

World Health Organization



- ▶ “Climate change is the defining issue for health systems in the 21st century.”

“Health professionals have the knowledge, cultural authority and responsibility to protect health from climate change.”



Together with our partners around the world, Health Care Without Harm shares a vision of a health care sector that does no harm, and instead promotes the health of people and the environment.

HCWH has grown to over 500 organizations in 53 countries.

Healthy Food Systems, Waste Management, Toxic Materials, Safer Chemicals, Green Building & Energy, Climate & Health, Green Purchasing, Pharmaceuticals

Join us in building a healthier future



DEAR WORLD

Addressing Climate Change in the Health Care Setting

Opportunities for Action



Online at:
www.noharm.org/us



**PRACTICE
Greenhealth**



LAUNCHED APRIL 2012!

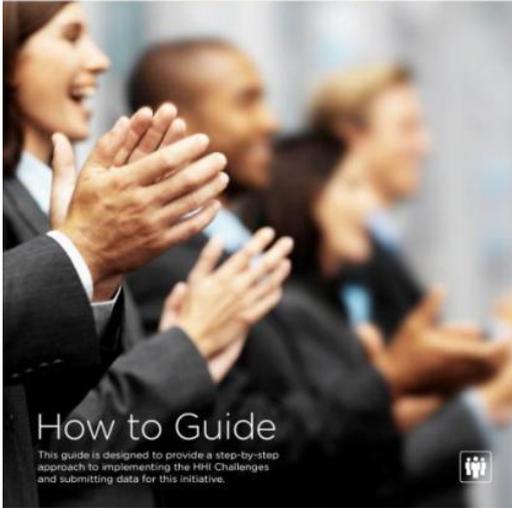


www.healthierhospitals.org





Engaged Leadership

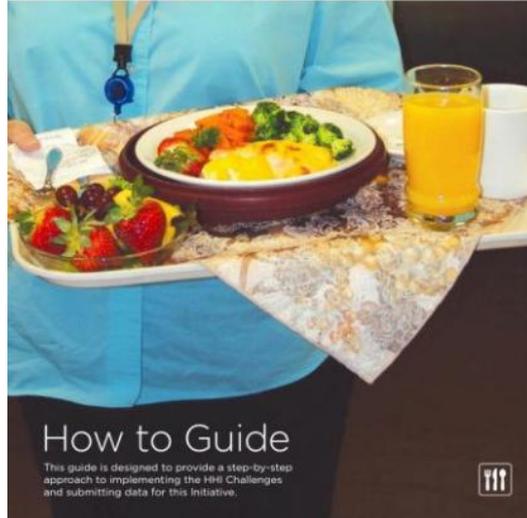


How to Guide

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



Healthier Foods



How to Guide

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Leaner Energy

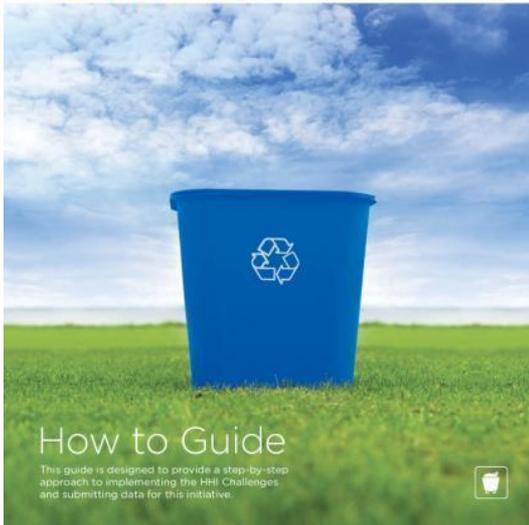


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Less Waste



How to Guide

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Safer Chemicals



How to Guide

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Smarter Purchasing

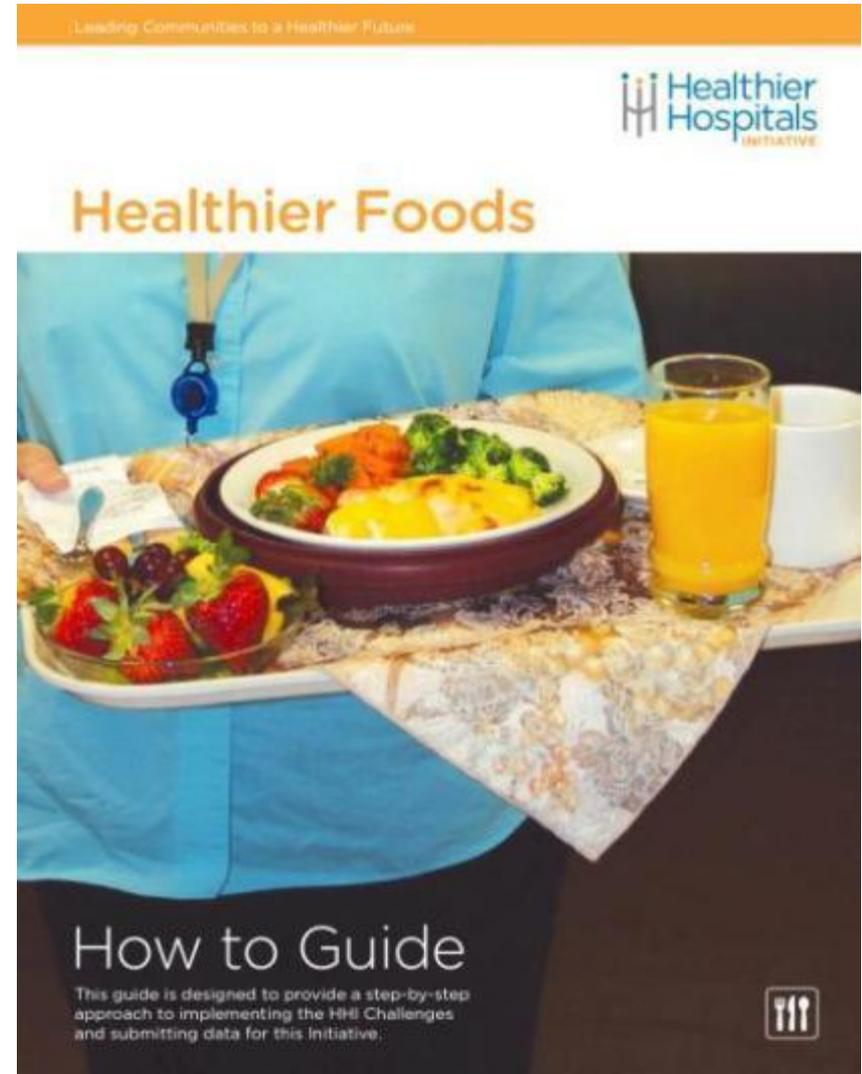


How to Guide

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



Hospitals have a unique opportunity to use their purchasing power and mission of healing to help build a healthier food system and model healthy food procurement and consumption by serving fresher, healthier, more nutritionally dense food to patients, staff and communities.



HHI Healthier Food Challenge

Baseline: Sign Health Care Without Harm's *Healthy Food in Health Care Pledge* or adopt a sustainable food policy.

