

the catholic health association

growth

Welcome to CHA's Environmental Responsibility Web Conference

Healthy Food in Health Care

January 21, 2010

CHA
THE CATHOLIC HEALTH ASSOCIATION
OF THE UNITED STATES

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*

©2010 The Catholic Health Association. All Rights Reserved. January 21, 2010 Environmental Responsibility Web Conference 2

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



Overview

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



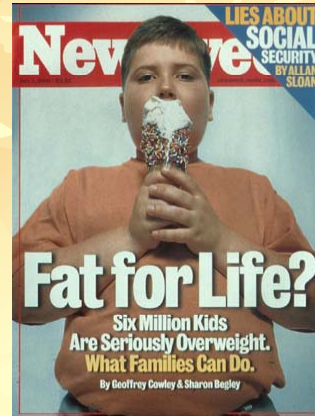
As places of healing, hospitals have a natural incentive to provide food that's healthy for people and the environment in which we live.

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

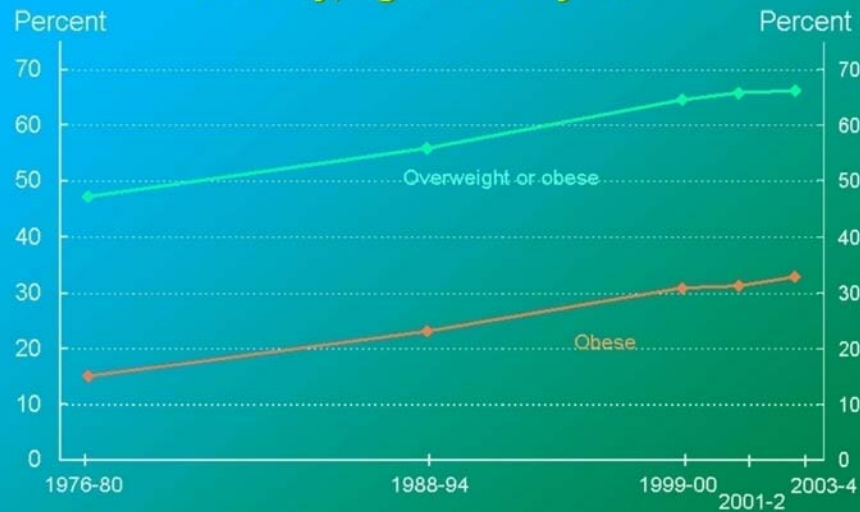
- Poor nutrition is a risk factor for four of the six leading causes of death in the United States —heart disease, stroke, diabetes and cancer.(1)
- Diet-related medical costs for six health conditions—coronary heart disease, cancer, stroke, diabetes, hypertension, and obesity—exceeded \$70 billion in 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.

Figure 2. Trends in Adult Overweight and Obesity, ages 20-74 years



Note: Age-adjusted by the direct method to the year 2000 US Bureau of the Census estimates using the age groups 20-39, 40-59 and 60-74 years. Overweight defined as BMI ≥ 25 ; Obesity defined as BMI ≥ 30 .



“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...



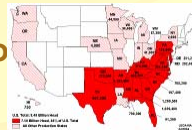
To our Current system of Industrialized Agriculture

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.

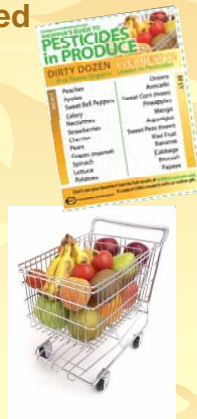
Lu et al. 2006. Environ Health Perspect 114:260–263



Pesticides in Produce (EWG)

12 Most Contaminated

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

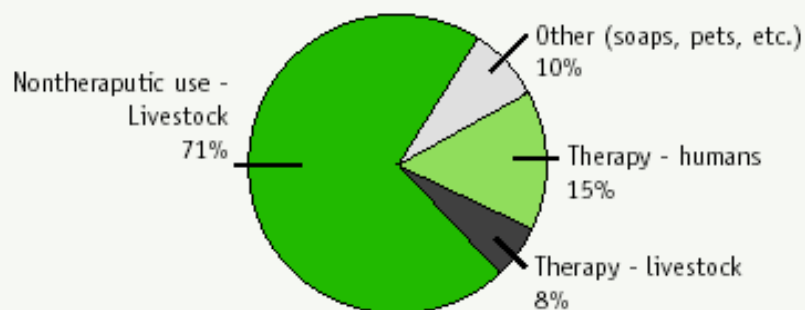


12 Least Contaminated

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

www.foodnews.org

U.S. Antibiotics Consumption



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



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

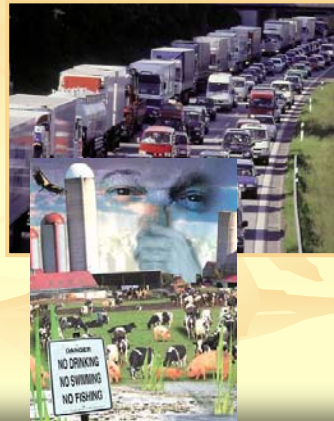
I would like to know what they are doing to protect antibiotics.

