Environmental Stewardship Webinar: The Environment, Our Food and Our Health — Lessons from The Farm at St. Joe's

Oct. 3, 2013
2:00 – 3:30 p.m. ET

A Reflection for Today’s Program …

Farm Worker Prayer of Praise

Bless the hands of the people of the earth,
The hands that plant the seed,
The hands that bind the harvest,
The hands that carry the burden of life.
Soften the hands of the oppressor and
Strengthen the hands of the oppressed.
Bless the hands of the workers,
Bless the hands of those in power above them
That the measure they deal will be tempered
With justice and compassion. Amen.

- United Farm Workers
Your Presenter for Today's Program

David Wallinga, MD, MPA
Senior Advisor, Science, Food and Health
Institute for Agriculture and Trade Policy

David Wallinga, MD, MPA, is among the leading science and policy experts applying a health lens to our food system — the food we eat, plus the ways in which it's produced, processed, packaged and distributed in today's globalized economy. He is the founder and executive director at Healthy Food Action, which gathers individual health professionals to act collectively for policy change to make health the future of food and farming. Learn more at www.HealthyFoodAction.org. He is also a cofounder, and steering committee physician, at Keep Antibiotics Working: the Campaign to End Antibiotic Overuse, www.KeepAntibioticsWorking.org.

Dr. Wallinga earned a medical degree from the University of Minnesota Medical School, a master's degree from Princeton University, and a bachelor's degree from Dartmouth College.

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Robert Casalou
President & CEO
St. Joseph Mercy Ann Arbor & Livingston Hospitals and Health Centers

Rob Casalou joined Saint Joseph Mercy Health System (SJMH) in October 2008 as the president and chief executive officer, St. Joseph Mercy Hospitals-Ann Arbor, Saline, Livingston. Prior to joining SJMHS, Mr. Casalou served as president of Providence Park Hospital and was responsible for overseeing the construction of the 200-bed, full service teaching hospital in Novi, Mich., that opened in September 2008. Earlier in his career, he was a partner in R. A. Casalou, Inc., an independent automotive manufacturers sales representative company.

Mr. Casalou sits on the Michigan Health and Hospital Association Board (MHA), and served as chair of the MHA Legislative Policy Panel and is a former member of MHA Task Force on Hospital-Physician Alignment. He is a member of the American Heart Association (AHA) Board, the AHA Advocacy Committee and the AHA Child Obesity Committee. In addition, he serves on the Huron Valley Ambulance Board, IHA Board, the Saint Joseph Regional Medical Center Board in South Bend, Indiana, the Center for Digestive Care (CDC) Board and the Midwest Healthcare Executives Group and Associates (MHEGA) Board of Directors. Mr. Casalou is a member of the American College of Healthcare Executives.
Your Presenter for Today’s Program

Dave Raymond
Director of Planning and Design
Saint Joseph Mercy Health System

Dave Raymond is the director of planning and design at Saint Joseph Mercy Health System. In this role, he oversees planning and design of new hospitals, outpatient facilities as well as renovations within these type of facilities for Trinity Health in the Southeast Michigan Region.

He has been involved in community development for the past 12 years with youth in Michigan and Mexico, developing workshops and hands-on experiences for youth to serve communities in need. He also currently works with World Vision U.S. and Mexico for the care of children. In addition, he serves on the board of the IHN Homeless shelter for families in need within Washtenaw County, Mich. He also currently oversees “The Farm at St. Joe’s,” developing community awareness for nutrition and stewardship of resources.

Mr. Raymond graduated from the University of Michigan with a bachelor's degree in business administration and he is a licensed builder in the state of Michigan.

Your Presenter for Today’s Program

Dan Bair
Director of Hospital Farming
The Farm at St. Joe's

Dan Bair is the director of hospital farming at St. Joseph Mercy Hospital's "The Farm at St. Joe's," a 20 acre farm on the campus of St. Joseph Mercy Hospital in Ann Arbor. This innovative program works with patients, staff and the community to strengthen the connections between a healthy diet, exercise and health. Dan helped establish The Farm at St. Joe's, on the campus of St. Joseph Mercy Hospital in Ann Arbor, in 2010.

