

## **Kansas State of Wellness - Hutchinson**

Hutchinson Regional Medical Center successfully put in place policies to provide healthier food options in the cafeteria.

Hutchinson, Kansas

Kevin Miller (Former CEO-Hutchinson Regional Medical Center)

"We're a health care system and we have to act like one. We are role models, in my mind, to the community or we should be for proper healthful habits."

Brooke Bohr (Clinical Dietitian-Hutchinson Regional Medical Center)

"When you use to first walk into the cafeteria you would see a big cart full of processed snacks."

Kevin Miller (Former CEO-Hutchinson Regional Medical Center)

"I thought really this is not-shouldn't be hospital food, it's not healthy."

"So where did the donuts go?"

Brooke Bohr (Clinical Dietitian-Hutchinson Regional Medical Center)

"They're gone. We do not have donuts in our cafeteria. The balance between making food that people like and making healthy food it's a work in progress constantly."

Kevin Miller (Former CEO-Hutchinson Regional Medical Center)

"I got a lot of push back from people. And I know that they thought I was crazy."

Brooke Bohr (Clinical Dietitian-Hutchinson Regional Medical Center)

"We took out the fryers. We eliminated energy drinks. Anything bottled is diet or a light version. We changed our pizza from the regular thick white crust to a whole wheat thin crust. We thought the first thing you'd want to see when you come in is your fresh fruits and some healthy snack options other than cookies."

Kevin Miller (Former CEO-Hutchinson Regional Medical Center)

"Initially sales went down. Now I think it's probably 180 degrees. I am told time and again by people who come in from the outside that our salad bar is probably the best and cheapest in town. They love to come here to eat lunch."

Chris Barnes (Owner-Smith's Market)

"They have the options to get delivery's 6 days a week. So it's fresh and their employees, they enjoy it."

Brooke Bohr (Clinical Dietitian-Hutchinson Regional Medical Center)

"Providing healthy foods, that is just what we do every day even though it is a challenge. That just motivates us."

Kevin Miller (Former CEO-Hutchinson Regional Medical Center)

"We care about our staff. We want them to be healthy. We want them to live a long life."