



California Healthy Food in Health Care





Healthy food

must be defined not only by nutritional quality, but equally by a food system that is economically viable, environmentally sustainable, and supportive of human dignity and justice



Healthy food

is part of a sustainable food system, in which food is defined not only by its nutrient content, but also by how and where it is raised, grown, processed, and distributed.

Hospitals and health professionals as models and advocates of prevention-based care

Health care
sector spends
~\$12 billion
annually
in the food and
beverage sector

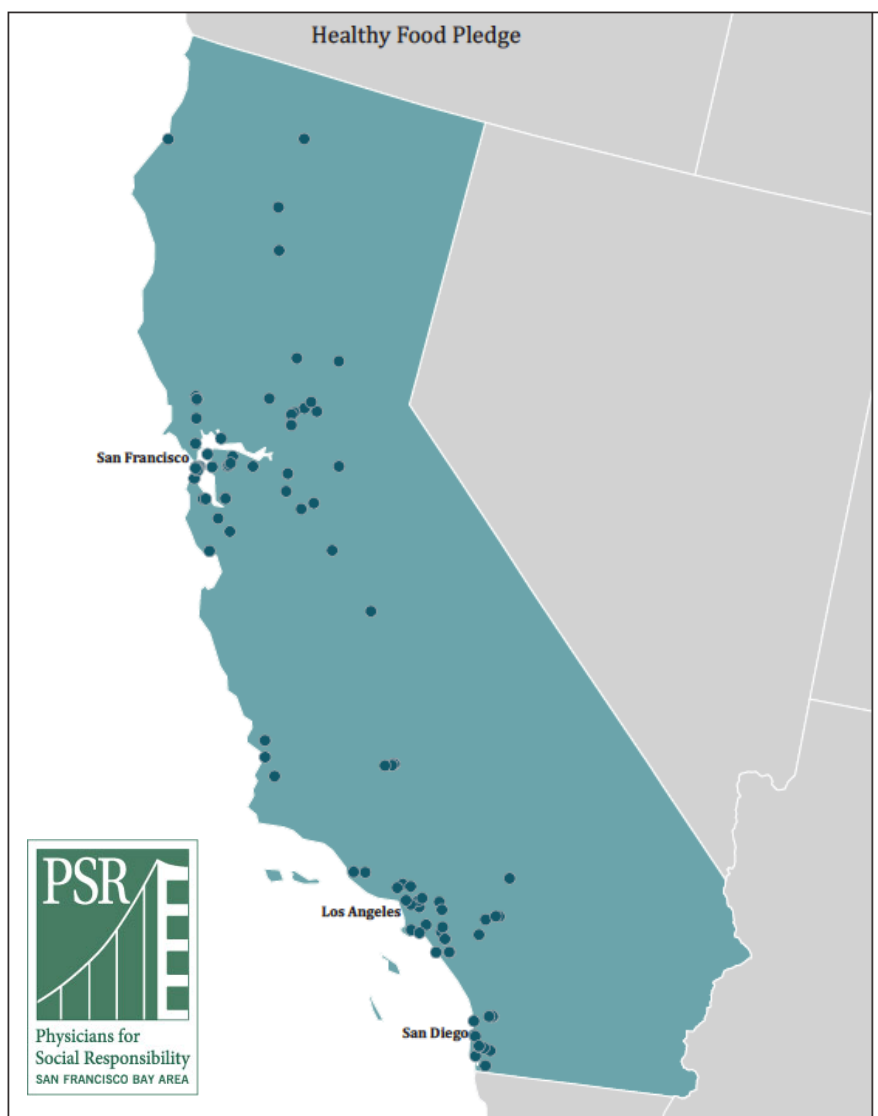
Healthcare
professionals
have credibility,
influence, and
expertise

Employee health
& wellness



California Healthy Food in Health Care

127 Hospitals



- 78% have a Less Meat, Better Meat Program
- 78% have a Healthy Beverages Program
- 91% purchase local and/or sustainable foods and beverages
- 22 HFHC facilities spent \$3,582,924 on local land/or sustainable food and beverages in 2012

