Welcome to CHA’s Environmental Responsibility Web Conference
Healthy Food in Health Care

January 21, 2010

Environmental Responsibility Web Conference Prayer
January 21, 2010

God, our Creator, You have given us the earth, and the sky and the seas. Show us the way to care for the earth, not just for today but for ages to come. Let no plan or work of ours damage or destroy the beauty of your creation. Send forth your spirit to direct us, to care for the earth and all creation. Amen.

The Cry of the Earth

A Pastoral Reflection on Climate Change by
The Irish Catholic Bishops’ Conference
Menu of Change: Healthy, Local, Sustainable Food in Healthcare

Catholic Health Association
Webinar
January 21, 2010
Michelle Gottlieb, MEM
www.healthyfoodinhealthcare.org
mbgottlieb@comcast.net

www.noharm.org
Overview

- Industrial Agriculture and Ecological Health
- Key Issues in Food Production and Environment
- Tools for Change

As places of healing, hospitals have a natural incentive to provide food that’s healthy for people and the environment in which we live.

Health Care Without Harm is working with hospitals to adopt food procurement policies that:

- provide nutritionally improved food for patients, staff, visitors, and the general public, and
- create food systems which are ecologically sound, economically viable, and socially responsible.
Obesity In Context

- Poor nutrition is a risk factor for four of the six leading causes of death in the United States—heart disease, stroke, diabetes and cancer.(1)

- Diet-related medical costs for six health conditions—coronary heart disease, cancer, stroke, diabetes, hypertension, and obesity—exceeded $70 billion in 1995 (Nestle, 2003)

- The estimated number of hospital discharges with gastric bypass increased from 14,000 in 1998 to 108,000 in 2003 (Shinogle, Owings, and Kozak 2005).

- Clinical interventions are costly and not in keeping with successful public health strategies

Public Health Implications of Western Disease Cluster

- Metabolic Syndrome - prevalence over 40% among adults aged 60 years and older, and 24% among the population at large.
  
  - Metabolic Syndrome is early-stage diabetes mellitus, hypertension, and abnormal blood lipids.

- Pre/Diabetes - 40% US adults

- Cardiovascular Disease -Leading cause of death among men and women in the US.
  
  - Tend to co-occur in individuals and in large populations, particularly as they undergo modern industrialization.
“It is unreasonable to expect that people will change their behavior easily when so many forces in the social, cultural, and physical environment conspire against such change”

Institutes of Medicine
From our Farms of 60 Years ago…

To our Current system of Industrialized Agriculture

Within 50 years our agricultural system has become almost unrecognizable
Intensive Animal Production

- From Animal husbandry To Meat Production
  - Gestation crates, Early weaning, debeaking, Growth promoting synthetic hormones & feed additives
- From Geographically dispersed to highly concentrated
- From Pasture-based to Confinement based

Confined Animal Feeding Operations: CAFOs

- Require constant use of non-therapeutic antibiotics to prevent disease outbreaks in confined spaces
- Factory farms emphasize high volume and profit
- Produce millions of animals yearly
- Often result in inhumane treatment of animals
- Produce 1.3 billion tons of waste/year
Pesticides exposure begins in the womb
(Whyatt et al. 2001)

- Meconium (first stool) assayed in 20 newborns (NYC):
  - Looked for DEP & DETP, 2 ethyl-metabolites common to several organophosphate insecticides: chlorpyrifos, diazinon, parathion
  - Detections: 19 of 20

Organic diet lowers pesticides in children to non-detectable levels

- “Organic diets significantly lower children’s dietary exposure to organophosphorus pesticides”
  - “We found that the median urinary concentrations of the specific metabolites for malathion and chlorpyrifos decreased to the nondetect levels immediately after the introduction of organic diets and remained nondetectable until the conventional diets were reintroduced.

Lu et al. 2006. Environ Health Perspect 114:260–263
Pesticides in Produce (EWG)

12 Most Contaminated
- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (Imported)
- Spinach
- Lettuce
- Potatoes

12 Least Contaminated
- Onions
- Avocados
- Sweet Corn (Frozen)
- Pineapples
- Mango
- Asparagus
- Sweet Peas (Frozen)
- Kiwi Fruit
- Bananas
- Cabbage
- Broccoli
- Papaya

www.foodnews.org
Antibiotic Resistance

“Clearly, a decrease in antimicrobial use in human medicine alone will have little effect on the current [antibiotic-resistant] situation. Substantial efforts must be made to decrease inappropriate overuse in animals and agriculture as well.”

