Good Food: Giving your body the foods it deserves

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Enhancing Wellness

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Efficient Management System
Adopt an operational efficiency framework that promotes performance improvement, staff satisfaction, and patient-centered care while controlling costs.

Integration and Coordination Across Services
Optimize coordination of care within SFGH and across the DPH system including primary, specialty, diagnostics, acute, long-term care and rehab, and ensuring the integration of mental health and medical health care.

Develop and Expand Information Technology
Continue to develop and expand information technology and systems at SFGH. Ensure that new technologies are in compliance with IS standards and in alignment with the hospital’s strategic plan.

Moving Beyond “Implementation” towards “Adoption” of HIT
Develop a clinical informatics program that will promote the meaningful use of Health Information Technologies. Integrate IT with clinician workflow. Engage patients in their own healthcare with the help of technology. Use data to improve patient safety and clinical quality, enhance efficiency and reduce costs.

Safety and Accountability: Implement a Fair & Just Culture program and attain a 15% overall improvement in our Culture of Safety survey scores by July 2016

Enhancing Wellness:
1. Increase participation in Wellness Center programs by staff, patients & community by 20% annually
2. Support staff in implementing at least 3 wellness concepts per department per year

Integration and Efficient Management:
Reduce waste by 40% by July 2016 compared to 2011, as measured by a reduction in:
- Patient Flow in the ED
  - Door to diagnostic evaluation and time from ED arrival to discharge for patients.
- Lean lead times in 3M and Urgent Care Clinics
90% of eReferral consults responded to within 3 days
1000 real time telemedicine consults conducted by July 2016

Adoption of Meaningful Use of Health Information Technology by:
- Complete five-year development plan for electronic health records at SFGH
- Attain to Stage 1 and 2 of Meaningful Use by 2014
- Complete roll-out of Computerized Provider Order Entry (CPOE) to all medical-surgical units (>90% orders on CPOE) by end of 2012
- Complete roll-out of CPOE to all medical-surgical units and Psychiatry by end of 2012
- Successful implementation of Ambulatory Electronic Medical Record
- Create Quality Data Center by summer 2012

Vers. November 6, 2012
Vegetables and Fruits

✓ Vitamins
   ➢ Choose a wide variety of veggies

✓ Fiber
   ➢ Prevents heart disease, stroke, and cancer
   ➢ Fills up the stomach
Grains: the less processed, the better
Suggestion 1
Eat Real Food

• Whole foods
• Natural foods
• Food that came from the ground and was once alive
Suggestion 2

Get out of the supermarket if you can

• Farmers’ Markets

• If you are shopping in a supermarket: eat around the edges of the store
Suggestion 3
Take pleasure in food

• Can cooking food become an opportunity to slow down and relax?
• Can sharing good, nourishing food with people you love bring you closer?
Take Home Points

• Eat a variety of real foods

• Vegetables and fruits are key

• Don’t aim for perfection. Aim for satisfaction.