



Verdugo Hills
HOSPITAL

News
For Immediate Release

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VHH Earns Healthy Hospital Designation

(GLENDALE, CA – May 7, 2008) – Verdugo Hills Hospital (VHH) has earned a certificate of achievement by the California Hospital Association and the California Department of Public Health for fostering and promoting a healthy environment for its patients, visitors and employees. VHH has earned this designation for the promotion and support of physical activities; consumption of healthy food and beverages; fostering of a safe environment; and support of breastfeeding mothers.

“As a hospital whose mission is to improve the health status of the community we serve, we feel that we should practice what we preach,” said VHH President and CEO Len LaBella. “Our staff has embraced the message and actively participated and supported the many programs that warrant this designation. I am very proud of their achievement.”

VHH encourages its staff to pursue a lifestyle that includes the proper balance of nutrition and exercise. The comprehensive *VHH Wellness Program*, which includes onsite “Weight Watchers At Work” meetings and an onsite exercise center for its employees, is the primary vehicle employees use to pursue their personal health goals. VHH’s Physical Medicine and Rehabilitation department also offers a weekly walking program that allows employees to interact with one another outside the work environment.

The Hospital’s full-service cafeteria provides healthy meal choices with portion, nutritional information and Weight Watchers point values prominently displayed. Furthermore, VHH is proactive in assuring a safe environment for its patients, visitors and staff through the Environment of Care committee (EOC). The EOC consists of members from select departments, including Administration, Nursing and ancillary departments, who address issues such as hazardous wastes, emergency preparedness, fire life safety and medical equipment. Finally, the Hospital supports breastfeeding mothers by designating a “lactation room” on the lobby floor.

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About the Hospital:

Verdugo Hills Hospital is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. The hospital features all private rooms, 24-hour emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. It is the only independent, free-standing hospital in the greater Foothills community and was voted “Foothills’ Best Hospital” for 2008 by readers of the *Glendale News-Press* five years in a row. For more information, please visit www.vhhospital.org.

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