



MICHIGAN HEALTH & HOSPITAL ASSOCIATION

*Advocating for hospitals and the patients they serve.*

January 10, 2011

Dear Colleague,

As directed by the MHA Board of Trustees, the association regularly pursues activities and campaigns under the “Community Health Improvement” strategic pillar. Within this pillar, the MHA has successfully led voluntary statewide smoke-free hospital campus and industrial trans fat elimination campaigns, both of which provided healthier hospital environments for patients and staff and garnered positive responses from communities, legislators, the media and others. At its November meeting, **the MHA Board directed the association to begin a voluntary statewide campaign which calls for the multi-faceted adoption of healthy eating experiences for hospital patients, employees and visitors.**

The *Healthy Food Hospitals* campaign will give Michigan hospitals the opportunity to model exemplary food service choices and nutritional selections to support the health of all those who walk through their doors. The heightened emphasis and understanding of healthy eating is also designed to inspire such choices by patients and others *after* they leave the hospital. The initiative encompasses four steps or “stars:” the first two stars emphasize children’s health while stars three and four benefit all age groups. **The combined implementation of all four stars displays the importance of healthy eating, weight management and the modeling of healthy food environments.**

**Not only is the adoption of the program the right thing to do, it is yet another example to patients, communities, media and elected officials that hospitals are leading by example.**

**The MHA will host *Healthy Food Hospitals* educational forums March 15 in Lansing, March 22 in Novi and March 29 in Gaylord.** Attached are instructions for participation and registration for the forums, frequently asked questions, and a pledge form to be signed and submitted to the MHA. This initiative demonstrates the ongoing commitment of Michigan hospitals to improve community health, and your support is greatly appreciated. If you have any questions regarding this initiative, contact Paige Hathaway at (517) 323-3443 or [phathaway@mha.org](mailto:phathaway@mha.org) at the MHA.

Sincerely,

Spencer Johnson  
President

SPENCER JOHNSON, PRESIDENT