Mr. Bair graduated from University of Michigan in 2004 with a bachelor of general studies focusing on urban and environmental studies. He first participated in growing vegetables in an area larger than a pot during the summer of 2002 while living and volunteering in Detroit with Detroit Summer. His urban farming experience in Detroit opened the door to a position in 2006 assisting with the Chicago Botanic Garden's Green Youth Farm, a small farm on Chicago's west side, run by youth who market the produce at a neighborhood farmer's market. From there he went on to complete Michigan State University's Organic Farming Certificate Program in 2007 and he's been farming and marketing up and down Michigan, in the country, the city and suburbs ever since.
Your Presenter for Today's Program

Lisa McDowell, MS, RD, CNSD
Manager of Clinical Nutrition
Saint Joseph Mercy Health System

Lisa McDowell, MS, RD, CSSD, is the manager of clinical nutrition at St. Joseph Mercy Health System in Ann Arbor, Mich. In April 2010, she helped start a 25-acre organic farm on the campus of St. Joseph Mercy Hospital to help improve the food served to and employees.

She has been a clinical dietitian for over 20 years and enjoys integrating farm fresh produce into nutrition care plans to optimize healing. Her efforts were recognized by Crain's Detroit and she was named a health care hero for her work to fight obesity and improve access to fresh food. She also received the clinical engagement award at the 2011 FoodMed conference and was recognized as the Michigan Dietitian of the year.

In addition to her clinical responsibilities, she works with Olympic athletes and is the team dietitian for the Detroit Red Wings. She has a passion for fresh, functional food and enjoys sharing her knowledge with patients as well as athletes to improve overall health, quality of life and performance.

Healthy Food, Healthy Patients

David Wallinga, MD, MPA
Healthy Food Action.org
@Food_Dr
Food system ills are epidemic

- **Epidemic obesity**
  - Heart disease, diabetes, stroke, cancer are four of top six causes of death, disease
  - Nurses impacted
  - $190B spent on medical treatment of obesity alone

- **Epidemics of antibiotic-resistant infections**
  - Over 900,000 infections per year, conservatively
  - Costing society $35B

The problems seem overwhelming

MIT Collaborative Initiatives / Columbia Urban Design Lab
I. Changing thinking
Changing individual behavior

- Not simply bad choices

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I. Changing thinking
Changing behavior

“Default” Environments

Obesity is one outcome of a complex equation of physical, social and food environments (PSE)

I. Changing thinking
   Changing behaviors → Healthier Environments

Brownell et al., *Health Affairs* 2010;
Brownell et al. *J. Adolescent Health* 2009


**Goal 2:** Create food and beverage environments where healthy options are the routine, easy choice

**Goal 4:** Expand the role of health care providers, insurers and employees in obesity prevention

**Goal 5:** Make schools a national focal point for obesity prevention

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I. Changing thinking
   Changing behaviors → Healthier environments

**Farming via factory** → Healthier *food systems* (Industrialization)
A few crops

Cheap food policy, 1974 – 2011

Technology

Faulty price signals


Farming via factory = Inputs, outputs

**Inputs**
- Water
- Fertilizers
- Pesticides
- Antibiotics

**Outputs**
- Corn, soybeans, meat

**Other**
- Carbon, methane
- Phosphorus, nitrogen
- Runoff
- Manure

Focus on a few crops
Delinked crop, animal production

Inputs
Water
Fertilizers
Pesticides
Antibiotics

29 million lbs / yr

“To be clear, the Centers for Disease Control and Prevention (CDC) finds that there is a compelling body of evidence”... “to establish a clear link between antibiotic use in animals and antibiotic resistance in humans.”  
Thomas Frieden, MD, MPH, Director, Centers for Disease Control, 7/13/2010

“[T]he overall weight of evidence to date links antibiotic use in food animals with antibiotic resistance in humans.”  
Dr. Hugh Auchincloss, National Institute of Allergy and Infectious Disease, 8/30/2010
Focus on a few crops
Delinked crop, animal production

