EATING RIGHT FOR LIFE

How to eat healthy & spend smart

PLUS: Your annual guide to comparing hospitals based on safety and quality performance in South Carolina

South Carolina Business Coalition on Health | 2012

DON'T CALL IT A DIET
CALL IT A LIFESTYLE CHANGE

South Carolina has the eighth worst overweight or obesity rate in the nation. Three out of every five South Carolina adults are either overweight or obese. That's why it's crucial to create a supportive environment that helps you start and maintain healthy eating and active living habits. Make a permanent change to your entire way of thinking about eating, hunger and exercise. It helps to become educated about weight loss and set clear, realistic goals to achieve.

SET A GOAL
Make small changes at a time and **keep goals simple** and **realistic**. Think about what you would like to change (eating fewer calories, eating more fruits & veggies, eating low-fat meats, etc.) and implement a goal once a month.

IDENTIFY OPPORTUNITIES
Once you set a goal, think about your daily schedule and **what behaviors might be keeping you from meeting your goal.** For instance, if your goal is to eat more fruits and veggies ask yourself why you only eat 2 fruits or veggies each day. What steps can you take to overcome any obstacles?

RECORD YOUR HABITS
Keep a record or journal of all the foods you consume during the day. This will help you identify eating habits. There are many free online and mobile tools that can help you do this, like **myfitnesspal.com.**

RESOURCES & TOOLS
Reliable information at your fingertips

Fruits & Veggies—More Matters® (fruitsandveggiesmorematters.org) offers expert cooking advice, nutrition information and shopping tips. The Fruits & Veggies—More Matters® campaign — which replaces the 5 A Day for Better Health Program — demonstrates that **eating more fruits and vegetables does matter** to us all. Check out their 10 ways to get kids involved in healthy cooking and shopping.

Nutrition.gov provides **easy access to the best food and nutrition information** from the federal government. Subscribe to their newsfeeds on the latest consumer nutrition topics.

The SC Eat Smart Move More Coalition (eatsmartmovemoresc.org) coordinates **obesity prevention efforts** across the state and leads the implementation of South Carolina's Obesity Prevention Plan. See their 7 healthy tips to help you eat smart and move more, plus, a calendar of area workshops and webinars.

Healthy Dining Finder (healthydiningfinder.com) is a free tool you can use to find **healthy options when you're eating out.** When you enter a zip code it will provide a list of local restaurants providing a healthy option. Click on the restaurant and you will find the nutritional information for their healthiest entrées. There is also a section providing tips from a registered dietician.

PORTION DISTORTION

In a world of extra-value menus, super-sizing, and all-you-can-eat buffets, it's easy to understand why waistlines are expanding. An easy way to cut calories and fat from your diet is by reducing your portion size. It's not always convenient to weigh your food but here's a guide that may help you **visualize a serving:**

VEGETABLES } *3-5 servings/day*
1 cup of salad greens = 1 baseball
1 medium carrot or about 6 baby carrots

FRUITS } *3-5 servings/day*
1 medium piece of fruit = 1 baseball
1/2 cup of fruit = 1/2 baseball
1/4 cup of raisins = 1 large egg

GRAINS } *6-8 servings/day*
1 cup of cereal flakes = 1 fist
1/2 cup of cooked rice, pasta or potato = 1/2 baseball
1 slice of bread = 1 cassette tape
1 piece of cornbread = 1 bar of soap

PROTEINS } *5-6 ounces/day*
3 oz meat or poultry = 1 deck of cards
3 oz grilled or baked fish = 1 checkbook
2 Tbsp peanut butter = 1 ping pong ball

DAIRY } *2-3 servings/day*
1.5 oz cheese = 4 stacked dice or 2 cheese slices
1/2 cup of ice cream = 1/2 baseball
1 cup of milk or yogurt

FATS/OILS } *2-3 servings/day*
1 tsp margarine or spreads = 1 dice
1 Tbsp low-fat mayonnaise
1 tsp olive or vegetable oil

SOURCE: The National Heart, Lung, and Blood Institute

RETHINK YOUR DRINK

In the South, we love our **sweet tea,** but did you know drinking high-sugar beverages regularly **may lead to weight gain** (up to 15 lbs per year) and can **increase the risk of type 2 diabetes**?