Survey of 45 CA Hospitals

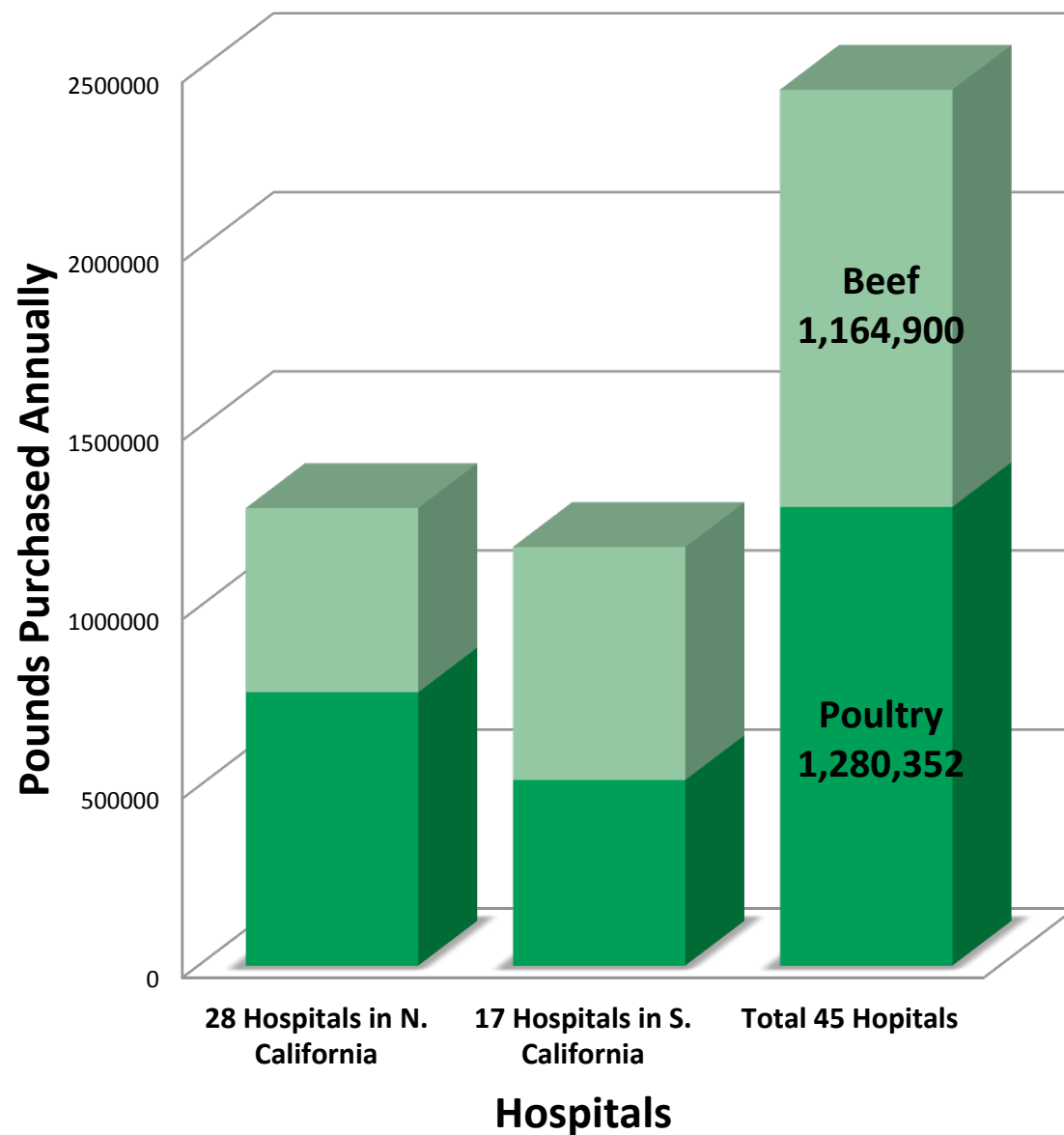
28 Northern California

17 Southern California

**Total beef and
poultry:**

2,445,252 pounds

Annual Beef and Poultry Purchasing in California Hospitals



San Francisco Bay Area Leadership Team

Alta Bates Medical Center

Dignity Health

St. Mary's Medical Center, SF

Saint Francis Memorial Hospital, SF

Sequoia Hospital, Redwood City

John Muir Health

Concord Campus

Walnut Creek Campus

Mills-Peninsula Hospital

Kaiser Permanente

Kentfield Rehabilitation and Specialty

San Francisco VA Medical Center

San Francisco General Hospital

St. Joseph Health

Santa Rosa Memorial Hospital

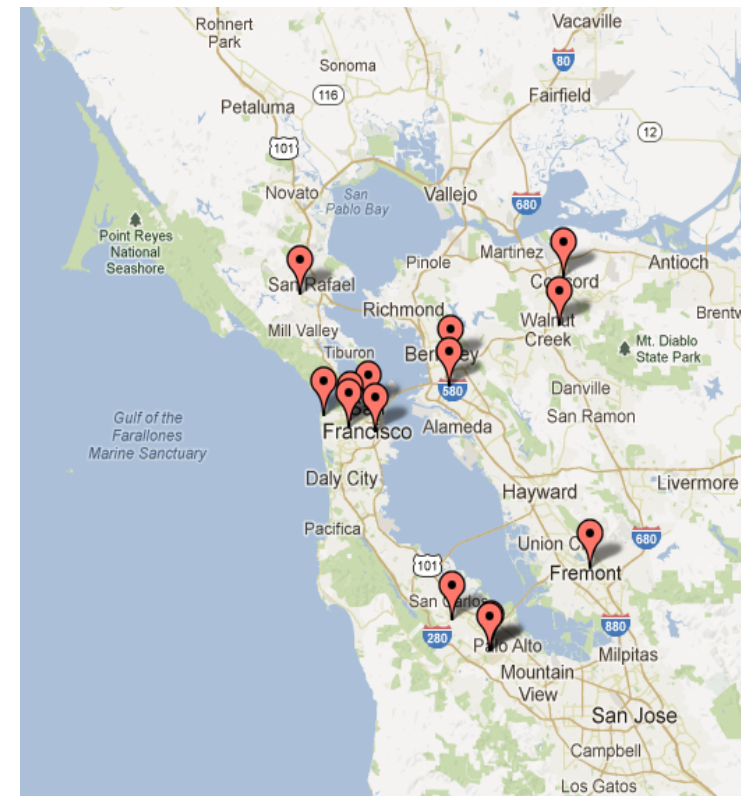
Stanford Hospital

Lucile Packard Children's Hospital

UC San Francisco Medical Center