Inputs
- Water
- Fertilizers
- Pesticides
- Antibiotics

Externalized outputs
- Nitrate pollution
- Dead zones
- Fish kills
- Greenhouse gases

Farming via factory
Public health impacts

Food system as a factory
Downstream public health impacts

Cheap calorie output
Bountiful, low-priced, ultra-processed unhealthy (calorie rich, nutrient poor) convenience foods, and drinks

Focus on production
- Food dyes
- Plastic packaging
- HFCS

$147 billion per year

Americans overeat what our farmers are incentivized to overproduce

Percent increase in calorie intake, 1970 to 2007

From corn flour, meal, hominy, starch: 191
Added sugars: 14
Corn sweeteners: 359
Added fats and oils: 69
Salad and cooking oils: 260


Institute of Medicine 2012
We CAN change systems

✓ It will take all of us
✓ Multiple interventions
✓ It won’t be easy

Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation.
I. Changing Thinking

Health behaviors → Default environments

Farms as factories → Healthy food systems

II. Advocacy at all levels

A. In your practice
B. In hospitals
C. In your community
D. Nationally

Vision matters

PRINCIPLES OF A HEALTHY, SUSTAINABLE FOOD SYSTEM

In June 2010, the American Nurses Association, American Public Health Association, American Planning Association, and American Dietetic Association issued a collaborative policy statement as a set of ethical food system principles. The following principles are derived from this document and have been collectively endorsed by these organizations.

I. Changing Thinking

Health behaviors → Default environments

Farms as factories → Healthy food systems

II. Advocacy at all levels

A. In your practice
B. In hospitals
C. In your community
D. Nationally

Vision matters
Having a unified voice

HealthyFoodAction.org

Numbers matter
National antibiotics policy

Bring about a food system that doesn’t squander antibiotics
**The Farm (Food) Bill**

[T]he Agriculture Committee has been stacked with lawmakers from states growing the **staple crops** that are the main beneficiaries of traditional farm programs.


**Nutrition programs 73.3%**

At Enactment: 2008 Farm Bill
Distribution of Mandatory Spending, 2008-2017
CRS: http://www.nationalaglawcenter.org/assets/crs/RL34696.pdf

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**Email me:**
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**Find me on Twitter,**
@Food___Dr

**Join us at**
HealthyFoodAction.org
Before The Farm

- Press Ganey scores <60%
- Deep-fat fryers
- Antibiotics in purchased food
- Local food purchasing was quite low
- High BMI’s found during employee screenings and insurance enrollment

25 acres returned to farm land
Leading by example

Engaging the community and medical staff with physical activity opportunities, team building, and philanthropy.
First Farm on a Hospital Campus in the U.S.
Team building in the pharmacy department

Community connection with professional sports teams – players volunteering
American Medical Association calls on hospitals to serve better food

Hospitals must be leaders in creating healthy food environments and sharing messages of health.

Hospitals Inspiring Health

- All staff are welcome at The Farm
- Green space
- Fresh air
- Physical activity
- The Farm is on the campus walking/biking path
- Pedal a bike to water the crops!
First Accessible Hoop House

SAINT JOSEPH MERCY HEALTH SYSTEM
Community bike ride with tour of hoop house
Tomatoes for patient meals
Pumpkins for Breast Cancer Awareness
The Farm at St. Joe’s

Established 2010
St. Joseph Mercy Hospital Ann Arbor

The Core Team

- Rob Casalou, CEO
- Dave Raymond, Director of Planning and Design
- Lisa McDowell, MS, RD, CNSD, Director Clinical Nutrition
- Dan Bair, Director of Hospital Farming
To Steward the Resources Entrusted to Us

Leading by example

Physical Environment
  Meadows
  Food production

Education
  Patients
  Staff
  Community

Community Partnerships

The Beginning

Spring 2009:
Executive charge: “Develop a new direction in food service and nutrition”

Fall 2009:
Presentation to Executive Mgmt. for a new approach to “Land and Food!”
Commitment and funding for new food service and Farm.