Sweet tea has 8-10 teaspoons of added sugar per every 16 ounces. Instead of sweet tea, try plain tea sweetened with a non-caloric sweetener or make water more appealing by adding slices of lemon, lime, cucumber or watermelon.

GRAPHICS & ILLUSTRATIONS: © Bridget Sawicki

THE 3 P'S
HEALTHY EATING ON A BUDGET

Eating healthy doesn't have to cost more. There are many ways to save money and stretch your food dollars. The three main steps are planning before you shop, purchasing items at the best price, and preparing meals in advance. Use these tips to help you make choices that are not only healthy but also economical.

1 PLAN
• Plan meals and snacks for the week according to an **established budget.**
• Find quick and easy recipes **online.**
• Include meals that will **stretch expensive food items** (stews, casseroles, stir-fried dishes).
• Make a **grocery list.**
• Check for **sales and coupons** in the local paper or online and consider discount stores.
• Ask about a **loyalty card** at your grocery store.

2 PURCHASE
• Buy groceries when you are **not hungry** and when you are **not too rushed.**
• **Stick to the grocery list** and stay out of the aisles that don't contain items on your list.
• Buy **store brands** if cheaper.
• Find and **compare unit prices** listed on shelves to get the best price.
• Purchase some items in **bulk** or as **family packs** which usually cost less.
• Choose **fresh fruits and vegetables in season.** Buy canned vegetables with less salt.
• Pre-cut fruits and vegetables, individual cups of yogurt, instant rice and hot cereal are convenient, but **usually cost more** than those that require a bit more prep time.
• Good low-cost items available all year include: PROTEIN — beans (garbanzo, black, cannellini) VEGETABLES — carrots, greens, mushrooms FRUIT — apples, bananas, papayas

3 PREPARE
• Some meal items can be **prepared in advance.** Pre-cook on days when you have time.
• **Double or triple up on recipes** and freeze meal-sized containers of soups and casseroles or divide into individual portions.
• Try a few meatless meals by substituting with beans and peas or try "no-cook" meals like salads.
• Incorporate leftovers into a subsequent meal.
• Be creative with a fruit or vegetable and use it in different ways during the week.

SOURCE: USDA; Fruits & Veggies—More Matters

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WHAT SHOULD YOU EAT?

Age, gender, body size and level of physical activity dictate how many calories you need each day to lose weight or to stay at a healthy weight. With two out of three U.S. adults overweight or obese, it's clear that many of us need to eat fewer calories.

Online calorie calculators are a bit over-generous with their recommendations. And, in practice, it's hard for people to track the amount of calories they take in each day.

A BETTER APPROACH: Adopt habits that will help you avoid overeating and skip some of the high-calorie, low-nutrient foods that are most strongly linked to weight gain, such as sugar-sweetened beverages, refined grains and potatoes.

HEALTHY EATING PLATE } *A blueprint for a typical meal*

HEALTHY OILS
DAIRY
VEGETABLES
WHOLE GRAINS
HEALTHY PROTEIN
FRUITS
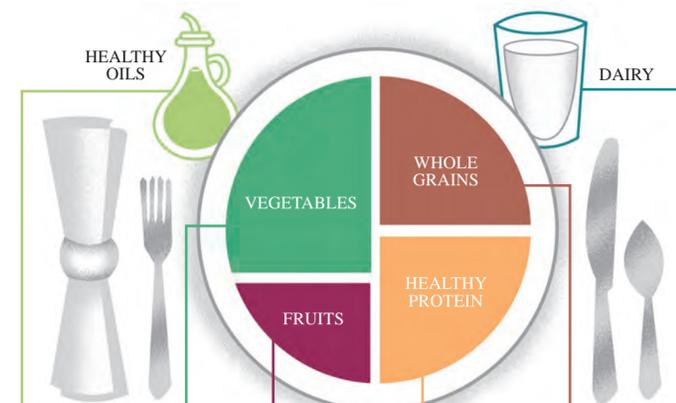
Use healthy oils (like olive and canola oil) for cooking, on salad and at the table. Limit butter. Avoid trans fat.

