

# Eat Fit Northshore, Where Nutritious Meets Delicious

by: Joey Skinner

## SUMMARY

St. Tammany Parish Hospital has partnered with the registered dietitians at Ochsner's Elmwood Fitness Center to create Eat Fit Northshore, a division of Eat Fit NOLA.

This partnership is making it easy to eat nutritious and delicious throughout our community! There are now over 19 Eat Fit Northshore locations serving over 88 entrees to the local communities. With the increased access to healthier food and beverage options diners can now know exactly what they are eating. Just open the Fit NOLA app and select where to eat, choose a dish and see exactly how many calories, how much sodium, fat, and so on are in the dish!



## CHALLENGE

Chronic disease rates are higher than the national average when it comes to the state of Louisiana. That can be attributed to our love for food and great eats. Louisiana has often been recognized for its many famous dishes such as crawfish etoufee, crawfish pie, and gumbo! The local communities of Covington and Mandeville are filled with restaurants with over 100 locations in which to dine. Dining out may be a favorite past time, however finding options

that help in reducing chronic disease rates are often not available. As indicated by Community Commons the targeted areas self report 25% of the adult population suffering from a BMI of over 30% putting them at risk of even more chronic diseases. As compared to the national average, Mandeville and Covington also have higher rates in cholesterol, blood pressure and diabetes.

## YOUR INVOLVEMENT IS KEY

Want to become an Eat Fit location? Simply visit [EatFitNola.com](http://EatFitNola.com) to join! Dine at a favorite location and want to see them Eat Fit? Please visit [EatFitNola.com](http://EatFitNola.com) and make a referral. You can easily let your favorite restaurant know you enjoy eating out and want healthy menu options made available to you and your family. Let's team up and encourage communities to Eat Fit!

## Contact

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## SOLUTION

Healthy Bites, Living Right, a coalition formed with over 25 community members has selected 5 initiatives in reducing chronic disease rates in the targeted communities. Providing access to healthier food and beverage options was selected based on the community needs assessment. Our coalition agreed to a program Eat Fit Northshore developed after Eat Fit NOLA. The program highlights the better-for-you items right on the menu, including limitations of less than 600 calories, less than 800 mg of sodium, less than 10% calories from animal based saturated fat, 0 grams trans fats, no white, refined starches, and less than 5 grams or one teaspoon of added sugar. Chefs are very eager to join Eat Fit!

## RESULTS

The initiative has over 19 Eat Fit designated locations with over 88 Eat Fit Northshore menu items available to the targeted communities. Access has is provided through social media outlets such as the Fit Nola app powered by Foodcare and the city of New Orleans. The app allows a user to create a health profile including height, weight, age, sex, and any health issues or limitations. Once the profile is established, zip code entries help locate a list of Eat Fit restaurants with menu items becomes available at your finger tips. A nutritional breakdown of calories, sodium, carbohydrates, fats, proteins along with vitamins and minerals is also included. Social media also includes the EatFitNorthshore.com url for access of EFNS locations, Instagram, as well as twitter!

## SUSTAINING SUCCESS

The original restaurant initiative was to have seven local restaurants work toward having Eat Fit Northshore menu options through the community. Support and assistance from the Covington and Mandeville Mayor's offices sparked interest in Eat Fit Northshore from many local restaurants. With the support of local government agencies, eager chefs and restaurant owners, coalition members, St Tammany Parish Hospital, as well as partnering with NWA Community Partnership with Healthy Mothers and Children grant, this initiative is expected to keep growing to benefit our community.