

# HEALTHY HOSPITAL HAPPENINGS!

BROUGHT TO YOU BY ARIZONA STATE HOSPITAL  
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# DID YOU KNOW?

## Adult Obesity Facts

- More than one-third (34.9% or 78.6 million) of U.S. adults are obese.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.
- Estimated annual medical cost of obesity in the U.S.:
  - \$147 billion in 2008 U.S. dollars
  - Medical costs for people who are obese were **\$1,429 higher** than those of normal weight.

# WHAT DOES THIS MEAN TO US?

- Our patients are at risk!

14.6% of our patients with BMI > 35

## Atypical Antipsychotic Side Effects:

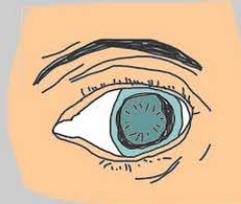


### Weight Gain

Mean weight gain in patients receiving standard doses of antipsychotics over a 10-week period:  
4.45 kg with clozapine,  
4.15 kg with olanzapine,  
2.92 kg with sertindole,  
2.10 kg with risperidone  
and 0.04 kg with ziprasidone.

### Cataracts

Some drugs may be associated with an increased risk of ocular lens opacities. Also, patients with schizophrenia often have risk factors for lens opacities, such as Diabetes, hypertension and poor nutrition.

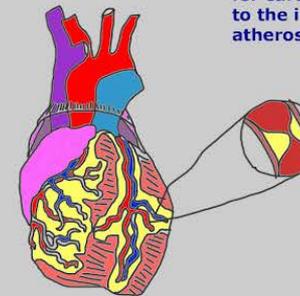


### Sexual side effects

Antipsychotic-induced sexual dysfunction is related to the effects of the drugs on alpha-1 and alpha-2 adrenergic, H1 histamine and dopaminergic receptors, in particular to the blockade of D2 receptors in pituitary lactotroph cells, which leads to an excess of prolactin secretion

### Hyperlipidemia

A high concentration of lipid in the blood, an increased risk for cardiovascular disease due to the influence on atherosclerosis



### Diabetes Mellitus

The prevalence of type-2 DM in people with schizophrenia is more than twice higher than in the general population. Most of these studies indicate that drugs associated with greater weight gain.



### Extrapyramidal symptoms

Movements disorders, kinesia (inability to initiate movement) and akathisia (inability to remain motionless)



### Prolongation QTC Interval

An increase in the time between the start of the Q wave and the end of the T wave in the heart's electrical cycle. A prolonged QTC interval is a biomarker for ventricular tachyarrhythmias and a risk factor for sudden death

### Myocarditis

Inflammation of heart muscle. It can cause a mild disease without any symptoms that resolves itself, or it may cause chest pain, heart failure, or sudden

# ATYPICAL ANTIPSYCHOTIC & WEIGHT GAIN

In descending order of tendency towards weight gain:



Clonazepine



Olanzapine



Risperidone



Quetiapine



Aripiprazole



Ziprasidone

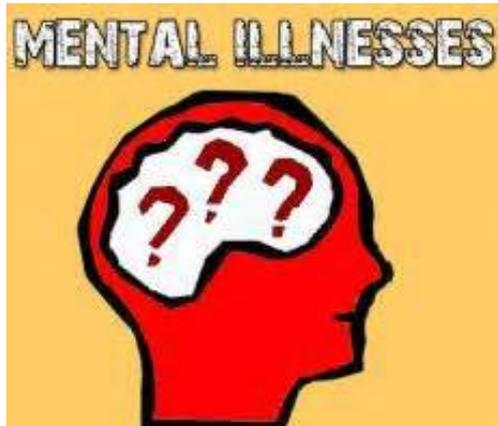
# OUR PATIENTS AT GREATER RISK FOR WEIGHT GAIN



"We need to apply rational therapy and make sure we don't make one illness worse when we're treating another. We also need to be aware that the only illness perhaps more stigmatizing than mental illness is obesity. So when you have a population that has both, realize that that's a group that is going to be really vulnerable and at risk."

