

Nutrition & Physical Activity State Plan

Community Hospital of Anaconda/Baby-Friendly Hospital

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Our hospital mission is to care for our community and surrounding areas for a life time. Our baby-friendly mission is to promote, protect and support breastfeeding.

Activities Relevant to State Plan to Prevent Obesity:

- Promote breastfeeding – maintain baby-friendly designation
- Promote wellness – organize wellness activities for the hospital – promoting increasing exercise, eating healthy, maintaining a healthy weight

Services/Recipients:

- Help newborns and mothers with breastfeeding at the hospital and after discharge as needed.
- Provide breastfeeding, diabetes and general nutrition information for hospital employees in the wellness program and for hospital patients, nursing home residents and through consultations.

State Plan Settings/CDC Behaviors:

- Increase fruit and vegetable consumption by encouraging this in the wellness program and via the hospital wellness website
- Decreasing sugar-sweetened beverage consumption by removing fountain drinks from our cafeteria
- Decreasing consumption of energy dense foods by listing calories and calories from fat on the cafeteria snack list and listing calories and calories from fat on the lunch menu.
- Increasing breastfeeding by maintaining a baby-friendly hospital
- Increasing physical activity through wellness challenges for employees

Gaps and Concerns: