

## Fast Food Ousted to Improve Hospital Staff Health



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Starting September, the Cleveland Clinic has removed McDonalds from its cafeteria and has decided to focus on healthier food options for its hospital staff. The clinic is the nation's top hospital for heart disease and now it has decided to take this step to demonstrate its strong stance on the crisis of obesity.

"We want to demonstrate that we can walk the talk by being a healthier organisation," said Eileen Sheil, a Cleveland Clinic spokeswoman.

The medical center has already provided its employees gym access and Weight Watcher memberships. The move to oust McDonalds is another step to remind Americans that fast food is a primary reason for the growth of the obesity epidemic and that it should be boycotted.

Despite severe criticism, McDonalds still offers meals that are high in sugar, salt and fat. Although it has created a menu that is lower in calories and now offers kale salads and fruit options, the fast-food chain's reputation is still bad when it comes to its food. Cleveland Clinic is the seventh hospital since 2009 to oust McDonalds.

McDonalds sales have also declined among consumers as more and more people have become more interested in healthy alternatives like Chipotle. McDonalds has had to close more restaurants in the recent years than since it opened its business in 1970.

While Cleveland Clinic's management is confident it has taken the right decision, its employees feel that they occasionally like to eat fast food. Some are also concerned that low-income people may not have affordable options for lunch.

"This is my vice," Dustin Thomas, a researcher, told Cleveland.com. "I consider myself an adult and I like to think I can make my own choices."

The Cleveland Clinic however believes that the measure is for the best. If McDonald's is gone, people can always choose to go to Subway or get something green. It is important for hospitals at least, to offer healthy food as pointed out by Ed Brito who works across the street from Cleveland Clinic.

Source: [Medical Daily](#)

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Published on : Mon, 31 Aug 2015