



BE YOUR OWN CAUSE.

KAISER PERMANENTE. **thrive**

Elisa Wong, Kaiser Permanente Community Benefit

**Maine Worksite Wellness Initiative
March 17, 2011**

1. About Kaiser Permanente
2. Physical Activity Strategies
3. Healthy Food Strategies
4. Reflections
5. Questions

About Kaiser Permanente

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WE BUILD A BRIGHTER FUTURE

- Founded in 1945
- America's oldest and largest private, nonprofit healthcare organization
- 8.7 million members
- 15,100 physicians representing all specialties
- 167,300 employees
- Operations in 9 states and D.C.
- 35 Hospitals and 454 Medical Offices



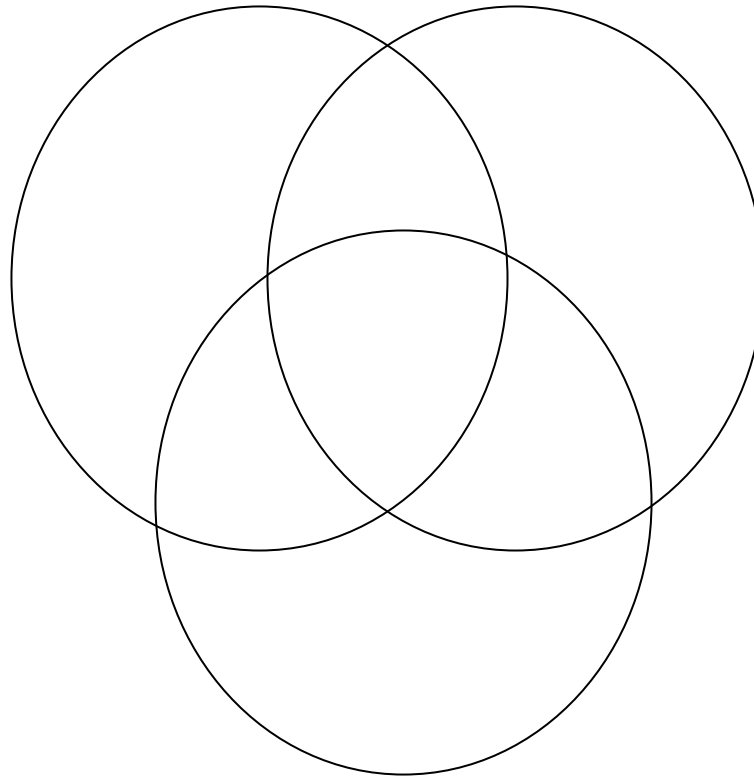
How We Approach Healthy Environments

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Healthy People



Healthy Environments



Thriving Local Economies



KP's PA Promotion Strategy

Element	Target
PA-promoting built environments	Workforce, patients, community
Incentives/amenities for active transit	Workforce
Promotion and social marketing	Workforce
Clinical practice interventions	Patients
Community interventions	Workforce, patients, community

Industry Standards: The Green Guide for Health

Transportation Operations

<i>Title</i>	<i>Intent</i>	<i>Credit Goals</i>	<i>Source</i>
TO 1.1 Alternative Transportation: Public Transportation Access	Reduce pollution and land development impacts by minimizing vehicle transportation.	Provide and maintain a building occupant conveyance program (shuttle-link) for buildings that are more than 1/2 mile from commuter rail or subway and 1/4 mile from established bus routes.	Mod
TO 1.2 Alternative Transportation: Low Emitting & Fuel Efficient Vehicles		Own or lease an alternative fuel vehicle fleet, defined as vehicles that are either classified as Zero Emission Vehicles (ZEV) by the California Air Resources Board or have achieved a minimum green score of 40 on the American Council for an Energy Efficient Economy (ACEEE) annual vehicle rating guide, and comprising a minimum of 50% of total fleet mileage driven annually. Provide fueling stations for 100% of alternative fuel fleet, as applicable. Provide preferred parking for low-emitting and fuel-efficient vehicles for 5% of the total vehicle parking capacity of the site.	New
TO 1.3 Alternative Transportation: Carpool Programs		Provide and maintain a building occupant carpooling program that serves a minimum of 5% of the full time equivalent (FTE) peak period staff and add no new parking. Provide preferred parking for carpool participants.	New

Connect Community to KP

- Provide community connections to KP destinations.
- Connect the KP facility to the community with bicycle/walking/hiking pathways that promote exercise.
- When community pathways lead to a KP facility, provide connections to these paths.
- When community pathways do not exist near a KP facility, consider including them on the site as a catalyst for their development throughout the community.
- Consider: Bicycle pathways, walking / hiking pathways, community green belts

Connect KP to Community

- Provide KP connections to community amenities.
- When retail facilities, parks, restaurants, and other amenities are located adjacent to a KP facility, provide walking pathways onsite that connect to the amenities for convenience and to encourage exercise.

