 24-hour facility that provides all facets of training, education and healthcare for approximately 210 individuals with intellectual and developmental disabilities. Originally established in 1914, facility's purpose is to provide appropriate, comprehensive, functional assessments, individualized plans of care, quality services that meet individual needs, honor human and legal rights, and promote independence and self-management in personalized home-like environments.



Anna H., Registered Dietitian



Rick Allen, Food Service Director

SPOKANE REGIONAL HEALTH DISTRICT'S ROLE

The Obesity, Diabetes, Heart Disease and Stroke Prevention Grant 1422 is a public health intervention for Spokane County and the six surrounding counties funded by the Centers for Disease Control (CDC) and passed through the Washington State Department of Health October 2014 – September 2018. A component of the grant was to implement food and beverage guidelines, including sodium standards, in public institutions, worksites and other key locations such as hospitals. The services provided to Lakeland Village food service department by SRHD were supported through this funding.



Sodium Reduction Program
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