

Healthy Hospitals - Healthy People

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The Problem

Modern hospitals predominantly treat non-communicable diseases. These may be prevented or ameliorated by the adoption of healthy lifestyles.

However the physical and socio-cultural environment in hospitals is often not supportive of healthy lifestyles. While this may reflect wider society, we believe hospitals have a duty to lead by example with respect to developing supportive environments.

The examples set by hospitals send out important messages to patients regarding their lifestyle and to wider society regarding their local communities.



Our Aim

To develop a hospital that systematically promotes health in everything it does for its patients, staff and visitors.

We defined four key areas for action:

- Environmental sustainability
- Nutrition
- Physical activity
- Mental well-being



Acknowledgments

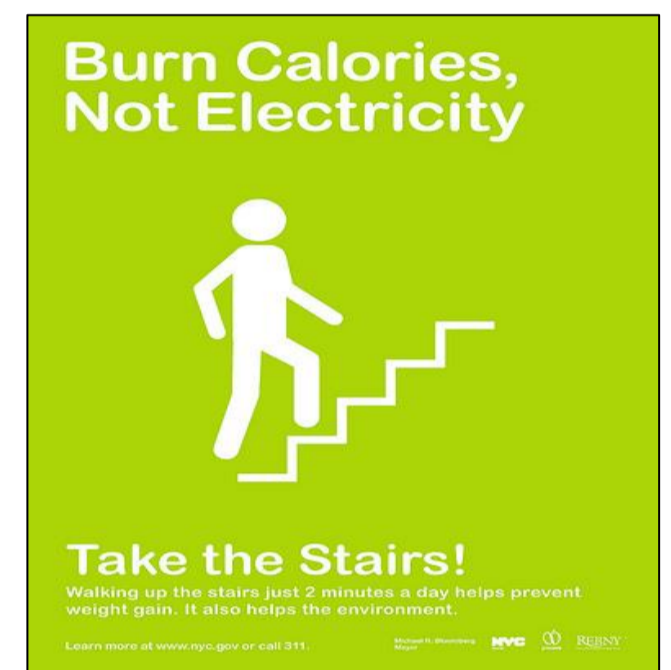
Tony Berendt, Sarah Dandy (NHS Forest), Keith Ruddle, and Waitrose in Headington (for supporting the fruit scheme)

Our Approach

This is a 'complex adaptive' problem. It requires many people to make different changes. This sort of change can not be managed in a planned and controlled 'top-down' style.

Our approach has focused on:

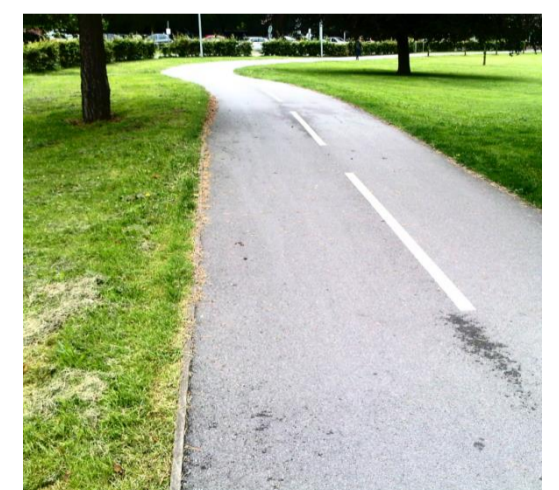
- Developing a network of supporters
- Talking about our work and its importance
- Identifying and support 'positive deviance'
- Encouraging and supporting staff led change



Work To Date

Key achievements to date in Oxford:

- Inter-disciplinary network of healthcare workers
- Co-ran "Healthy Hospital Day"
- Fruit scheme on medical wards
- First UK hospital to sell NHS Forest trees on site
- Introduction of Safe and appropriate waste disposal teaching to medical students
- Health Promotion teaching for Foundation doctors (supported by the Department of Health)



Next Steps

- Continued collaboration with the Trust.
- Continued Staff engagement and 'growing' the network
- Healthy Hospital days across all Trust sites
- Potential National Healthy Hospital Summit