More information:

- www.noharm.org
- www.protectantibiotics.org

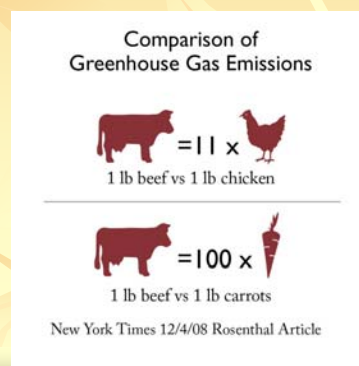
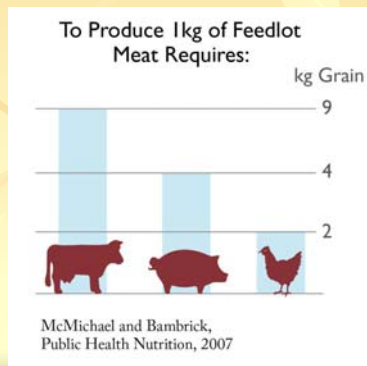
Climate Change Food and Energy Considerations

- **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%



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

Bartels 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
 Barrow 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

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 forces 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 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 resistance in humans. Each year 20 to 30 million pounds of antibiotics (including related antimicrobials) 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 this antibiotics to animals, excreted rather

passed 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 basins and some pesticides have been found rapidly to runoff. Large-scale animal feeding operations contribute to water pollution when untreated animal waste releases biologically active hormones, antibiotics 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 "safe" 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 across the entire economy.

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...



Menu of Change

Healthy Food in Health Care

A 2008 Survey of Healthy Food in Health Care Pledge Hospitals



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



Food Service Operational Credits

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
- Green Guide for Healthcare www.gghc.org





Covenant Health System 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

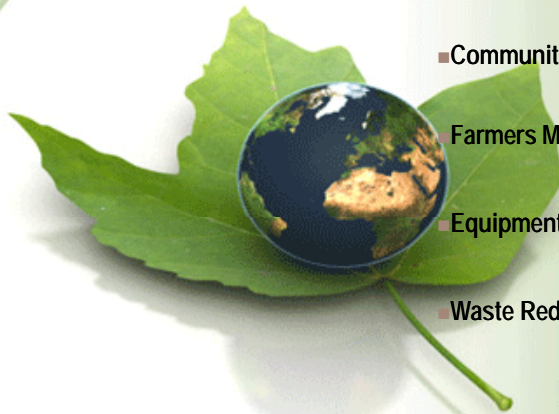
St. Joseph Manor Health Care, Inc.
Anne DeMinico, CEO
215 Thatcher Street
Brockton, MA 02302
(508) 583-5834

ademinico@sjmbrockton.org



St. Mary's Health System

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



Food Changes At St. Mary's Health System

- Employee & Visitor Dining
- 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.



Menu Changes At St. Mary's Health System

■ 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



Menu Changes At St. Mary's Health System

■ 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



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

Changes At St. Mary's Health System



■ 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

Changes At St. Mary's Health System

■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



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. .

Green Kitchen

- 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

Green Kitchen

- 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.

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.

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.



Equipment

- 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.



Equipment

- 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 land fill are being reused in a variety of ways
- Several hundred 2nd life containers are provided each month

Waste Reduction

- 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.



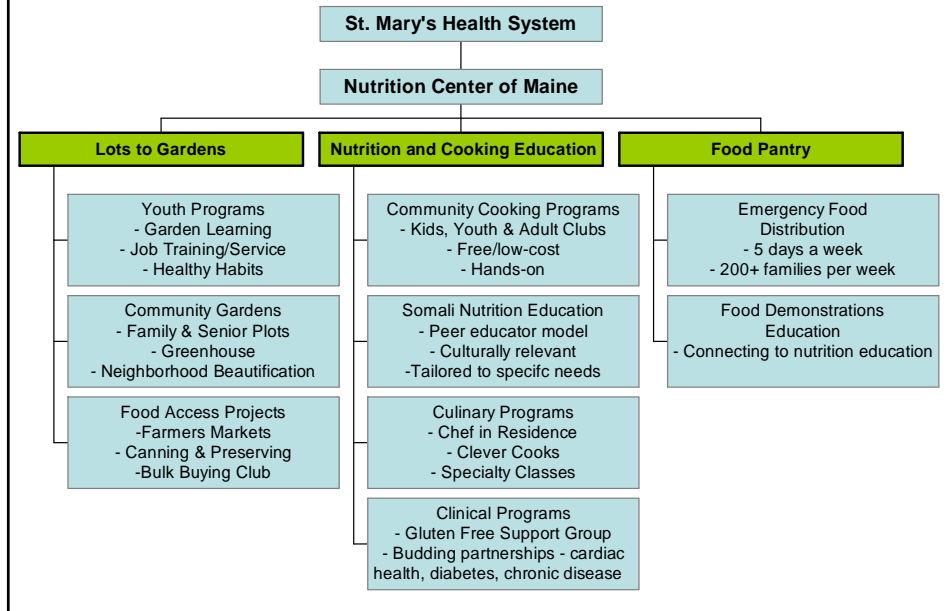
- Uses include sprinkling around plants, flowers, shrubs & trees before rain or watering, for a slow-release nitrogen.
- Adding to the compost pile to increase nitrogen balance as well as for ant control and vermin composting.
- We provide approximately 150 to 200 lbs of coffee grinds per month.



St. Mary's Health System Nutrition Center of Maine



St. Mary's Nutrition Center of Maine





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









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





Nutrition Education



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





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.





Contact Information

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