Spring 2010:
Hoop house and Market Café

Summer 2010:
Community partnerships
Farmers Market, crop production

Fall 2010:
2nd Hoop House
Educational Internships

Winter 2010:
Winter food production!

2011-12:
Lawn to crops! 23 acres
Therapy and staff involvement

2013:
Therapy/handicap hoop house …
Vision for the Charge

Stewardship of our resources to bring the community in partnership with the hospital to create a model of healthy living. To demonstrate how the environment we live in can be used to heal body, mind and spirit. Where patients, staff and volunteers can create an interactive, therapeutic and educational landscape for the demonstration of ecological stewardship and as a pioneering model for other campuses and institutions.

Campus Master Plan
Land Conversion

From mowing to Food Production
Hoop House Build

Team Building
Hoophouse

Cost per hoop $13,000

Outside
Inside

First Handicap Accessible Hoop house

Community Partnership with Eisenhower Center
Grand Opening

Patient Meals and Market Cafe

Market Café replaces Cafeteria new Chefs hired
The Healthy Food in Health Care Pledge
Hospital Lobby/Farmers Market!

Hospital partners with community to bring fresh food into lobby with clinical nutrition to raise awareness of access to fresh food!
The Future

To continue to “GROW” a healthier community together!

Day to day at The Farm
Farmer Dan and The Farm at St. Joe’s
The Farm’s Food

Sustainable Farming

- Healthy soil > healthy plants > healthy people
- Compost
- OMRI approved pesticides
- Organic practices
- Bio pest control
- Hand weeding
Sustainable Farming

Community Partnerships

- Eisenhower Center
- Green Things Farm
- Washtenaw Young Adult Program
- Plymouth Canton Schools
- Washtenaw Tech.HS
- Shapedown
- Huron Woods
Community Partnerships

- U of M Matthaei Botanical Gardens
- Food Gatherers
- Ecology Center
- Healthcare Without Harm
- Community food and farm businesses and orgs in Michigan

Community Partnerships

- Staff groups
- University volunteers and interns
- AHA/AAPS Teaching gardens
- Cancer clinic donations
- Catholic Health Association
Programs

- Farmers Market
- Patient Meals
- Joe’s Java
- Huron Woods
- Food Gatherers
- Physical Rehabilitation
- TBI Patients

Programs

- Stroke Victim Support Group
- Staff Community Garden
- Ypsilanti Food Coop
- Honey bees
- Volunteer
The Physical Farm

• 2 Hoophouses 30 x 96 – production focus
• 1 Hoophouse 30x96 – patient focus
• 1/4acre total garden space
• New in 2013 – raspberries, strawberries, peaches
• Office/farm trailer
Other Farm Assets

• Dedicated staff
• 364 Acres
• Healing environment
• Organic growing practices
• Everything started from seed
• Walk in cooler
• Farm on a bus line and bike route

Finance Department Volunteers
Putting the Farm in the Farmacy Dept.

“Let food be thy medicine and medicine be thy food”
– Hippocrates
75 percent of Americans overweight by 2015

Is it really genetics?
What is in our environment?

- Unhealthy vending machines
- Processed ‘food’ from a box
- Sugar sweetened beverages
- Meat with antibiotics and hormones
- Produce that is not local
- GMO seeds
- Pesticides, styrene, BPA

Hospitals should not be serving food that will make us future patients. *
Healthy Food in Healthcare

CEO Rob Casalou signed Healthcare Without Harm’s Healthy Food pledge on behalf of St. Joseph Mercy Health System.

Michigan Good Food Charter

- Vision for Michigan’s food system and economy – source 20% of institutional food products from Michigan growers, producers, and processors.
Patients requesting more color

Patients requesting produce without pesticides
Patients requesting more flavor

Fresh tulips on morning breakfast tray
Community Connections

• Student volunteers working the Farmer’s Market
• Partnering with school science curriculums
• Prevention of pediatric obesity
Students gaining farming experience

Students building the third hoop house
Sustainable agriculture rotation for Dietetic Interns also completing clinical rotations

Turnip greens $2
great for cooking!
Q&A

Thank You!