Dr. Valerie Taylor

# OBESITY AND CO-MORBIDITIES



# OUR PLAN OF ACTION

## Hospital wide Healthy initiatives:

- Vending Machines
- Café
- Patient education
  - Program Improvement Project



# VENDING MACHINES

- **Old Criteria:** None!

- **New Criteria:**

## Choice Plus Snack Criteria:

250 calories or less

10 g\* of fat or less

3g of saturated fat or less

0g of trans fat

230 mg of sodium or less

20 g\*\* of sugar or less

# VENDING MACHINES

BEFORE



AFTER



# CAFÉ

- **New Options:**
  - Baked, Boneless Buffalo Chicken Wings
  - Gourmet Salads
  - Submarine Sandwiches
- **Limited High Fat/Calorie Foods**
  - “Pizza Friday”
  - “Wednesday Wings”
- **Snow Cone Machine**



# CAFÉ

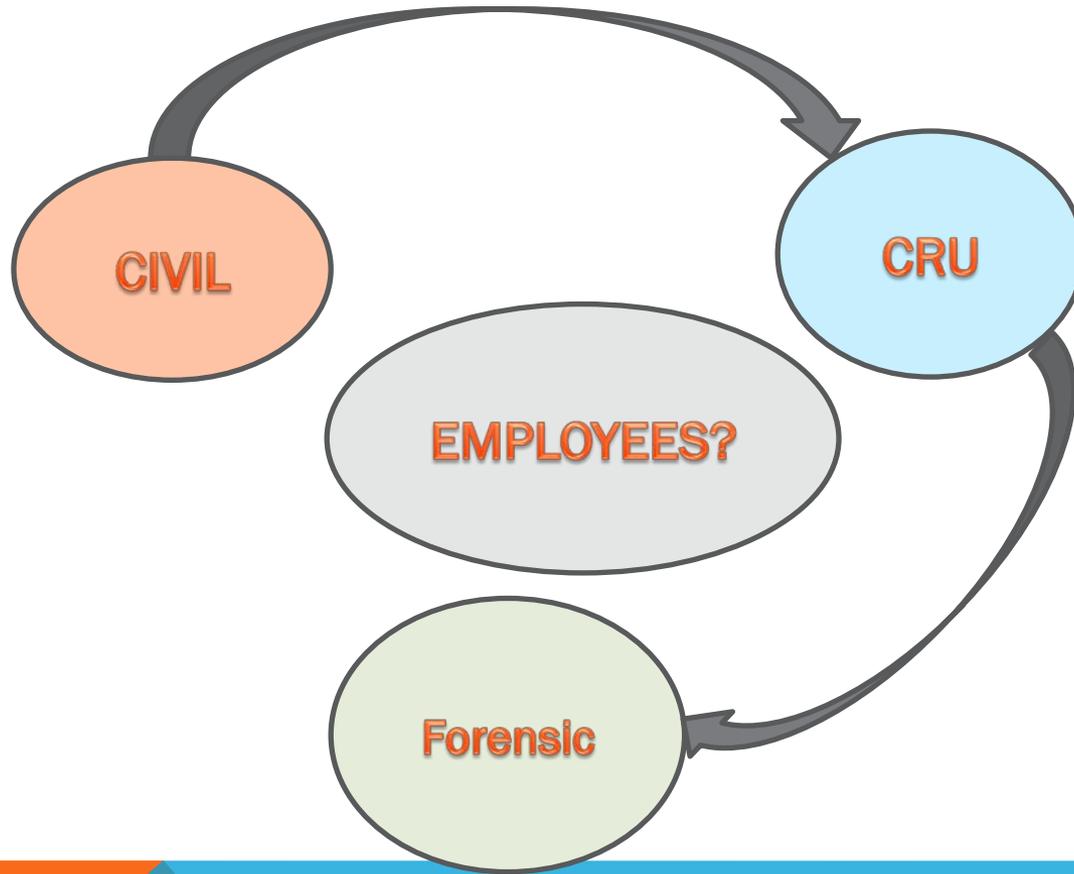
- Improvement in Food Appeal and Atmosphere
  - Lighting
  - Food Packaging
- Streaming Video
- Educational Posters



OR



# HOSPITAL WIDE



Questions?  
Comments?  
Suggestions?



Thank you😊