Usable open space for staff and patients to promote activity and social capital

- Child play areas
- Exercise paths / par courses
- Jogging / Walking pathways
- Bicycle pathways
- Community or staff gardens
- Picnic or farmer's market areas.
- Outdoor group meeting or activity spaces



Site Circulation – Pedestrian

- Provide landscaped buffers between busy roadways and pedestrian walkways.
- Provide at least one covered walkway for times of inclement or hot weather.
- Provide adequate lighting along pedestrian routes.
- Provide safe crosswalks.
- Provide non-slip and non-trip walking surfaces.

Site Circulation – Vehicular

- When bicycle pathways are required, segregate them from vehicular traffic.
(Segregate bicycles and vehicles to provide a safe and pleasant path for bicycle travel. Avoid “mid-block” crossings that may not be anticipated by drivers.)

Site Parking

- Provide bicycle parking at main building entrance.

Building Planning and Layout – Stairs

- Locate stairs for convenience and easy movement between floors for staff and members.
- Locate and design stairs to encourage use over elevators.

Key Enablers of Active Transit: Incentives and Amenities

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- Commuter Flex Spending Account (FSA)
- Transit subsidies (up to \$50/month)
- Emergency Ride Home programs
- Preferred carpool/vanpool parking
- Rideshare assistance
- Shuttles to transit
- Bike lockers and bike racks
- Showers



Examples

KP Anaheim Medical Center Campus

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KP Anaheim Medical Center Campus

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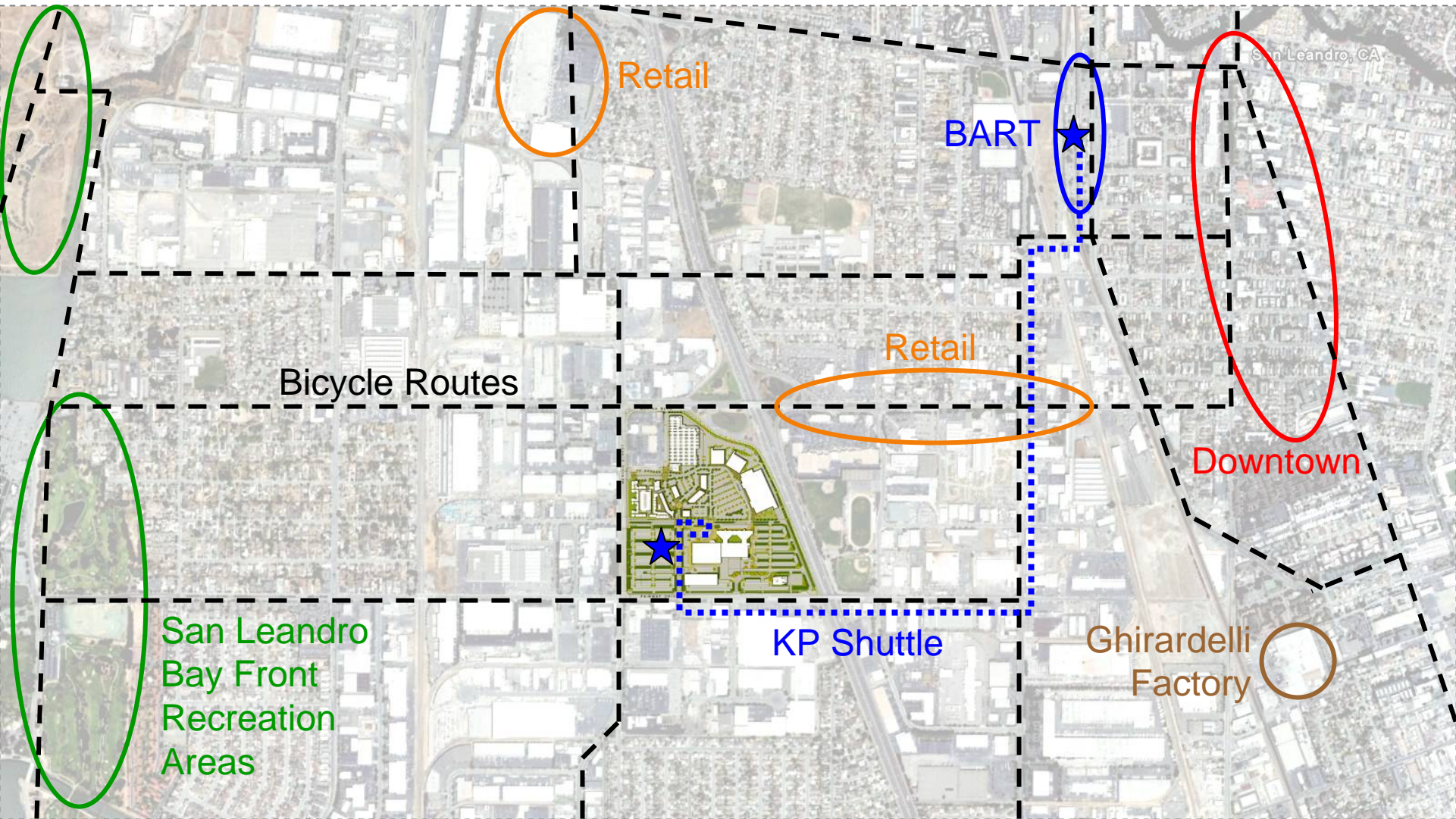
KP San Leandro Medical Center Campus

