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Dr. Karen Hacker
Director, Allegheny County Health Department
542 4th Avenue
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Dear Dr. Hacker:

Children's Hospital of Pittsburgh of UPMC, dedicated to improving the health and well-being of children through excellence in patient care, teaching and research, shares the *Live Well Allegheny* mission of improving the health and well-being of all Allegheny County residents. We at Children's Hospital look forward to working with Allegheny County as we continue to provide our employees with the knowledge and resources to adopt healthful behaviors that lead to an enhanced quality of life.

In May 2009, we moved to the newly constructed Children's Hospital campus in Lawrenceville. From the early stages of design, Children's Hospital focused on developing a "green" campus with Leadership in Energy and Environmental Design (LEED) certification for the main Hospital and for the adjacent Rangos Research Center. This came to 80 percent of the buildings' square footage on the 10-acre site. The two buildings incorporate natural light and employ energy, water, materials and land as efficiently as possible. Children's Hospital was designated a Certified LEED rating and the Research Center was designated a Silver LEED rating for meeting LEED's mandatory requirements, and more, including: erosion control on the construction site, basic commissioning, minimum energy performance, elimination of CFC refrigerants, recycling programs, basic indoor quality and tobacco smoke control.

More recently, the U.S. Green Building Council has designated Children's newest ambulatory care center, Children's South, a LEED-certified location in recognition of the building's energy-saving features and "green" construction. Located on 2.6-acres in South Fayette Township, Children's South provides outpatient services, primary care and after-hours care.

Research shows that a quiet hospital environment enhances patient healing and satisfaction among healthcare providers. Given that, Children's Hospital used more than 30 measures to design one of the quietest hospitals in the world. These include: acoustic ceiling tile in lieu of hard ceilings; special use of carpeting and door seals; remote Central Plant location; elimination of boilers, chillers and generators; cast piping for storm and sanitary sacks; strict adherence to sound mitigation requirements; silent notification for nurse call through integration of wireless communication devices; and use of personal communication devices in lieu of overhead paging.

Moreover, Children's engages in active clinical programming by partnering with various community and academic organizations to conduct research on sustainability and its effects on the health of children. Our teaching programs emphasize sustainability and the role of environmental health on the practice of pediatric medicine.

Leading healthful lifestyles is an integral part of Children's Hospital's culture. All employees have access to Children's Fitness Center. Staffed by professionals with degrees in exercise science, sports management and health and physical education, Children's Fitness Center offers exercise classes and equipment for individual use. The Hospital's internal website, CHPLink, houses a Health & Fitness section with information about wellness programs and services and myriad tips for healthful living. Once a month, our fitness trainers set up an "Ask the Trainer" table in the cafeteria to answer questions about health and fitness. They also attend staff meetings to describe available health and fitness activities. Children's Hospital also established a Wellness Committee, which offers educational sessions on a variety of health-related topics and events. The Wellness Committee encourages employees to take regular walks around the campus (one loop equals one mile). With Port Authority of Allegheny County (PAT) bus stops on either side of Penn Avenue and accessible bike racks in the on-campus parking garage, employees are given other options than driving to work.

The UPMC Health Plan offers access to Lifestyle Coaches who guide employees in improving their physical and mental health. The Health Plan's "Take a Healthy Step" program offers incentives to lower health insurance deductible credits for those who participate in healthful activities and programs during the year. These include: completing an annual Health Risk Assessment; online health-related webinars; Weight Race competition; biometric screenings; and regular physical, dental and vision examinations. A free Employee Assistance Program (EAP) provides confidential counseling and resources. Each year, UPMC celebrates "MyHealth Role Models." These are employees nominated for their inspiring personal health stories by their colleagues. UPMC also offers discounts for employees to participate in local fitness clubs, yoga studios and other health-related organizations.

Throughout UPMC, staff who work or go into hospital/clinic settings are required to have influenza vaccinations each year. UPMC offers influenza vaccinations each fall at no cost. In April 2017, UPMC opened on-site MyHealth@Work clinics -- also at no cost, regardless of their insurance. They can stop in the clinics to be seen for coughs and colds; allergies (allergy shots are given); sinus infections; minor cuts; routine monitoring of blood pressure; headaches; fever, rashes; and other common, minor ailments.