U.S. Institute of Medicine
National Academy of Science

“Overuse and misuse of antimicrobials in food animals contribute to the emergence of resistant forms of disease-causing bacteria. Such resistant bacteria can be transmitted from food animals to humans, primarily via the food.”

World Health Organization Global Guidelines, 2000

SUPPORT PAMTA

Poultry Feed

FEEDING DIRECTIONS:
Feed continuously as the sole ration.

ACTIVE DRUG INGREDIENTS:
CHLORAMPHENICOL, PENICILLIN, BACITRACIN, OXYTETRACYCLINE

FEED INGREDIENTS:
WHEAT MIDDLEINGS, CORN MEAL, WHEAT BRAN, GROUND OATS, CORN GLUTEN FEED, OAT MEAL, D.P. SOYBEAN OIL MEAL, HYDROLYZED Poultry Feathers, Hominy FEED.
Sign Healthcare Petition!

**Protect Antibiotics Now!**
Approximately 70% of all antibiotics are given to healthy animals. Stop the routine use of non-therapeutic antibiotics in animal feed and/or water and keep antibiotics working for human therapy and sick animals.

Please let Congress know that I,

_______________________________________________
support the Preservation of Antibiotics Medical Treatment Act and that
I would like to know what they are doing to protect antibiotics.

More information:
- www.noharm.org
- www.protectantibiotics.org

---

Climate Change
Food and Energy
Considerations

- **Production**
  - Pesticides, Fertilizers, other inputs, food types
- **Transport**
  - Mode - air, ship, rail, truck
- **Refrigeration**
  - Efficiency, what types of foods
- **Packaging**
  - Renewable, recyclable
- **Waste**
  - Compost, etc
Food and Climate Change

- Typical produce item now travels about 1,500 miles from farm to table
- Meat and dairy production primary contributors to GHG emissions from the agricultural sector – new research says 51%

![Comparison of Greenhouse Gas Emissions](image)

McMichael and Rumbrick, Public Health Nutrition, 2007

Meat Consumption and Health

- On average, Americans eat three times the amount of meat recommended by the USDA
- High consumption of meat fats and processed meats: increased risk of obesity, diabetes, cardiovascular and other diet-related diseases.
- Individual meat consumption comes with a high social cost: environmental, public health, climate change, labor.
- Hospitals typically serve meat 2-3 meals per day
U.K. Hospitals Pull Meat from Menus

"This is not just about doing things more efficiently, it's about doing things differently, because efficiency is not going to get us to big cuts...What will healthcare look like in 2030-2040 in a very low carbon society? It will not look anything like it looks now."

Dr. David Pencheon, UK NHS

Balanced Menus: Less Meat, Better Meat

- Improving health and reducing ecological footprint
- Serve smaller quantities of sustainable meat to promote healthy eating habits
- Serve less meat overall AND choose sustainably-produced meat to reduce greenhouse gas emissions
Professional Engagement

- American Public Health Association (2007)
  - Policy Statement “Toward a Healthy, Sustainable Food System

- American Dietetics Association (2007)
  - Primer - Healthy Land, Healthy People: Building a Better Understanding of Sustainable Food Systems for Food and Nutrition Professionals

- California Medical Association (2007)
  - Resolution - Improving Health Through Sustainable Food Purchasing

- American Nurses Association (2008)
  - Resolution “Healthy Food in Healthcare”

- Minnesota Academy of Family Physicians (2008)

- American Medical Association (2009)

The Healthy Food in Health Care Pledge

Barbara Lutheran Retirement Community - IA
Fletcher Allen Health Care - VT
Good Shepherd Medical Center - OR
St. Luke’s Hospital - MN
Hackensack University Medical Center - NJ
Oregon Health and Science University Hospital - OR
Fairview Hospital - MA
Cooley Dickinson Hospital - MA
Sinai Hospital - MD
Baystate Health - MA
Advocate Lutheran General Hospital - IL
The Center for Discovery - NY
Spaulding Rehabilitation Hospital - MA
Littleton Regional Hospital - NH
Swedish Covenant Hospital - IL
Carroll Hospital Center - MD
Arroyo Grande Community Hospital - CA
Bakersfield Memorial Hospital - CA
Burrage Neurological Institute - AZ
CA Hospital Medical Center - CA
Chandler Regional Hospital - AZ
Community Hospital of San Bernardino - CA
Dominican Hospital - CA
French Hospital Medical Center - CA
Glendale Memorial Hospital and Health Center - CA
Marian Medical Center - CA
Mark Twain St. Joseph’s Hospital - CA
Mercy General Hospital - CA