The more veggies — and the greater the variety — **the better.** Potatoes and french fries don't count.

Eat plenty of fruits of all colors.

Choose fish, poultry, beans and nuts. Limit red meat. Avoid bacon, cold cuts and other processed meats.

Eat whole grains (like brown rice, whole-wheat bread and whole-grain pasta). Limit refined grains (like white rice and white bread).

Consume fat free or low-fat dairy (like milk, yogurt and cheese). Drink plenty of water.

SOURCE: Harvard School of Public Health

PLUS: STAY ACTIVE!

SOURCE: Harvard School of Public Health; USDA

HOW TO AVOID OVEREATING

✓ **Eat breakfast.** While it seems like skipping a meal is an easy way to cut calories, skipping breakfast usually backfires when hunger comes raging back mid-day, often leading to overeating.

✓ **Choose small portions and eat slowly.** Slowing down at meals and choosing smaller portions can help avoid overeating by giving the brain time to tell the stomach when it's had enough food. Limiting distractions — turning off the TV, computer or smartphone — can also help us focus on the food.

✓ **Eat at home.** Fast food, restaurant meals and other foods prepared away from home tend to have larger portions and be less nutritious than the foods we cook for ourselves.

✓ **Eat mindfully.** Taking time to think about why you're actually eating is an easy way to avoid needless calories. Hungry? Make the healthiest food and drink choices possible. Not really hungry? Choose something else to do or have a piece of fruit instead of a full meal. When you do eat, focus all of your senses on the food, so that you can truly enjoy what you are eating.

SOURCE: Harvard School of Public Health

THE LEAPFROG HOSPITAL SURVEY RESULTS

Overall patient safety ratings | High-risk treatment safety ratings

UPSTATE

Hospital	Preventing medication errors	Appropriate ICU staffing	Steps to avoid harm	Managing serious errors	Reducing ICU infections	Safety-focused scheduling	Patient experience of care	Heart bypass surgery	Heart angioplasty	Heart attack	Pneumonia	High-risk deliveries	Weight loss surgery
AnMed Health Medical Center *Anderson*												NA	
AnMed Health Women's and Children's Hospital *Anderson*		NA			NA		NA	NA	NA	NA	NA	NA	NA
Baptist Easley Hospital *Easley*						NA		NA	NA			NA	NA
Piedmont Medical Center *Rock Hill*												NA	
Self Regional Healthcare *Greenwood*	NA	NA											
Spartanburg Regional Medical Center *Spartanburg*													
St. Francis Eastside *Greenville*					NA			NA	NA	U		NA	
St. Francis Hospital *Downtown Greenville*												NA	NA
Village Hospital *Greer*					NA			NA	NA	U		NA	NA

MIDLANDS

Hospital	Preventing medication errors	Appropriate ICU staffing	Steps to avoid harm	Managing serious errors	Reducing ICU infections	Safety-focused scheduling	Patient experience of care	Heart bypass surgery	Heart angioplasty	Heart attack	Pneumonia	High-risk deliveries	Weight loss surgery
Lexington Medical Center *West Columbia*								NA	NA			NA	
Palmetto Baptist Medical Center Columbia *Columbia*								NA	NA				
Palmetto Richland Memorial Hospital *Columbia*													NA
Providence Hospital *Columbia*												NA	NA
Tuomey Healthcare System *Sumter*						NA		NA	NA	U		NA	NA

PEE DEE

Hospital	Preventing medication errors	Appropriate ICU staffing	Steps to avoid harm	Managing serious errors	Reducing ICU infections	Safety-focused scheduling	Patient experience of care	Heart bypass surgery	Heart angioplasty	Heart attack	Pneumonia	High-risk deliveries	Weight loss surgery
Georgetown Memorial Hospital *Georgetown*								NA				NA	
Grand Strand Regional Medical Center *Myrtle Beach*												NA	NA
McLeod Regional Medical Center and Health System *Florence*													NA
Waccamaw Community Hospital *Murrells Inlet*					NA			NA	NA			NA	NA

