



SAN DIEGO COUNTY
**CHILDHOOD
OBESITY
INITIATIVE**

Working Together to Shape a Healthy Future



HEALTHY HABITS FOR HEALTHY COMMUNITIES

www.OurCommunityOurKids.org

Nutrition in Healthcare Leadership Team: Leading by Example

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What if hospital food services could...

- ✓ Reduce chronic disease and obesity
- ✓ Reduce healthcare expenditures
- ✓ Reduce antibiotic resistance
- ✓ Reduce Green House Gas emissions
- ✓ Improve hospital-community relations
- ✓ Reshape the food system to support prevention-based healthcare
- ✓ Stimulate the local economy

Hospitals & the food system



80% of all antibiotics consumed in the US are routinely fed to food animals for non-therapeutic uses

Average food product travels 1,500 miles from farm to fork

Endocrine disruptors, such as BPA, used in food packaging linked to obesity, diabetes, infertility, cognitive problems, etc.

75% of healthcare cost tied to lifestyle diseases

20% of healthcare waste is comprised of food & food waste products

National Movement

Healthy Food in Health Care



A Pledge for Fresh, Local, Sustainable Food

Nutrition-related chronic diseases are placing new demands on an already overburdened health care system, and taking their toll on human productivity and quality of life. Our current large scale, industrial food system favors animal products and highly-refined, preservative laden, calorie-dense foods, rather than fresh fruits and vegetables, whole grains, and other high fiber foods important for health. It is a system misaligned with dietary guidelines. Moreover, the way our food is produced and distributed impacts our health and the environment in which we live. For example:

Antibiotic Resistance

The routine use of antibiotics contributes to growing antibiotic resistant bacteria. Each year 20 to 30 million pounds of antibiotics (including related antimicrobials) are used in agriculture—by volume, about 7-10 times the total antibiotics used in human medicine. Industrialized food systems that produce poultry, pork, beef, and farmed fish routinely use antibiotics as growth promoters rather

perioded an average of 1,500 miles to reach its destination. Through the use of diesel and other fossil fuels, vehicles unnecessarily contribute to global warming. Fertilizers and pesticides contaminate groundwater in many locales and some pesticides have been found regularly in rainfall. Large-scale animal feedlot operations contribute to water pollution when untreated animal waste releases biologically active hormones, nitrates and other toxic breakdown products into waterways.

Worker Health and Safety

Widespread pesticide use in industrial-scale food production exposes farm workers and their families to dangerous chemicals, often at levels that exceed established "safety" limits. Longer-term, low-level pesticide exposure has been linked to an array of chronic health problems including cancer, birth defects, neurological, reproductive, and behavioral effects, and impaired immune system function. Industrialized meat packing is recognized as one of the most dangerous occupations every year, over one quarter

Healthier Hospitals INITIATIVE

Leading Communities to a Healthier Future



Healthier Foods



How to Guide

This guide is designed to provide a step-by-step approach to implementing the HHI Challenges and submitting data for this Initiative.



State Movement



Regional Movement

Nutrition in Healthcare Leadership Team (NHLT)

- Founded by the COI Healthcare Domain in April 2011
 - Co-chaired by UCSD Health System and Rady Children's Hospital
 - Partnerships with Physicians for Social Responsibility, Health Care Without Harm, and Healthier Hospitals Initiative
 - Invitations open to hospitals across San Diego County



Participating Hospitals

- **Rady Children's Hospital- San Diego**
 - Cheri Fidler, Director, Center for Healthier Communities, co-chair
 - Mary Beth Schlichtholz, Food Service Director
- **University of California San Diego (UCSD) Health System**
 - Zach Schlagel, Manager, Government & Community Affairs, co-chair
 - Jill Bast, Retail Food Service Manager
- **Alvarado Hospital Medical Center**
 - Greg Young, Executive Chef
- **Kaiser Permanente San Diego**
 - Shreya Sasaki, Senior Community Benefit Manager
 - Courtney Winston, Assistant Director, Food & Nutrition Services
- **Palomar Health**
 - Barbara Hamilton, Sustainability Manager
 - Kathryn Burns, Manager, Center for Integrative Medicine
 - Jana Markley, System Director, Food and Nutrition Services
 - Joni Corgiat, Director, Food and Nutrition Services, new Palomar Medical Center
- **Scripps Health**
 - Andrea Krakower, Program Manager, Wellness Development and Promotion
 - Britta Ortlieb, Director, Food & Nutrition Services, Scripps Green Hospital
 - Mindy Gottesman, Director, Food & Nutrition Services, Scripps Hospital Encinitas
 - Tina Pickett, Senior Director, Facilities & Support Operations, System-Wide Food and Nutrition Services
 - Lisa Vandervort, Wellness Center Manager, City Heights Wellness Center
- **Tri-City Medical Center**
 - Marty Acevedo, Director, Food & Nutrition
 - Eric Clemens, Supervisor, Food & Nutrition

NHLT Vision and Mission

- **Vision:**

San Diego County healthcare systems promote optimal health by ensuring all foods and beverages served are healthy, fresh, affordable and produced in a manner that supports the local economy, environment and community.



- **Mission:**

To advance healthful, sustainable food and beverage practices in San Diego County healthcare systems through collaboration.

NHLT Goals

1. Make **healthful food** the standard.
2. Make **healthful beverages** the standard.
3. Leverage **collective buying power** to increase cost-effective, healthful, and sustainable food and beverage choices.
4. Create and foster opportunities for **collaboration** among healthcare systems.
5. Raise the “**food literacy**” of patients and their families, employees, physicians, and the community.
6. Support **evaluation and tracking** of food and beverage practices across healthcare systems.



Accomplishments

- Conducted a baseline surveys (HCWH survey, HHES)
- Developed strategic partnerships (PSR, HCWH, HHI)
- Created a Strategic Plan
- Researched, identified, and compiled model healthy beverage and vending standards
- Acted as a catalyst for individual and collective activities (e.g., Balanced Menus, Healthy Beverage Campaigns, Local Sourcing)

Activities on the Horizon

- Promote enrollment in **Healthier Hospital Initiative**
- Promote adoption of Healthy Food in Health Care Pledge and/or sustainable **food policy**
- Support the institution of **healthy beverage and vending** standards and messaging campaigns
- **Leverage buying power** and **work with vendors** to increase healthful food and beverage options
- Conduct **staff trainings** on the the physical, environmental, and economic impact of food choices
- Conduct a **CEO roundtable** on healthier food in healthcare

Contact Information



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