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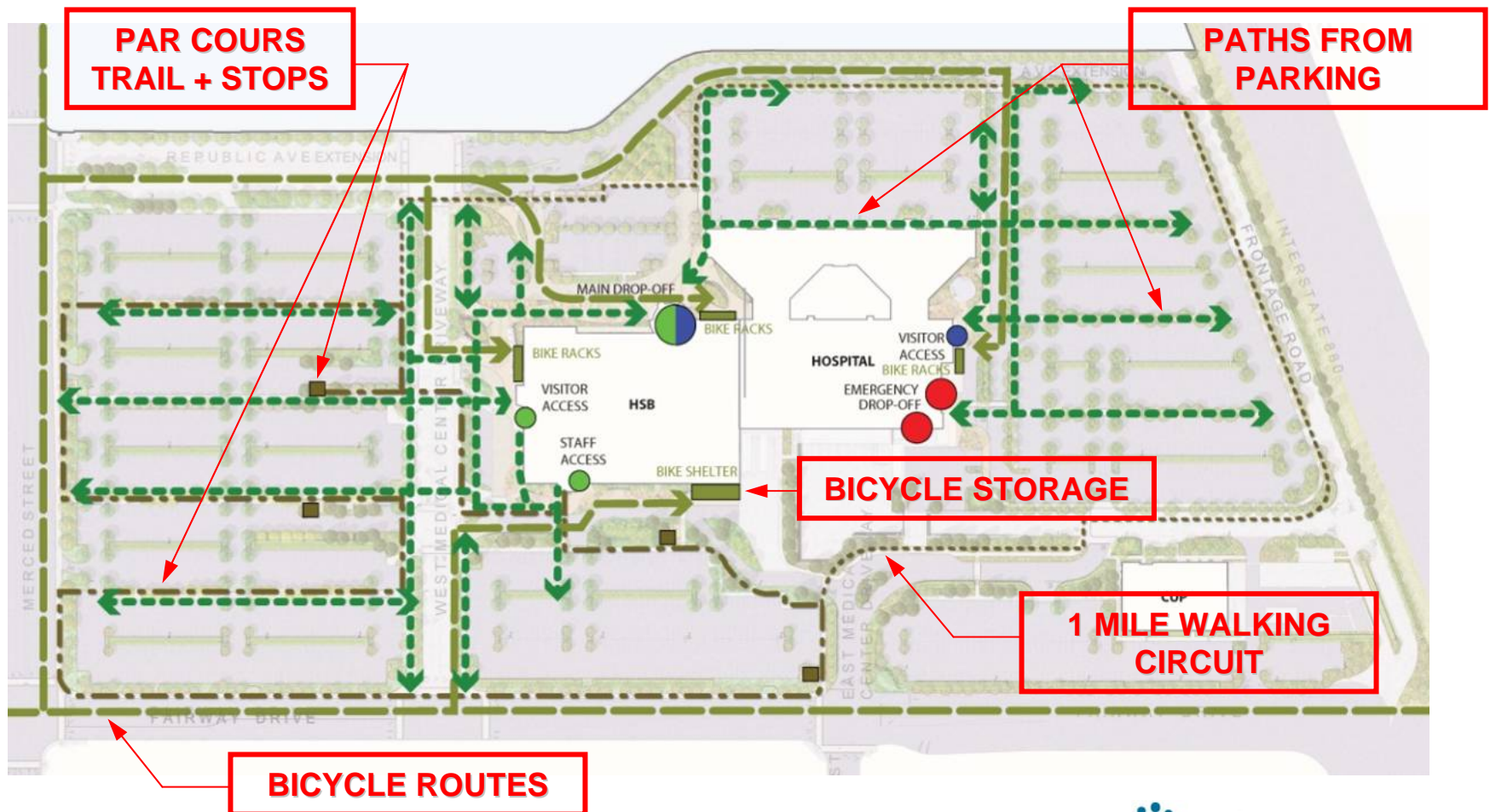
KP San Leandro Medical Center Campus