Washington Hospital, Fremont

16 Facilities

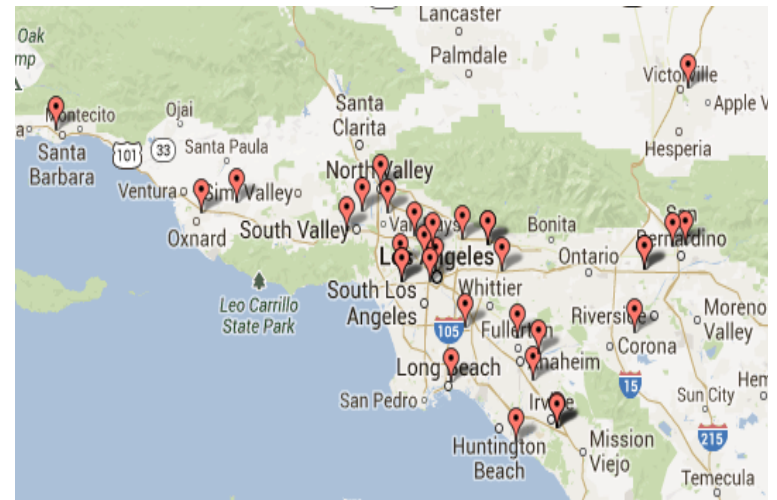


Los Angeles Hospital Leadership Team

Cedars-Sinai Medical Center
Dignity Health
Hoag Memorial Presbyterian
Irvine
Newport Beach
Orthopedic Institute
Kaiser Permanente
Anaheim Medical Center
Baldwin Park Medical Center
Downey Medical Center
Fontana Medical Center
Irvine Medical Center
LA Medical Center
LA Mental Health
Panorama City Medical Center
Riverside Medical Center
South Bay Medical Center
West LA Medical Center
Woodland Hills Medical Center
Methodist Hospital of SoCal

Providence Health
St. Joseph Medical Center
Holy Cross Medical Center
Santa Barbara Cottage Hospital
St. Joseph Health
St. Joseph Hospital, Orange
St. Jude Medical Center
St. Mary Medical Center
UCLA Healthcare

