

TO MEDIA

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FOR IMMEDIATE RELEASE

INDEPENDENCE HEALTH SYSTEM LAUDED FOR PROMOTING COMMUNITY HEALTH & WELLNESS THROUGH HOSPITAL FOOD SERVICE

BUTLER, PA September 29, 2023 ... Butler Memorial and Clarion Hospital, both part of Independence Health System, were recognized by the Good Food, Healthy Hospitals (GFHH) program for achieving food, beverage, and procurement standards throughout both hospitals. Butler Memorial and Clarion Hospital joined the program in 2021, and both attained GFHH's silver award level by implementing three out of five program standards, including food and beverage options served in patient meals, cafeteria, and catering. Currently, 51 hospitals throughout Pennsylvania are participating in the program, and 86% have achieved the silver level or above. The sister hospitals of Independence Health System in Westmoreland County – Frick, Latrobe and Westmoreland – will soon become part of this initiative.

GFHH is an initiative to transform Pennsylvania's hospital food environments by providing healthy food options to employees, visitors, and patients. Food service leaders at Butler and Clarion strive to provide nutritious, locally sourced food options

focused on health and wellness. The goal is to increase sustainable food and beverage choices, use more whole grains, and provide plant-forward options. GFHH is a collaboration among the Pennsylvania Department of Health, the Hospital and Healthsystem Association of Pennsylvania (HAP), and the Philadelphia Department of Public Health.

“As a healthsystem, part of our responsibility is to support and educate individuals on the importance of choosing a well-balanced diet to help reduce chronic disease and promote wellness,” said Dr. Kathy Selvaggi, Chief Community Health Officer at Independence Health System. “Our food services leaders at Butler Memorial and Clarion Hospital have done a phenomenal job educating and providing healthy food and beverage options to patients, visitors, and employees at both campuses.”

Independence Health System also offers virtual health and wellness classes through the Lifestyle Coaching program. Classes are free and open to the public. To learn more, visit www.independence.health or call 724-284-4504.

Upcoming October Classes:

- Virtual Volumetrics Weight Management Program
- Virtual Plant-Forward Eating
- On-Site Cooking Demos
- Virtual Reducing Barriers to Physical Activity
- Virtual Menu Planning
- Virtual Mediterranean Diet
- Virtual Brain Healthy Lifestyles

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Nationally recognized for quality care, Independence Health System comprises Butler Memorial, Clarion, Frick, Latrobe and Westmoreland Hospitals with a combined bed count of 925. With more than 1,000 physicians and advanced practice providers and 7,300 employees, the System is now the third largest in western Pennsylvania serving a population base of 750,000 in a footprint spanning more than 10 counties.

The System includes tertiary programs that are rated among America’s best for cardiac care and surgery

by Healthgrades in its Top 100 and Top 50 designations, and one of only five in Pennsylvania to achieve a five-star rating in cardiac surgery. In similar fashion, the prestigious Society of Thoracic Surgeons (STS) bestowed its top three-star rating. Historically, less than 10 percent of programs within the STS data base achieve this elite standing. The hospitals of Independence Health System also have earned a host of accolades from such prestigious outlets and sources as US News and World Report, Newsweek Magazine, the American College of Radiology, the American College of Cardiology, the American College of Surgeons, the Joint Commission, Leapfrog and the American Heart/Stroke Association.

Locally owned and locally controlled, Independence Health System offers its patients low-cost, high-quality care across the care spectrum in such specialties as cardiology, cardiovascular and thoracic surgery, orthopedics and sports medicine, minimally invasive and robotic surgery, women's health and obstetrics, emergency medicine, behavioral health and primary care. Its network of outpatient centers sees more than 1.2 million visits annually. The homecare division further supports patients at all stages of life with home health and hospice services.

Independence Health System continues to change the healthcare landscape in western Pennsylvania by meeting patient needs through superb physician expertise, outstanding nursing, the latest in technology and programmatic depth.