



ALLEGHENY COUNTY

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Children's Hospital of Pittsburgh of UPMC Named a *Live Well Allegheny Workplace*

PITTSBURGH – The Allegheny County Health Department (ACHD) designated Children's Hospital of Pittsburgh of UPMC as its newest *Live Well Allegheny Workplace*, it was announced today.

Children's Hospital of Pittsburgh of UPMC has been a fixture in our community for more than 120 years and has always focused upon the health and well-being of our region's children, so it's no surprise that they've joined the *Live Well Allegheny* effort," said County Executive Rich Fitzgerald. "Having a partner that is so substantial – more than one million outpatient visits, 12,000 inpatient stays, 9,600 observation stays, 147,000 emergency and Express Care visits, and 23,300 surgical procedures – in no small accomplishment and I commend ACHD and Children's for working together to make us the healthiest county in the country."

Children's Hospital takes pride in focusing on employee health and culture. At the main hospital, all employees have access to the Children's Fitness Center. A Wellness Committee, comprised of employees, offers educational sessions on a variety of health-related topics and event. The committee also encourages all employees to take regular walks around the campus daily. In addition, Children's is a tobacco-free campus, and the hospital provides healthy food choices in its cafeteria and in vending machines.

"I am very pleased to bring Children's Hospital on board as the newest *Live Well Allegheny Workplace*," said Dr. Karen Hacker, Health Department Director. "Children's Hospital is striving to make improve the health of their employees through a variety of exciting efforts. We look forward to working together to help improve the health of all Allegheny County residents."

Children's moved to a new campus in May 2009, and developed a "green" campus with Leadership in Energy and Environmental Design (LEED) certification for the main hospital and John G. Rangos Sr. Research Center. The buildings incorporate national light and employ energy, water, materials and land as efficiently as possible.

"Our physicians, nurses and support staff who are among leaders in their fields make Children's a world-class pediatric facility, and we are proud to have a hospital that is healthy, innovative and environmentally sustainable for patients, families, and all staff," said Christopher Gessner, President, Children's Hospital. "We strive to create a work environment that enables and fosters healthy living behaviors for everyone."

Children's also has used more than 30 measures to design one of the quietest hospitals in the world, which includes acoustic ceiling tile in lieu of hard ceilings; special use of carpeting and door seals; silent notification for nurse call through integration of wireless communication devices; and use of personal communication devices in lieu of overhead paging.

“As committed as Children’s Hospital is to the healthy lifestyles of our employees, we also are very proud of our continued and valued partnership with area schools and out-of-school time providers to advance healthful lifestyle choices for students, including adding physical activity and healthful eating into their daily routine,” said Anne Marie Kuchera, Director, Children’s Community Health. “We have helped over 60 schools and 70 after school programs throughout the region create healthier environments for students.”

Participants in the *Live Well Allegheny* campaign work with the Health Department’s staff. While monetary resources are not part of the initiative, participating workplaces can receive materials, information and collateral items to promote the campaign and their individual efforts to “Live Well.”

Live Well Allegheny was launched by County Executive Fitzgerald in January 2014 as a comprehensive, innovative strategy on wellness that embraces a broad concept of living well to include physical health, mental wellness, personal and community safety, prevention and preparedness, and much more. The effort is being led by the Board of Health and Dr. Hacker.

For more information on the *Live Well Allegheny* campaign, including detail on how your business can become a *Live Well Allegheny Workplace*, visit www.LiveWellAllegheny.com.

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