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KP San Leandro Medical Center Campus

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KP Modesto Medical Center Campus

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The Power of Promotion: Baldwin Park Medical Center's Thrive Path

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Walking Trails and Maps

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WALK YOUR WAY TO A HEALTHIER LIFESTYLE! 3333 Wilshire Blvd., Los Angeles, CA 90010

During your breaks and lunch, follow the walking route outlined in red to lead to a healthier you!



Distance: 0.36 miles / 0.56 kilometers
Calories: 41 calories @ 180 lbs weight*
Time: 6m 60s @ 3 mph
Steps: 720 total steps

	<u>Distance</u>	<u>Total Distance</u>
Start to marker A	0.06 miles	0.06 miles
Marker A to marker B	0.12 miles	0.18 miles
Marker B to marker C	0.06 miles	0.24 miles
Marker C to Finish	0.12 miles	0.36 miles

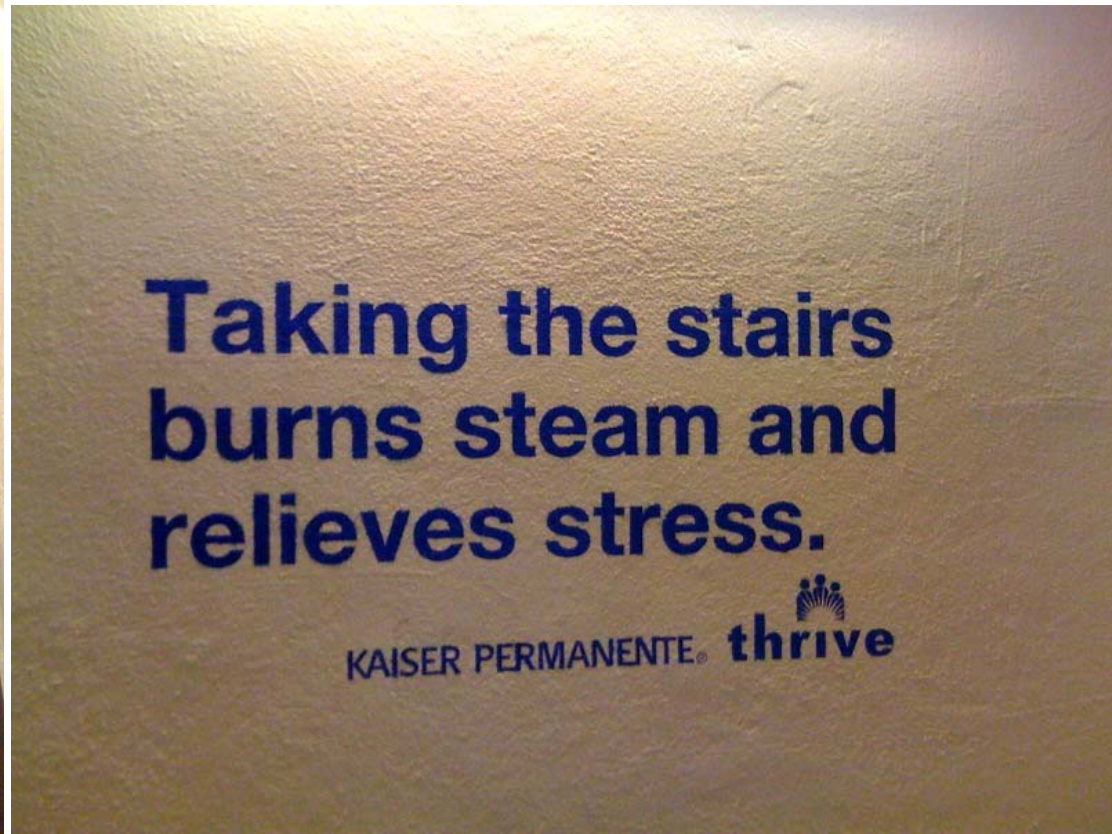
Kaiser Members,

Track your progress online and receive a free pedometer. Go to <http://my.kp.org/ca/countyofla/yourrewards.html>, click on your benefit plan and learn more about your rewards.

*To see a more personalized number of the calories you burned during your walk, go to:
<http://members.kaiserpermanente.org/kpweb/healthency.do?hwid=tx4394>

Welcoming Stairwells and Prompts

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Thrive Across America

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thrive across america

healthyworkforce
For the people who power KP



What

Who

How

When

Team

Log In

Register



BERNARD J. TYSON
Executive Vice President
Health Plan and Hospital Operations
Kaiser Permanente

JOHN AUGUST
Executive Director
Coalition of Kaiser Permanente Unions

Welcome

What is *Thrive Across America*?

Thrive Across America is an online physical activity program where you travel through all eight Kaiser Permanente regions and Program Offices by recording exercise minutes and moving along a virtual route. Along the way you'll learn about the people and places that help us thrive as well as great sites to visit in each region.

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Thrive Across America