……………………………………
Creating the Dishes
Strategies for Healthier Food in Hospitals

- Antibiotic-free meat/poultry
- rBGH-free milk
- Organic and other certified foods
- Locally-sourcing food
- Menu Changes
- Certified coffees
- Farmers' markets
- Hospital gardens
- Fast-food free zone
- Compost and Reduction of food waste
- Vending machines
- Hospital food policy

Where to Begin???
- Look for the low-hanging fruit...
- Start small, build success...
- Find out where you have interest and support within your facility...
- Assess community resources...
Food Service Credits

FS Credit 1: Sustainable Food Policy and Plan
FS Credit 2: Sustainable Food Education and Promotion
FS Credit 3: Local, Sustainably Produced Food Purchasing
FS Credit 4: Reusable & Non-Reusable Products
FS Credit 5: Hospital Supported Agriculture: Food and Farm Linkages
FS Credit 6.1: Food Donation and Composting
FS Credit 6.2: Food Services Recycling
FS Credit 7: Food Vendors
FS Credit 8: Chemical Management for Food Services

Baby Steps

“It started slowly: from salad greens, to organic carrots and other vegetables, and whole fruits to patients as part of the meal. It’s taken a good year, baby steps at a time, to where our cafeteria customers and visitors could select organically grown whole fruit.”

Mark Branovan, St. Luke’s Hospital, Duluth
“Prevention isn’t just something that happens in the doctor’s office….Our members cannot be healthy if the communities they live in are not healthy.”

Loel Solomon, Ph.D., Kaiser Permanente, National Director Community Health Initiatives
Nutrition—A Fresh Approach
Health Leaders Media 12/2004

RESOURCES

- Health Care Without Harm Food Workgroup
  www.healthyfoodinhealthcare.org
  -list serve, pdfs, papers, newsletter, conference updates
- FoodMed Conference www.foodmed.org
- Healthy Food Pledge www.noharm.org/us/food/pledge
Covenant Health Systems
Healthy Food Initiative

Presented by Anne DeMinico
CHA Web Conference, January 21, 2010

BACKGROUND

1. Healthy Food Pledge - Signed by David in August, 2007
   - Covenant’s Commitment to the Initiative

2. Environmental Stewardship Efforts Restructured – March, 2008
   - Creation of Coordinating Council & Standing Committees (Purchasing, Building & Renovation & Healthy Food)
ACTION ITEMS FOR 2008

1. All organizations are transfat free
2. All organizations are styrofoam free (excludes emergencies)
3. Develop a strategy to work with Yankee and any other shareholders
4. All organizations are purchasing through Red Tomato or other local farmers
5. Conduct an educational program on composting
6. Nutrition is a section on the website
PROGRESS MADE

Transfat free
- Increased from 58% to 83%
- Only 2 organizations with less than 5% use

Styrofoam free
- Increased from 17% to 75%
- Only 3 organizations remain

Purchasing locally
- Increased from 42% to 93%

PROGRESS MADE

- Education Session on Composting
  - Healthy Food Committee
    - September, 2008
  - Covenant Operations Committee
    - October, 2008
Progress Made

- Composting Program Initiated
  - Youville Place
    - September, 2008

Farm Tour

Pleasant Valley Farm
Methuen, MA
Growing Our Own
### 2008 Goals – Progress Made

- Educational program on composting
- Nutrition and updates posted on website
  - www.covenanths.org
2009 Goal

- Provide education on rBGH to employees of member organizations
  - Power point presentation developed
  - Member organizations determined what type of education they provided
    - Presentation format
    - Posters
    - Handouts

St. Joseph Manor’s Initiatives

- Neighborhood Based Dining Program
St. Joseph Manor’s initiatives

- Balanced Menu Project
  - Voluntary commitment by healthcare institutions to reduce meat offerings in meals by 20% in 12 months
    - climate change reduction strategy
    - promotes good nutrition
    - benefits individual health & the environment
  - To learn more about the project: http://noharm.org/us_canada/issues/food/menus.php

Contact Information

St. Joseph Manor Health Care, Inc.
Anne DeMinico, CEO
215 Thatcher Street
Brockton, MA 02302
(508) 583-5834
ademinico@sjmbrockton.org
St. Mary’s Health System

- Healthy Food Changes
- The Green Kitchen
- Community
- Farmers Market
- Equipment
- Waste Reduction

Healthy Food Changes At St. Mary’s Health System

- Adopted patient “Right Size” portions for retail operations
- Changed product placement to showcase healthy options such as fresh fruit cups, fresh fruit and low fat yogurt parfaits.
At the Grill:

- Removed the fryer and replaced fried foods with baked foods such as fries and chicken nuggets
- Added grilled sandwiches to reduce fat
- Increased vegetarian options

At the Sandwich Bar:

- Switched from refined grains to whole grain breads, rolls, and cookies
- Increased the variety of meats, cheeses, and vegetables
- Added hummus as a sandwich spread
- Chips are now baked or reduced fat
Healthy Food Changes At St. Mary's Health System

- At the Entrée Station:
  - Renovated the Entrée Station changing from self service to a served station.
  - Conducted nutrient analyses on our current recipes in order to improve their nutrient profile
  - Increased vegetarian options

- Impulse Areas:
  - Created grab and go salads and sandwich wraps with nutrition information to make eating healthy more convenient
  - Added sugar free drink packets
  - 100-calorie snacks
  - Energy bars and trail mix
  - Added a recipe center to provide recipes of foods available for purchase
Marketing:

- Began to offer samples of new food products so customers can taste before they purchase.

- Developed specials for various new menu items to make eating healthier affordable.

- Promoted the health benefits of foods we already offer at the point of purchase.

Green Kitchen

- Reduced disposable plates, cups, coffee cups (Styrofoam) and utensils in retail operations & eliminated disposable tray components.

- Annual Waste Reduction:
  - Juice cartons 55,000 per year
  - Milk containers 64,000 per year
  - Dessert Dishes 110,00 per year
The Green Kitchen

- Replaced catering boxes for catered lunches with Bio-Plus Earth paperboard containers. Endorsed by the Green restaurant association.

- Replaced take out containers with compostable boxes made from corn, sugar cane and potato.

- Replaced Styrofoam cups with Eco Cups. The cup is lined with a vegetable-based coating rather than traditional poly-lining. This lining allows the cups to be 100% biodegradable and compostable.

- Replaced Styrofoam take out containers with containers made from 100% U.S. grown corn. With the same look and feel as clear plastic, the containers will completely compost in just 45 – 60 days

- Replaced plastic utensils with compostable utensils made from corn.

Made from U.S. grown corn, the cutlery is bio-degradable and decompose within 100 days
Replaced bleached paper napkins with Earth Wise napkins, an environmentally responsible line of recycled paper products that are now certified by Green Seal.

All Earth Wise products are processed chlorine free and are 100% recycled with a minimum of 65% and up to 80% post-consumer content. Earth Wise products are tested to ensure that they meet stringent environmental leadership standards.

Retail Purchasing Incentives

- Reusable Stainless Steel or St. Mary’s Ceramic Travel Mugs & Sports Bottles
- First coffee or fountain beverage FREE, and receive future refills for only $1.25

Use a tote bag instead of a disposable bag.

Machine washable 100% natural cotton canvas tote bags have plenty of room to carry everything you need when you are on the go.
Retail Purchasing Incentives

- Discounts on all beverage purchases if using a china mug or reusable cup.

- Discount on soup purchases if using a St. Mary's Ceramic Travel Mug.

Community

- The food service department collects un-served food left from dining areas, catering and the cafeteria for the Trinity church meal program for the needy.

- Food is collected throughout the day from our service areas following each meal. Food is chilled and packed in insulated coolers for pick up.

- Approximately 35 pounds of food is collected daily or about 1,000 pounds per month.
Farmers & Artisans Market

- Farmers & Artisans Market offered once a week during the summer for employees and the community

- Local farmers provide a selection of fresh produce, flowers, plants, meat, cheese, free range poultry and eggs

- Local artisans provide a selection of breads, handcrafted soaps, beauty products and jams, jellies and chutneys

Equipment

- The traditional garbage disposal was replaced with a food waste collector that uses recirculated water for scrapping.
The collector consumes only 2 gallons of new water per minute vs. 7 gallons per minute for a typical garbage disposal; saving 3,600 gallons of water per day.

The collector also allows us to collect food to use as animal feed for local farmers. Produce trimmings and tray scraps are collected during the scrapping process instead of using the garbage disposal. Food is placed in 5 gallon pails and kept refrigerated until pick up. We collect an average of 2 oz. of scraps per meal. 70,000 lbs have been collected from Apr 09 – Dec 09 saving $2,400 in waste fees.
Waste Reduction

- A second life was added for food service containers by providing the empty containers to employees, visitors and customers to reuse.

  - Containers such as tin cans, glass jars, 5 gallon buckets and yogurt containers that would normally end up in the landfill are being reused in a variety of ways.
  - Several hundred 2nd life containers are provided each month.

