

PROVIDENCE SACRED HEART MEDICAL  
CENTER AND CHILDREN'S HOSPITAL

# Sodium Success Story



*"Making food that you know is good for our  
bodies and minds fits with our Providence core  
values and mission, which feels great on all levels."*

*~ Executive Chef David McCampbell*



Healthy Eating Committee

## The Challenge

As more people depend on cafeterias and restaurants for a large percentage of their daily food, it is important that these food outlets work towards sodium reduction. Food served at these locations often contain high amounts of sodium before they reach the plate. This can lead to eating more than 1000 milligrams of sodium above the recommended amount.

Lower sodium options are available but are often overlooked for fear of losing customers. Managers and cooks, in fast-paced food service environments, don't have the time to find lower sodium products and create recipes using these products.

In Spokane County, where one in three adults has high blood pressure, reducing sodium in the diet may be one of the ways to help to lower customers' blood pressure and possible risk for heart disease and stroke.

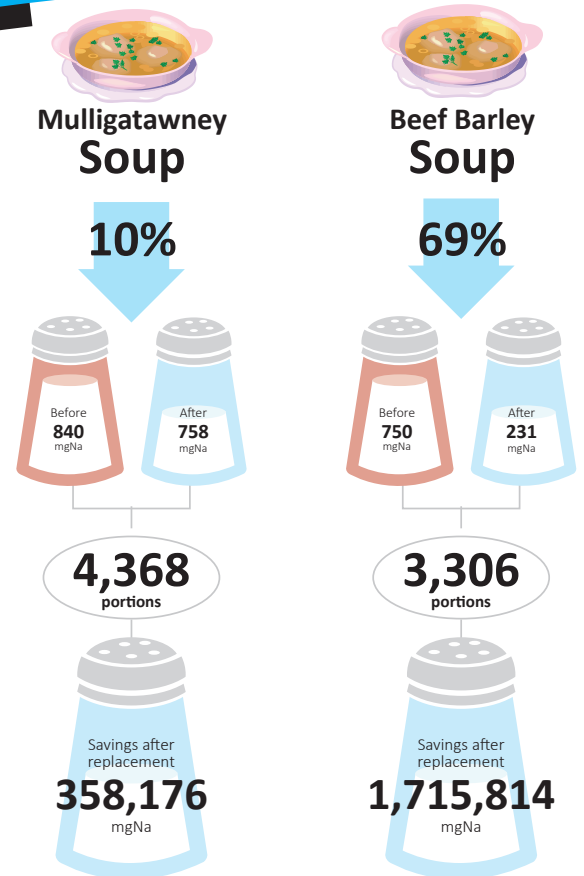
## What Worked and Why

According to Providence Sacred Heart Medical Center Executive Chef David McCampbell, "The sodium reduction grant was a culinary springboard and inspiration into offering healthful entrees, sides, and new programs in Le Cafe." The Spokane Regional Health District (SRHD) worked with Providence Sacred Heart Medical Center to create an interdisciplinary focus group to identify nutrition guidelines for meals while expanding and promoting healthy choices. The health district summarized and shared employee survey responses about the food changes with the focus group. Chef David and his staff used the feedback information to add wellness bowls, a fresh fruit and yogurt bar, additional vegetarian items and infused water stations. In addition, sodium reduction was achieved by using lower sodium soup bases and ketchup. Heidi Keplinger, cafeteria manager and chair of the Healthy Eating Focus Group, redesigned the cash register environment to promote lower sodium snacks and saw a 50 percent increase in sales of fresh fruit and a 72 percent increase in sales of dried fruit and nut bars.

Reduced Sodium

# Sacred Heart

February 201



## Total Milligrams of Sodium

Equivalent to 182 containers of

\*USDA recommended daily allowance

## About Providence Sacred Heart

Providence Sacred Heart Medical Center & Children's Hospital is the second largest hospital in the state with 657 beds and more than 4,000 caregivers. In 2013, when Alex Jackson joined Providence Sacred Heart Medical Center as chief executive, he championed the "food as medicine" approach to inspire healthy options in the medical center's cafeteria – Lé Café – for employees and visitors. The Cafe at Providence Sacred Heart serves a wide variety of fresh choices including vegetarian, vegan, international and seasonal favorites to approximately 3,000 customers daily.

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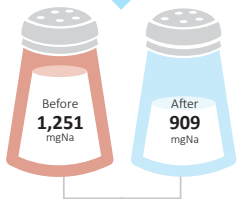
# Hospital Café

5 - June 2016

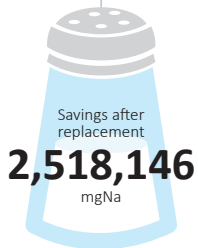


Chicken Noodle Soup

69%

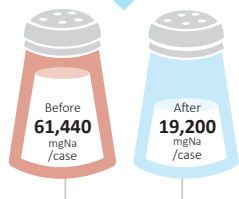


7,363 portions



Ketchup

69%



348\* cases



## Sodium Saved: 20,712,456

26 oz/ea) or 31,122 tsp of salt\*

Advantage of salt for an adult is 1 tsp

## Sustainability

Chef David states, "There's no turning back. We are definitely going to continue creating low and often no sodium food items. Making food that you know is good for our bodies and minds fits with our Providence core values and mission, which feels great on all levels." Along with the hospital's commitment to health, the increased sales of healthy items and positive employee feedback make these changes sustainable.

This commitment to reducing sodium has led to a savings of 20,712,456 milligrams sodium which is the same as 182 salt rounds (26 ounce) or 31,122 teaspoons of salt over the last two years. Providence Sacred Heart Le Café uses USDA Dietary Guidelines for Americans to guide their menu development and product purchasing. Chef David says "more and more we're using these guidelines in Le café and for visitor, employees and our patients." The healthy eating focus group chairperson Heidi Keplinger continues to build the interdepartmental collaboration to promote healthy eating and customer satisfaction.



Retail Operations Manager , Heidi Keplinger



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~ Executive Chef, David McCampbell

# Spokane Regional Health District's Role

The Spokane Regional Health District (SRHD) worked with the Washington State Department of Health (DOH) and two other local health jurisdictions to implement a three-year Sodium Reduction in Communities grant (2014-2016) from the Centers for Disease Control and Prevention (CDC). SRHD used the following methods to help partners make changes.

- Encourage organizations to follow Washington Department of Health's Healthy Nutrition Guidelines (or similar guidelines).
- Assist partners in identifying key recipes and strategies to reduce sodium by at least 25 percent.
- Work with food vendors to increase the availability and accessibility of lower sodium products.
- Help with signage and placement of low sodium foods to increase visibility and customer awareness while maintaining or increasing sales of these items.
- Increase food service directors and cooks' knowledge of hidden sources of sodium and offer culinary training to increase flavor enhancement skills.



**Spokane Regional Health District – Sodium Reduction**  
1101 W. College Ave., #200, Spokane, WA 99201  
TEL 509.324.1531 | TDD 509.324.1464 | srhd.org

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