Summary
The restaurant initiative goal is to have 7 restaurants become EAT FIT Northshore restaurants offering healthy food options to the community. Four staff members consisting of one dietician, two staff with nutritional backgrounds and one registered nurse have been trained to work with local chefs to perform a food analysis, discuss possible modifications and taste test the substitutions to ensure the quality and flavor still meets the WOW factor of the dish.

Challenge
Louisiana is noted for its good food from its entree’s like fried oysters, shrimp etoufee, and jambalya, to its delectable desserts of bread pudding, creme broule and traditional king cakes. The communities of Covington/Mandeville enjoy the local restaurants and eat out frequently. There is access to more than 100 restaurants in the Covington/Mandeville area, where healthy choices may not be readily available and may cost more.
Unfortunately, Community Commons indicates 28% of adults (age 18 and older) in the targeted communities have self reported that they have a body mass index greater than 30 (obese). Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues. Community Commons indicates 39% of adults aged 18 and older reported having high cholesterol. 30% of adults aged 18 and older reported having high blood pressure.

Solution
We formed a Community Partnerships for Healthy Mothers and Children coalition of 25+ members. The coalition prioritized strategies. Eat Fit Northshore is one of four strategies. Coalition members agreed to collaborate with Ochsner’s Health Services existing Eat FIT NOLA model program implemented in more than 70 restaurants in the New Orleans area. The program will now expand to the targeted communities of Covington/Mandeville. Mandeville Mayor Don Villere invited chefs to participate. Chefs are eager to convert menu options to meet Eat Fit criteria: entree’ less than 600 calories, less than 800 mg sodium, 0 grams trans fats, no white, refined starches, and less than 5 grams of added sugar.

Your Involvement is Key
You can help by letting your favorite restaurant owners know you enjoy eating out, but it is important to have healthy menu options available to you and your family in order to achieve a healthy lifestyle. Chefs are passionate about their creations and they are also compassionate about the growing health issues of our community. Let’s team up and encourage St. Tammany Parish to EAT FIT!
Results

The restaurant initiative will provide access to healthier food options for our community from small neighborhood restaurants to fine dining establishments. The community will be able to use an EAT FIT cell phone application to locate EAT FIT restaurants as well as see pictures of the healthy food options. EAT FIT utilizes social media such as Twitter, Facebook, and Instagram to promote healthy options where nutritious is delicious!

Working with Chef Abry from St. Tammany Parish Hospital was the first success. Chef Abry selected 5 menu options and our nutrition staff performed a food analysis and made recommendations to modify the menu options to meet EAT FIT criteria. EAT FIT menu options will now be available to St. Tammany Parish Hospital employees and visitors.

Sustainable Success

The restaurant initiative was to have seven local restaurants work towards becoming EAT FIT Northshore restaurants offering healthy menu options to our community. Recruiting support and assistance from the Covington and Mandeville Mayors' offices influenced the initiative and sparked interest in the community. Seventeen restaurants responded to Mayor Villere's invite to become an EAT FIT Northshore restaurant. The initiative's original goal of 7 restaurants will be met quickly and will grow rapidly over the next several months. With the tremendous support of our local government, St. Tammany Parish Hospital, our coalition and community stakeholders this initiative is expected to grow rapidly.

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Success Stories

http://nccd.cdc.gov/dchsuccessstories/