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thrive across america



Dr. Troy Donahoo
Regional
Department Chief

Hi, Elisa | [LOG OUT](#) | [PROFILE](#)

healthyworkforce
For the people who power KP

[FAQ](#)

[LOG PROGRESS](#)

[TEAM](#)

[SUCCESS](#)

[ARTICLES](#)

[RECIPES](#)

[RESOURCES](#)

[MAPWALK](#)

5

Progress



Log Wednesday, Aug 18th, 2010 18

Minutes: -- Activity --

Notes:

Quick Stats

Stars Earned: 22

Total Exercise Min: 975

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[Numbers](#)

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ITE®

Every Body Walk!

Championed by senior Kaiser
Permanente leaders

Every Body Walk! Website

- Scientific and medical information on walking
- Interactive maps with safe walking routes
- Links to local bike/ped groups
- Calendar of organized walking events
- Rich, interactive, shareable video content
- Social media promotion

KP Walk! targeting employees and
physicians

www.everybodywalk.org

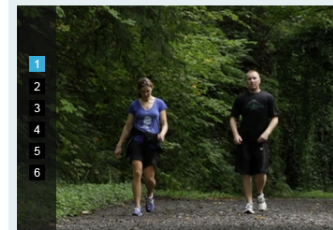
Every Body WALK!

Ready to start Walking? [Take the Walking Pledge »](#)

[Home](#) [Programs](#) [Groups](#) [Events](#) [Tips](#) [Partners](#) [Videos](#)

Walk for Health

Watch the latest video – Lorem ipsum dolor sit amet, consectetur adipiscing elit. Maecenas suscipit consectetur placerat.. [Watch Video](#)



Walk, Don't Run



You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's resolutions by joining a gym. But if you're not ready to squeeze into shorts or a leotard and grunt through an hour of Spinning or Jazzercise or kickboxing, don't despair.

[Read More](#)

Americans Take Fewer Steps



You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's resolutions by joining a gym. But if you're not ready to squeeze into shorts or a leotard and grunt through an hour of Spinning or Jazzercise or kickboxing, don't despair.

[Read More](#)

Walking Events

[Green Links](#)

[Green Links](#)

Walking Groups



[Green Links](#)
You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's



[Green Links](#)
You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's



You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's resolutions by joining a gym.

[Tell Me More](#)



You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's resolutions by joining a gym.