27 Facilities



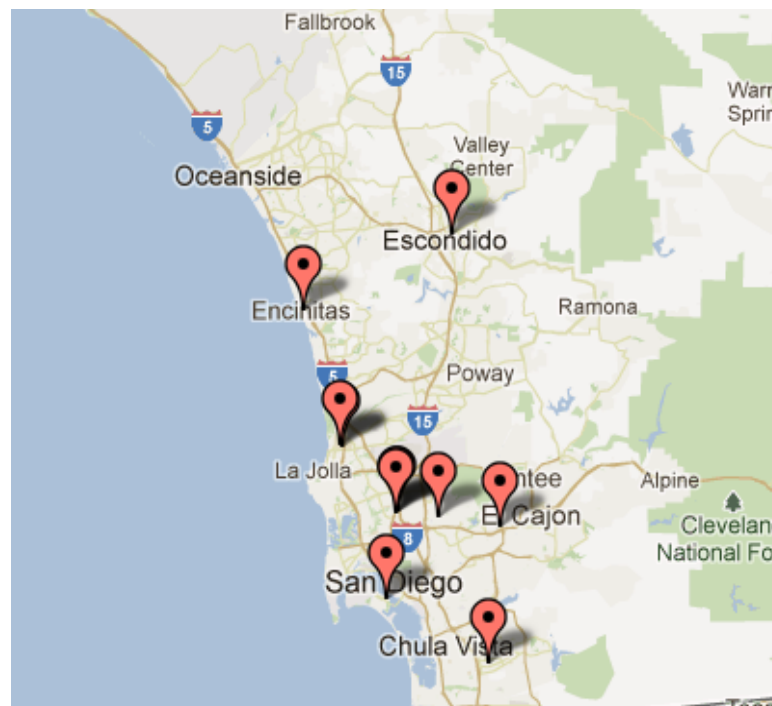
San Diego Nutrition in Health Care Leadership Team

Organized by Community Health Improvement Partners

Alvarado Hospital
Kaiser Permanente San Diego Medical Center
Palomar Pomerado Health
 Palomar Pomerado Downtown
 Palomar Medical Center
 Pomerado Hospital
Rady Children's Hospital
Scripps Health
 Green Hospital
 Memorial Hospital Encinitas
 Memorial Hospital La Jolla
VA San Diego Healthcare System
Sharp HealthCare
 Chula Vista Medical Center
 Coronado Hospital
 Grossmont Hospital
 Mesa Vista Hospital
 Memorial Hospital

Tri-City Medical Center
UC San Diego Health Systems
 UC San Diego Med Center
 Thornton Hospital

22 Facilities



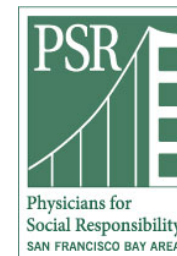
Healthy Food in Health Care

- Sustainable Food Service
- Clinical Education & Advocacy
- Awards and Benchmarking



 **CleanMed2013**
Creating Healing Environments

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Boston Marriott Copley Place



REGULATING CHEMICAL USE

By Patrice Sutton, David Wallinga, Joanne Perron, Michelle Gottlieb, Lucia Sayre, and Tracey Woodruff

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The People-to-People Health
Foundation, Inc.

Reproductive Health And The Industrialized Food System: A Point Of Intervention For Health Policy

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David Wallinga is director of the Food and Health Institute for Agriculture and Trade Policy, in Minneapolis, Minnesota.

ABSTRACT What food is produced, and human nutrition and the environment healthy human reproduction and development system yields a large volume of food for consumers but is often high in calories. This article we examine the evidence of chemical fertilizers, hormones, antibiotics production, as well as chemicals in food.

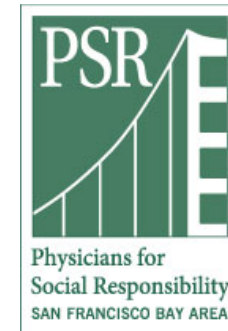


Food Matters: In the Womb and Beyond

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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 from 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 to growth promoters rather

ported 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 ground water 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

**Over 460
Pledge signers
in 26 states**



Toxics Reduction Since 1996

Healthy Food in Health Care Pledge
& Program
Since 2005



PRACTICE
Greenhealth

Pollution Prevention &
Toxics Reduction
Since 1998




13 Leading Health Systems: HCA, Kaiser Permanente, Dignity Health, Catholic Health Initiatives, Tenet Healthcare, Bon Secours Health System, Advocate Health Care, Inova Health System, MedStar Health, Partners HealthCare, Vanguard Health Systems




 Healthier
Hospitals
INITIATIVE

Leading Communities to a Healthier Future




Engaged Leadership




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.