- Coffee grounds are saved and provided free of charge to employees, visitors and customers. Grinds are packed in 2nd life food service containers for pick up.

  - Uses include sprinkling around plants, flowers, shrubs & trees before rain or watering, for a slow-release nitrogen.
  - Adding to the compost pile to increase nitrogen balance as well as for ant control and vermin composting.

  - We provide approximately 150 to 200 lbs of coffee grinds per month.
St. Mary’s Nutrition Center of Maine

Youth Programs
- Garden Learning
- Job Training/Service
- Healthy Habits

Community Gardens
- Family & Senior Plots
- Greenhouse
- Neighborhood Beautification

Food Access Projects
- Farmers Markets
- Canning & Preserving
- Bulk Buying Club

Lots to Gardens

Community Cooking Programs
- Kids, Youth & Adult Clubs
- Free/low-cost
- Hands-on

Somali Nutrition Education
- Peer educator model
- Culturally relevant
- Tailored to specific needs

Nutrition and Cooking Education

Culinary Programs
- Chef in Residence
- Clever Cooks
- Specialty Classes

Emergency Food Distribution
- 5 days a week
- 200+ families per week

Food Demonstrations Education
- Connecting to nutrition education

Food Pantry

Clinical Programs
- Gluten Free Support Group
- Budding partnerships - cardiac health, diabetes, chronic disease

Neighborhood Beautification

Food Access Projects
- Farmers Markets
- Canning & Preserving
- Bulk Buying Club

Tailored to specific needs
changing our community

Creating fair access to fresh food, healthy youth and a healthy community

• 15 urban community gardens and greenspaces
• 80 families and seniors growing their own food
• 5000 volunteer hours and thousands of pounds of fresh food
• Neighborhood access points for affordable food
• Children & adults learn to cook healthy meals
• Youth as leaders in growing food for the hungry
From the beginning...
Family Gardens

Seven community gardens provide plots and support for families and senior citizens to grow food for themselves.

- Three family gardens are located at Hillview Apartments family public housing.
- Seniors Gardens are located at Meadowview Park public housing complex.
- Three community gardens are located in downtown Lewiston.

Eighty families and senior citizens grow food for themselves
GROWING YOUTH
Youth as leaders in growing food for the hungry

• Garden education programs for younger children at Hillview and Multi-Purpose Center
• 15 teenagers work as Summer Youth Gardeners – they participate in 8 weeks of job training, community service, life-skills training
• Youth Interns take on added responsibility and leadership, serve as role models for their peers
Garden Learning with Kids
Summer Youth Gardeners
Job Readiness, Training and Skills
Youth Leadership & Community Change
In the words of summer youth gardeners, why the garden programs are important:

• Instill pride in our community
• Neighbors get to know each other
• Others are motivated when they see youth helping our community
• People in need get healthy food, better nutrition
• Changes the reputation of teenagers; youth feel appreciated and believe they can do things for their community.
Resident Coordinator Training

Neighbors teaching each other
Community Nutrition Education

- Built on the belief that innovative, comprehensive and preventative approaches must be used to address the issues of hunger and poor health in our community.
- Community Nutrition initiatives offer accessible, affordable opportunities for people of all ages to learn about food and nutrition while developing practical skills they can use to be healthier every day.
- Programs are hands-on, free or low-cost, and low-barrier.
- Classes are held at the Nutrition Center as well at other kitchens at community centers across the City.
- Partners include the Public Library, HeadStart, Lewiston Housing Authority, Tri-County Mental Health, the City of Lewiston and Healthy Androscoggin.
- 146 classes were attended by over 1,000 children, teens, adults and seniors.
Getting Good Food - Veggie Stands & Community Meals
The Veggie Stand at Hillview is grown, prepared and managed by children!
Weekly Harvest Dinners are prepared by teens and children and attended by over 40 people.
In 2009, 60 classes were offered at two sites, the Public Library and at a community center, serving over 400 children ages 4-14.
Youth Learning to Cook and Eat Well
Nutrition Education for Somali Refugees

Peer-led, culturally relevant education for women
St. Mary’s Food Pantry

Open from 9-11 am, Monday – Friday. Serves 200 families each week
Over 12,100 boxes were distributed in 2009, providing enough food for three-day emergency food support for over 25,200 people.
Kirsten Walter  
Director, Nutrition Center of Maine 
St. Mary's Health System  

P.O. Box 7291  
Lewiston, Maine 04243  
207.513.3845  
kwalter@stmarysmaine.com  
www.stmarysmaine.com/nutrition-center-of-maine.html