Children's Hospital is a tobacco-free campus. Employees are also governed by our Tobacco-Free Workplace policy, which prohibits the use of tobacco before and during an employee's shift.

Healthful food choices are plentiful in the Children's Hospital cafeteria, the Pop Stop Snack Shop, Moose on the Loose Café, and in vending machines throughout the Hospital. In addition to fresh fruits and vegetables, freshly made sushi is offered every day.

As committed as Children's Hospital is to the healthful lifestyles of our employees, we also are proud of our partnership with the Pittsburgh Public Schools to advance healthful lifestyle choices for students, including incorporating sports and activities and healthful eating into their daily lives. We've helped the schools throughout Pittsburgh create "smarter lunchrooms," which are evidence-based programs that include highlighting fruit and milk in fun, creative ways.

Thank you for this opportunity to become a *Live Well Allegheny* Workplace as a community partner in advancing the goals of good health for all.

Sincerely,



Christopher Gessner

Children's Hospital of Pittsburgh of UPMC commits to working with Allegheny County and looks forward to supporting the goals of the campaign as a *Live Well Allegheny Workplace* by continuing and/or adding the following action steps in place at Children's Hospital:

I. Building, Facilities, Workplace Environment

Employer provides a supportive physical and social work environment that is conducive to healthy habits and behavior.

- Provide healthful cafeteria options with healthful foods/snacks, including fresh fruit and vegetables for purchase
- Provide healthful food options during company meetings and functions
- Ensure healthful food options in vending machines
- Provide private area for use by breast feeding employees to pump and store their milk.
- Ensure well-lit, safe stairwells
- Provide access to water fountain, water dispenser, water cooler
- Access to on-site fitness center for exercise classes, physical activity
- Locate safe and accessible outdoor walking or running paths and trails, with maps for safe walking route starting and ending from the workplace or in vicinity
- Provide access to secure bicycle storage area in safe, convenient location
- Provide standing desks
- A tobacco/smoke-free work campus
- Accessible Healing garden off 6th floor Atrium
- Interdenominational chapel off 6th floor Atrium, for contemplation, reflection and prayer

Children's achieved its LEED points largely with green materials and design. To learn more about this certification, visit: <http://www.chp.edu/-/media/chp/about-us/documents/the-green-childrens-hospital-pdf.pdf?la=en>.

In addition to these opportunities, Children's has taken steps toward an environmentally preferred purchasing policy and model. In such a model, decisions about products used in the facility are given consideration for the sustainability of those products; their content; their disposal requirements; recyclability; packaging; and effects on staff and patients.

II. Policy Integration

Employer integrates health and wellness promotion policies into organizational structure

- Institute a healthy food policy requiring healthy food and drink options at company meetings, functions, and events
- Establish and communicate tobacco-free workplace policy that includes tobacco cessation resources for employees
- Develop a policy that supports breast feeding employees and allows them flexibility to pump at work in a designated, private area

- Allow and encourage paid time off for employees to have preventive cancer screenings.
- Offer employee flex work hours to allow for opportunities for physical or wellness activity before, during, after work, and lunch breaks
- Use financial incentives such as reduction in insurance premiums, gift cards, cash, prizes, extra vacation days to encourage participation in health improvement activities such as giving up tobacco, weight loss, regular physical activity, and increased consumption of fruits and vegetables.
- Negotiate health-club discounts or provide subsidized membership at local fitness centers, programs such as Weight Watchers
- Create and sponsor employee athletic teams and activities
- Provide or ensure that your employees have access to comprehensive health insurance that includes dental and eye care as well as preventive care without co-pays.

III. Health Education, Screening, and Prevention

Employer disperses health education information and encourages participation in screening, physical wellness activities, and disease prevention.

- Provide annual Health-Risk Assessments (HRAs)
- Offer health screenings for BMI, Obesity, Cancer, Blood Pressure, LDL Cholesterol, Diabetes, and numerous other biometrics