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.



Leading Communities to a Healthier Future




Leaner Energy




How to Guide

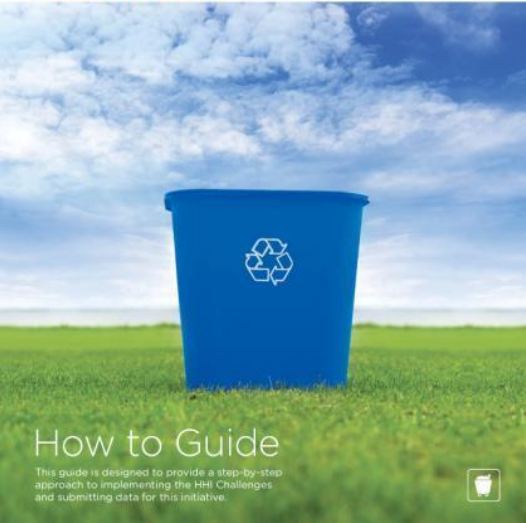
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Leading Communities to a Healthier Future




Less Waste



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.



Leading Communities to a Healthier Future



Safer Chemicals



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.



Leading Communities to a Healthier Future




Smarter Purchasing



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.



HHI Healthier Food Challenge

Baseline:

Sign the *Healthy Food in Health Care Pledge* or adopt a sustainable food policy.

Choose 1 to 3 objectives over three years:

- 1) Balanced Menus Challenge: Less Meat, Better Meat
- 2) Healthy Beverages
- 3) Local and/or Sustainable Purchasing



Nutrition-related chronic diseases are placing new demands on an already overwhelmed health care system, and taking their toll on human productivity and quality of life. Our current large-scale, industrial food systems force animal products and highly refined, preservatives laden, calorie-dense foods, rather than fresh fruits and vegetables, whole grains, and other high fiber foods important for health. It's a system mismatched 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 28 to 30 million pounds of antibiotics (including related animal drugs) are used in agriculture—by volume, about 1:10 times the total antibiotics used in human medicine. Industrialized food systems that produce poultry, pork, beef, and farmed fish contribute the most antibiotics to animals, sometimes over a period 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 contribute to ground-water in many locales and some pesticides have been found regularly in rainfall. Large-scale animal facilities contribute to water pollution when animal waste releases biologically active hormones, estrogen 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. Long-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 ever. www.oxfordjournals.org/doi/10.1093/oxfordjournals.oxfam.a011111

Balanced Menus Challenge

Less Meat, Better Meat

Goal of 20% reduction in meat and poultry servings

With savings, prioritize purchase of local, sustainably-raised meat and poultry




Balanced Menu Resources

HealthyFoodinHealthCare.org

- Marketing Materials
- Purchasing Tracking Tool
- Climate Impact Calculator Tool
- Recipe Collection
- Case Studies
- *The Food-Climate Connection*
 - Academy of Nutrition and Dietetics

YOUR
BALANCED
MENU
MEAL

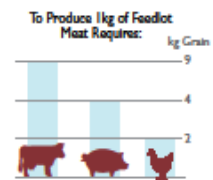


BALANCED MENU meals reduce the amount of animal protein in hospital food and serve the healthiest, most sustainably produced meat available in order to improve our community's health.

Meat may be inexpensive to buy but the hidden cost of meat produced and distributed through our industrial agricultural system is high. We are reducing meat, poultry and fish on our menus to promote healthy eating habits and reduce greenhouse gas emissions. When possible, we prioritize serving sustainably produced foods that are more nutritious and support our local farmers and ranchers.

A low-meat diet is also consistent with prevention-based medical practices supported by our hospital.