[Tell Me More](#)



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You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's resolutions by joining a gym.

[Tell Me More](#)

walking core maps

Help you find a walkable place to live by calculating a Walk Score for any address.

[More Information](#)

video gallery

This demo contains a series of important and useful guides on how to use the basic aspects of the template, such as how to install. [More Information](#)

health benefits

Many features aid the overall performance, through optimized code such as compressed CSS, to Gantry side caching.

[More Information](#)

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Clinical Practice Change: Exercise as a Vital Sign

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- MAs ask about PA for **every** patient, **every** visit
- Info recorded in Vitals section of EHR
- Providers counsel and encourage recommended PA levels (150/wk adults; 300/wk kids)
- System prompts for < recommended levels
- After Visit Summary with tailored information/recommendation

The screenshot displays an EHR interface with the following elements:

- Top Navigation:** Images, Questionnaires, Admin, Benefits Inquiry, References.
- Allergies:** Not On File
- Last Vitals:** BP: 120/80 P: 60 T: T Src: Resp: 24 Wt: 185 lbs (83.915 kg) BMI: 25.80 kg/m2, BSA: 2.05 m2. **Exercise Vitals: 100 mins/wk** (highlighted with a red box and arrow).
- Charting Sidebar:** Chief Complaint, Nursing Notes, Vitals, **Exercise Vitals** (highlighted with a red box), **Review Exercise VS** (highlighted with a red box), Interpreter Needed, Med. Document, **BestPractice** (highlighted with a red box), History, Progress Note, **SmartSets** (highlighted with a red box), Dx and Orders, Pt. Instructions, LOS, Follow-up, Close Encounter.
- Vitals Data:** BP 120/80, Pulse 60, Resp 24, Temp, Temp src, SpO2, Wt - Scale 185 lbs (83.915 kg), Height 5' 11" (1.803 m), Peak Flow.
- Exercise Vitals Form:** (highlighted with a red box)
 - Exercise Vitals**
 - [New Reading](#) | [Go to Doc Flowsheet](#)
 - Exercise Vitals**
 - 04/15/2009
 - 1551
 - Exercise Level of Effort:**
 - Days per week of moderate to strenuous exercise (like a brisk walk) 2
 - On average, minutes per day of exercise at this level 50
 - [New Reading](#) | [Go to Doc Flowsheet](#)
- Review Exercise Vitals** (highlighted with a red box)
 - ☒ Mark as Reviewed
 - Last Reviewed by

KP's Healthy Food Strategy

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Element	Target
Healthy options in vending & cafeteria	Workforce, patients
Increasing awareness of nutritional content of options	Workforce, patients
Access to locally sourced food	Workforce, patients, community
Lactation/breastfeeding practices & policies	Workforce, patients
Healthy meetings	Workforce
Community interventions	Workforce, patients, community

Examples

Healthy Picks – Vending & Cafeteria together

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Menu Labeling

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Item	Calories	Price
Orange	62	\$0.45
Apple	95	\$0.75
Banana	105	\$0.35
Grapefruit (whole)	82	\$1.45
Fruit Bowl	90	\$2.75
Baby Carrots	27	\$0.35
Plain Bagel	280	\$1.06
Apple w/ Caramel Dip	195	\$2.75
Cinnamon Roll	223	\$1.40
Croissant	231	\$1.40
Cookies		
Sugar Cookie	250	\$0.67
Oatmeal Raisin	350	\$0.67
Chocolate Chip	370	\$0.67
Filled Donut	340	\$0.80
Glazed Donut	408	\$0.80
Danish	501	\$1.26
Muffin	600	\$1.80



Sugar Sweetened Beverages

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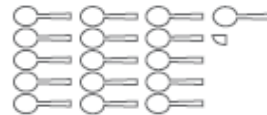
What's in your DRINK?