LOW COUNTRY

Hospital	Preventing medication errors	Appropriate ICU staffing	Steps to avoid harm	Managing serious errors	Reducing ICU infections	Safety-focused scheduling	Patient experience of care	Heart bypass surgery	Heart angioplasty	Heart attack	Pneumonia	High-risk deliveries	Weight loss surgery
Bon Secours St. Francis Hospital *Charleston*								NA	U			NA	
Coastal Carolina Hospital *Hardeeville*					NA			NA	NA	U		NA	NA
Colleton Medical Center *Walterboro*					NA	NA		NA	NA	U		NA	NA
East Cooper Medical Center *Mount Pleasant*								NA	NA	U		NA	NA
Hilton Head Hospital *Hilton Head Island*												NA	NA
Medical University of SCU Medical Center *Charleston*													
Roper St. Francis Hospital and Healthcare *Charleston*												NA	NA
Roper St. Francis Mount Pleasant Hospital *Mount Pleasant*		NA					NA	NA	NA	U		NA	NA
Summerville Medical Center *Summerville*					NA	NA		NA	NA			NA	NA
Trident Medical Center *Charleston*												NA	NA

WHAT THE SCORES MEAN
Progress towards meeting Leapfrog standards

- ● **Fully meets the standards** of recommended practices
- ◐ **Substantial progress** in implementing the recommended practices
- ◑ **Some progress** in implementing the recommended practices
- ◔ **Willing to report publicly**
- ○ **Declined to respond**
- NA **Response not required/ Does not apply**
- U **Unable to calculate score**

THE SURVEY

The Leapfrog Hospital Survey assesses hospital performance based on quality and safety practices that have been identified as having the potential to reduce preventable medical mistakes and to save a substantial number of patient lives. The survey results aim to provide consumers and purchasers of health care with the information they need to make informed health care choices and promote the growing trend toward transparency in health care. Leapfrog's employer members make the survey data available to all their enrollees. They also commit to implement incentives and rewards for safe, high quality health care. Participation in the survey is voluntary.

The Leapfrog Hospital Survey asks hospitals how they adhere to the following quality and safety practices:

OVERALL PATIENT SAFETY

Preventing medication errors – Patients should choose a hospital that uses computerized prescriber order entry (CPOE) systems to order medications, tests and procedures. CPOE systems are designed to alert doctors and other prescribers to potentially serious problems with their instructions.

Appropriate ICU staffing – Patients should choose a hospital with an intensive care unit (ICU) that is staffed by doctors and other caregivers who have special training in critical care medicine.

Steps to avoid harm – Select a hospital that has a high Leapfrog Safe Practices Score. This means the hospital has put in place procedures to reduce common, preventable mistakes.

Managing serious errors – Patients should choose a hospital that has implemented Leapfrog's policy on managing serious events ("or never events") such as surgery on the wrong body part or death due to contaminated drugs or devices.

Reducing ICU infections – Select a hospital with a high Leapfrog Safe Practices Score. This means the hospital has put in place procedures to reduce ICU infections.

Safety-focused scheduling – Patients getting ready for inpatient surgery should consider a hospital that uses operations management methods to smooth patient flow across operating rooms that service inpatients.

Patient experience of care – Select a hospital whose staff "always" helped control pain management, explained medications before administering them to patients, and communicated information about what to do during at-home recovery.

HIGH-RISK TREATMENT SAFETY*

Referring patients to hospitals with lower mortality and better processes of care requires sharing evidence on specific procedures. Leapfrog included evidence-based hospital referral in its survey as a means to making sure that patients with high-risk conditions are treated at hospitals with characteristics shown to be associated with better outcomes as well as preventing unnecessary deaths.

*Additional High-Risk Treatment Safety ratings on: aortic valve replacement, abdominal aortic aneurysm repair, pancreatic resection, esophageal resection and normal deliveries can be found on Leapfrog's Web site: www.leapfroggroup.org/cp.