To Produce 1kg of Foodlot Meat Requires: kg Grain



McMichael and Henderick, Public Health Nutrition, 2007

BALANCED MENU
Healthy Food, Improved
Climate Footprint

LOGO PLACE-
HOLDER

Healthier Beverages

**Increase healthy beverages
in cafeteria and vending
by 20% annually
or
to 80% of overall beverage spend**

Include promotion of tap water and
beverages dispensed by fountain and
reusable containers over bottled



Healthier Beverages Definitions

- Water
- 100% fruit and vegetable juice
 - optimal 4oz serving or less AND total sodium less than 140 mg
- Milk
 - unflavored AND Certified Organic or rBGH-free
- Non-dairy milk alternatives
 - unsweetened
- Teas and Coffee
 - unsweetened, with only naturally occurring caffeine
- Beverages should be locally sourced, sustainably-produced and certified organic when possible



Why Healthier Beverages?

- Sugar-sweetened beverages (SSBs) contribute to increased prevalence of obesity and associated chronic diseases



Why Healthier Beverages?

Corn Production for High Fructose Corn Syrup

- 495 million bushels of corn used in 2013 (USDA ERS)
- Equates to 124 - 165 million gallons of oil (Pimentel 2005)
- Increase in soda consumption from 1983 to 2000 used:
 - 230,555 ha of land
 - 74 million lbs of nitrogen fertilizer
 - 386,000 lbs of Atrazine herbicide

(Blair and Sobal 2006)



Why Healthier Beverages?

Plastic Bottles

- 1 PET plastic bottle's production, transport, and disposal is equivalent to **filling that bottle one-quarter full with oil** (Pacific Institute 2007, Royte 2008)
- Bottling water created **> 2.5 million tons of CO2** in 2006 (Pacific Institute 2007)

Water Usage

It takes: 1.39 liters to make 1 liter of water
2.02 liters of water 1 liter of soda

U.S. tap water is proven to be as safe, or safer, than bottled
Support of public water infrastructure ensures
everyone's right to safe water

Local and Sustainable Foods

**Increase local and/or sustainable
food purchases
by 20% annually
or
to 15% of overall food spend**



Local and Sustainable Food Definitions

Local

within 250 miles of facility
w/ preference for small and
mid-sized family farmers

Sustainable

3rd party certified

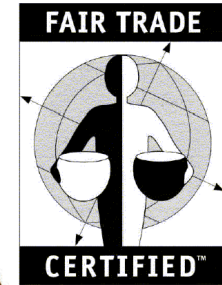
or

approved USDA label claims

- Raised without antibiotics
- Raised without added hormones
- No hormones added
- No genetically engineered ingredients
- rBGH-free / rBST-free
- Grass-fed

Third-party Certifications

- USDA Certified Organic
- Food Alliance Certified
- Rainforest Alliance Certified Protected Harvest
- Fair Trade Certified
- Certified Humane Raised and Handled
- Animal Welfare Approved
- Salmon Safe
- Marine Stewardship Council Certified
- American Grass-fed
- Non-GMO Project Verified



*Meets the Humane Farm Animal Care Program standards, which include nutritious diet without antibiotics, or hormones; animals raised with shelter, resting areas, sufficient space and the ability to engage in natural behaviors.

Work with vendors, distributors and GPOs

- Identify local products in ordering guides and invoices
- Increase traceability of local products from farm to hospital
- Increase supply
- Enable tracking of local and sustainable products

Purchasing Guides for GPOs and Distributors
At www.HealthyFoodInHealthCare.org



Suggested Environmental Considerations for Meat

Use one or more of the suggested environmental disclosure questions in your RFI/RFP to help inform your purchasing decisions.

General Ingredient Questions

Include these questions for all meat products (excluding poultry and seafood—see Poultry and/or Seafood resources).

#	Environmental Questions	Preferred Answer	Definition	Rationale
1.	Is this product or any product ingredients USDA certified organic	Yes	Certified USDA Organic - Product must meet the federal organic standards as determined by a	Animals may have consumed feed produced with synthetic pesticides and fertilizers, or genetically modified

National Standardization & Regional Variation



SF Bay Area Hospital Leadership Team

Defining LOCAL beyond “food miles” with criteria on farm scale and production practices:

Tier 1 - Locally produced on small- to medium-scale family farms

Tier 2 - Locally grown on small- to medium-scale family farms using sustainable farming practices free of toxic pesticides and genetically modified organisms (GMOs)

