



# Learning Collaborative Event:

## *Incorporating Healthier Options on the Menu*

March 27<sup>th</sup>, 2017, 2:00- 3:30pm



# Agenda

Allegheny County  
Health Department

## **Session #1: Setting the Stage**

*Live Well Allegheny*, Erica Bryson

Sustainable Pittsburgh Restaurants, Rebecca Bykoski

## **Session #2: How are We Living Well Today?**

Franktuary, Megan and Molly Lindsey

Dinette, Chef Sonja Finn

Fischer Nutrition, Nick Fischer, RD, LDN

## **Session #3: Living Well into the Future**

Wrap Up & Networking Opportunity



# Learning Objectives

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Health Department

1. Program updates from Live Well Allegheny and Sustainable Pittsburgh Restaurants;
2. Learn from partner organizations about how to incorporate healthier options on the menu; and
3. Identify future action steps for you and your organization.



# Live Well Allegheny

Jan 2014 - Allegheny County Executive Rich Fitzgerald announced a new campaign to promote health and wellness among residents



“Our residents are seeking an active, healthy lifestyle and are taking proactive steps to improve their health.”

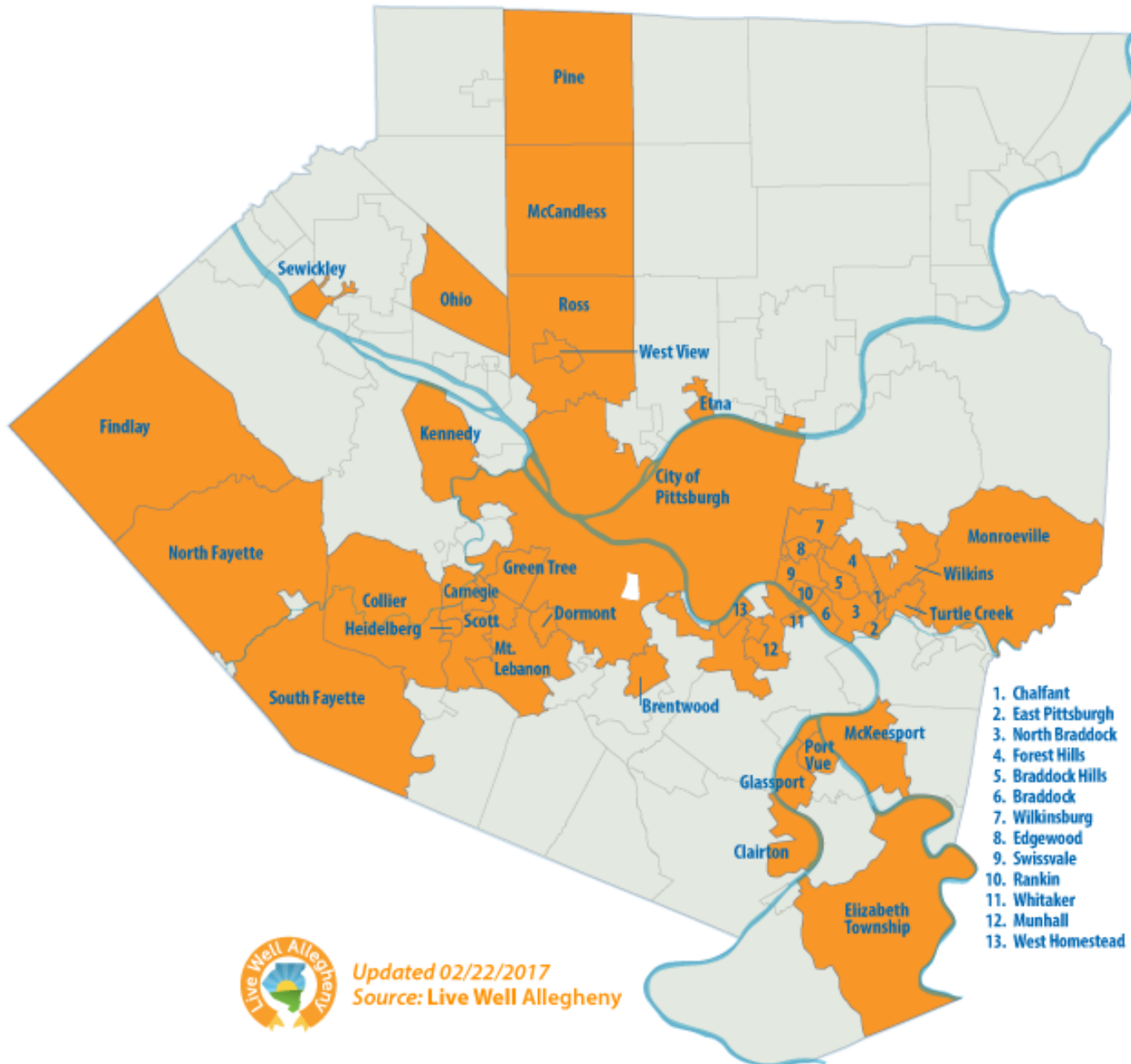


- The *Live Well Allegheny* campaign highlights increasing physical activity, healthy eating, and decrease in smoking
- We believe that through collective action, we can make Allegheny County a healthier place, the healthiest County in the nation



# Live Well Communities

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Health Department



Updated 02/22/2017  
Source: Live Well Allegheny



**10 Live Well  
Workplaces**



**33 Live Well  
Restaurants**



# Live Well Strategies

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- **Tobacco Use** – add e-cigarette language to policies, expand smoke-free areas
- **Physical Activity** – support multi-modal transportation, update recreational space
- **Healthy Foods** – support farmers markets, offer healthy menu alternatives





# Learning Collaborative

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- Provide an environment for the LWA community to facilitate the implementation and sustainability of evidence-based practices
- Convene local organizations, communities, restaurants, schools, and workplaces committed to increasing physical activity, decreasing smoking, and increasing healthy eating
- Provide up-to-date information for municipalities/schools/ restaurants and workplaces to support their incorporation of health and well-being in policies and practices



# Update: E-Cigarettes

Allegheny County  
Health Department

**March 2017:**

Allegheny County Council approved the following e-cigarettes regulations in indoor public places, workplaces, and food establishments:

- **Limit** the use of e-cigarettes and vape products by food service workers during work hours.
- **Prohibit** “vaping” where smoking is prohibited, with the exception of specialty stores making most of their income from the sale of these products.



# What Can You Do?

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- Join the *Live Well Allegheny* campaign!
- Spread the word to partners, employers, and restaurants in your community
- Become a champion and improve your own health



# Allegheny County is living well!





# Questions?

Allegheny County  
Health Department

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