 = 1 teaspoon of sugar  = 1 teaspoon of fat



COCA-COLA

20 ounces =
240 calories
16 ¼ teaspoons of sugar



MONSTER Energy Drink

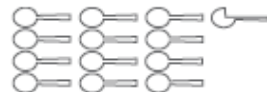
16 ounces =
200 calories
13 ½ teaspoons of sugar



SNAPPLE

Kiwi Strawberry Juice Drink

16 ounces =
210 calories
12 ¾ teaspoons of sugar



WELCH'S

100% Orange Juice

16 ounces =
240 calories
14 teaspoons of sugar



GATORADE

20 ounces =
130 calories
8 ½ teaspoons of sugar



CARAMEL FRAPPUCCINO Blended Coffee Drink with Whipped Cream

16 ounces =
380 calories
11 ¾ teaspoons of sugar
3 teaspoons of fat




Farmers Markets

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Farm Box Delivery Programs

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The screenshot shows the homepage of The FruitGuys website. On the left, there is a large image of three ripe yellow pears. The website header features a circular logo with the text 'THE FRUITGUYS BRAND' and 'FOOD THAT WORKS' around a central illustration of two people holding a fruit. Next to the logo is the brand name 'THE FRUITGUYS' in large, bold, yellow letters. To the right of the header is a search bar with the text 'Search' and a magnifying glass icon. Below the header is a navigation menu with links: 'ABOUT US', 'OUR PRODUCTS', 'ORDER NOW', 'HOW IT WORKS', and 'CUSTOMER CARE'. The main content area has a light yellow background. It features a large text block that reads: 'TakeHome - sustainably-farmed, organic produce delivered to you at your Kaiser location on Thursdays.' Below this text is an image of a 'The FruitGuys' produce box filled with various fruits and vegetables, including apples, oranges, carrots, and leafy greens. To the right of the produce box, there is a text block that reads: 'Place your order below. Set up a recurring delivery or order as needed. **Orders placed by Monday at 2pm can be delivered that Thursday.**' Below this, there is a section titled 'Click your region below to view the fruits and vegetables in **this week's seasonal mix:**' followed by two links: 'Northern California' and 'Southern California'.

THE FRUITGUYS[®]

ABOUT US OUR PRODUCTS ORDER NOW HOW IT WORKS CUSTOMER CARE

TakeHome - sustainably-farmed, organic produce delivered to you at your Kaiser location on Thursdays.

Place your order below. Set up a recurring delivery or order as needed. **Orders placed by Monday at 2pm can be delivered that Thursday.**

Click your region below to view the fruits and vegetables in **this week's seasonal mix:**

Northern California
Southern California

Lactation Accommodations

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HEALTHY FOOD ORDERING CHEAT SHEET

When it's your job to order food for a meeting, finding healthy choices can seem impossible. This tip sheet suggests healthy options that taste great and will help everybody thrive.

- ♥ **Go for whole grains.** You name it—whole-grain breads, pastas, brown rice and cereals.
- ♥ **Go lean on protein.** Offer chicken, fish and vegetarian options like beans or tofu.
- ♥ **Trim the fat.** Try low or nonfat options if available.
- ♥ **Include lots of fresh fruits and vegetables.** They add flavor, fiber, and color to any meal.
- ♥ **Keep it balanced.** Simply put, a healthy plate should be 1/2 filled with vegetables, 1/4 with whole grains and 1/4 lean protein. Serve fruit as a naturally
- ♥ **Always offer a vegetarian selection.** Be sure that whatever the vegetarian option is, it includes some sort of protein such as hard-boiled eggs, beans or tofu.
- ♥ **Avoid artificial ingredients, added sugars and trans fats such as hydrogenated oils.** Choosing fresh and whole foods is the easiest way to make sure you are serving truly Healthy Picks.
- ♥ **Avoid soda and other sweetened beverages.** Offer pitchers of water with citrus fruits or mint, rather than plastic water bottles. Try unsweetened tea, iced or hot,

1. Heavy competition for leadership attention
2. Mismatch between evidence and programmatic focus of key champions
3. **A broad range of potential allies:**
 - workplace wellness/HR
 - clinical prevention leaders
 - community benefit
 - sustainability officers
 - marketing/communications
 - facilities
 - labor partners
4. **Hospitals are an untapped as a community asset:**
 - built environment
 - policy advocacy
 - social norm

1. Connect wellness strategies to emerging evidence and national focus on policy/systems/environmental change
 - CDC, Let's Move!, WH Obesity Task Force, private health funders, IOM, etc.
 - Couple built environment strategies with awareness and culture norms
2. Emphasize role of hospitals as part of, and catalyst for, active community environments
3. Engage and partner with diverse stakeholder groups; be flexible in healthy environments framing
 - Environmental sustainability
 - Health equity
 - Community economic development

Thank You!

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