SF Bay Area Hospital Leadership Team



Hospital Leadership Team Goals

- **Leverage collective buying power**
- **Share innovative strategies**
- **Put food at the center of healing mission**
- **Make sustainable food and beverages the standard**
- **Educate patients, families, employees, and the community**
- **Support evaluation and tracking**

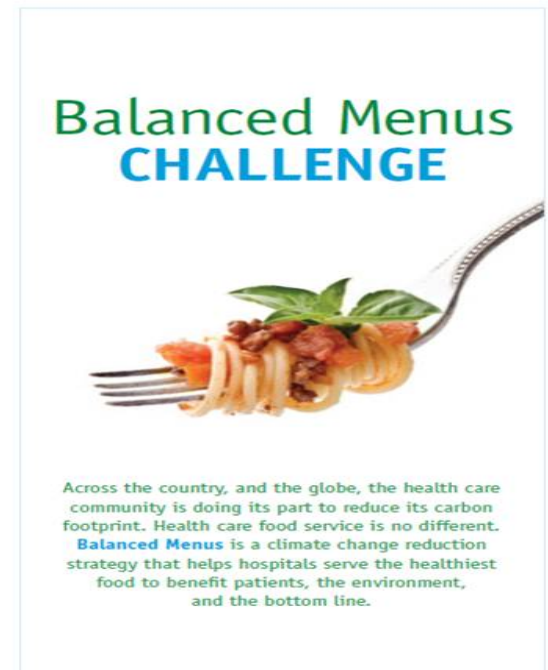


Balanced Menus Challenge

Less Meat, Better Meat

2010 Pilot Evaluation 4 SF Bay Area Hospitals:

- Reduced meat by 28% in 12 months
- Projected \$402,000 savings
 - Used savings to purchase more sustainably-produced meat
- Saved the equivalent of over 1,000 tons/year reductions in greenhouse gas emissions



Cage-Free Liquid Eggs

2011 Wilcox Farms Cage-Free, Humanely-Raised Eggs through US Foods

- 91,000 pounds of liquid eggs annually
 - ~45 tons or 720,000 large eggs
- Saving over 3,500 hens from living in battery cages every year



Farm Fresh Health Care Project

2011 – 2013

- Local family farmers who are food safety certified
- Prioritize organic and environmentally-friendly production when possible
- Source-verification throughout procurement
- Fresh-cut products



CROP	POUNDS
Organic Butternut squash	200
Asparagus	2,832
Organic Strawberries	16,480
Green beans	7,755
Stone fruit	1,484
2012 – 2013 TOTAL	29,217



Coke Farms increased organic strawberry production by 30% to meet hospitals' demand



COKE FARM
SAN JUAN BAUTISTA, CA

Telling the Story: Marketing Materials



BUY FRESH BUY LOCAL

WHY BUY LOCAL?

You help strengthen your local economy.

Every time you spend a dollar on locally grown food, that money stays in town where it builds a stronger local economy. Independent family-owned farms supply more local jobs and contribute to the local economy at higher rates than do large, corporately owned farms. Eating locally grown, healthy food strengthens your family and community.



COMMUNITY ALLIANCE WITH FAMILY FARMERS • WWW.CAFF.ORG

What's on the horizon?

- Antibiotic-free beef and chicken
 - UCSF Academic Senate resolution passed
- Farm Fresh Health Care Project expansion



www.HealthyFoodinHealthCare.org



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Tools and Resources

Reports

- ▶ The Menu of Change Report contains the results of a survey of health care institutions engaged in Healthy Food in Health Care work, from which the 2011 Sustainable Food in Health Care Awards were derived. The 2011 Menu of Change Report also contains a summary of HFHC national initiatives, program highlights from 2010, and detailed information on the winners of the 2011 HCWH awards.
 - [2011 Menu of Change Report](#)
 - [2008 Menu of Change Report](#)
- ▶ [Emerging Local Food Purchasing Initiatives in Northern California Hospitals \(pdf\)](#)

TOOLS & RESOURCES

- [Reports](#)
- [Fact Sheets](#)
- [Policy Statements](#)
- [Purchasing Guides for Hospitals](#)
- [Purchasing Guides for GPOs](#)
- [Educational Materials](#)

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Healthy Food Email List](#)

Thank you to our hospital leaders!

Kendra Klein

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www.HealthyFoodinHealthCare.org
www.CAHealthyFoodinHealthCare.org