Choose 1 to 3 objectives over three years:

- 1) Take the Balanced Menus Challenge (Less Meat, Better Meat)
- 2) Increase Purchases of Healthy Beverages
- 3) Increase Procurement of Local and/or Sustainable Foods





Healthy Food in Health Care Program

□ Definition of **healthy food**:

- Nutritious, whole foods and beverages
- Environmentally sound
- Economically viable
- Socially responsible



Sustainable Food Service

A Menu of Options

- Local, organic, fair trade and sustainably grown foods
- Antibiotic-free and hormone-free meat/poultry; rBGH-free dairy
- Grass-fed meat and reduced meat servings
- Cage-free eggs
- Increasing healthy beverage offerings / decreasing SSBs
- Farmers markets and hospital gardens on site
- Healthy vended items
- Fast-food-free zones
- Composting and food waste reduction
- Adopting healthy food policies

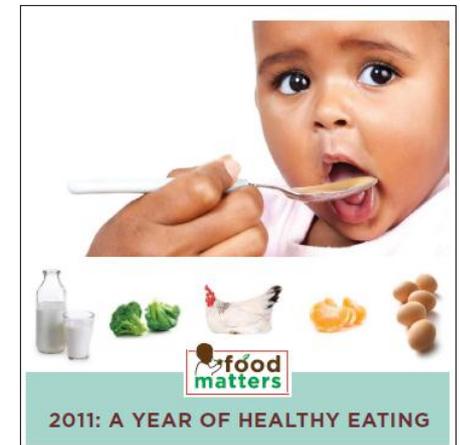


Clinical Education and Advocacy



www.healthyfoodinhealthcare.org

- CME-accredited trainings, grand rounds, webinars
- Nationwide clinical network
- Maternal and child health calendar
- Videos for waiting rooms, clinics, exam rooms, meetings



<http://www.healthyfoodinhealthcare.org/foodmatters.overview.php>

Healthy Food in Health Care NATIONALLY

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 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 contribute the antibiotics to reach consumers rather

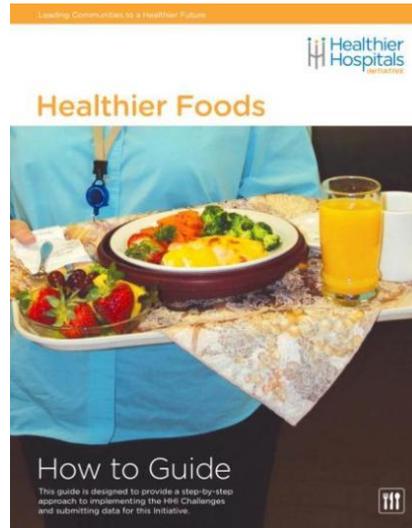
ported an average of 1,500 miles to reach its destination. Through the use of diesel and other fossil fuels, vehicles unnecessarily contribute to global warming. Fertilizers and pesticides contaminate ground water in many locales and some pesticides have been found regularly in rainfall. Large-scale 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. 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—over one other

441

Pledge
signatories
in 26 states



201

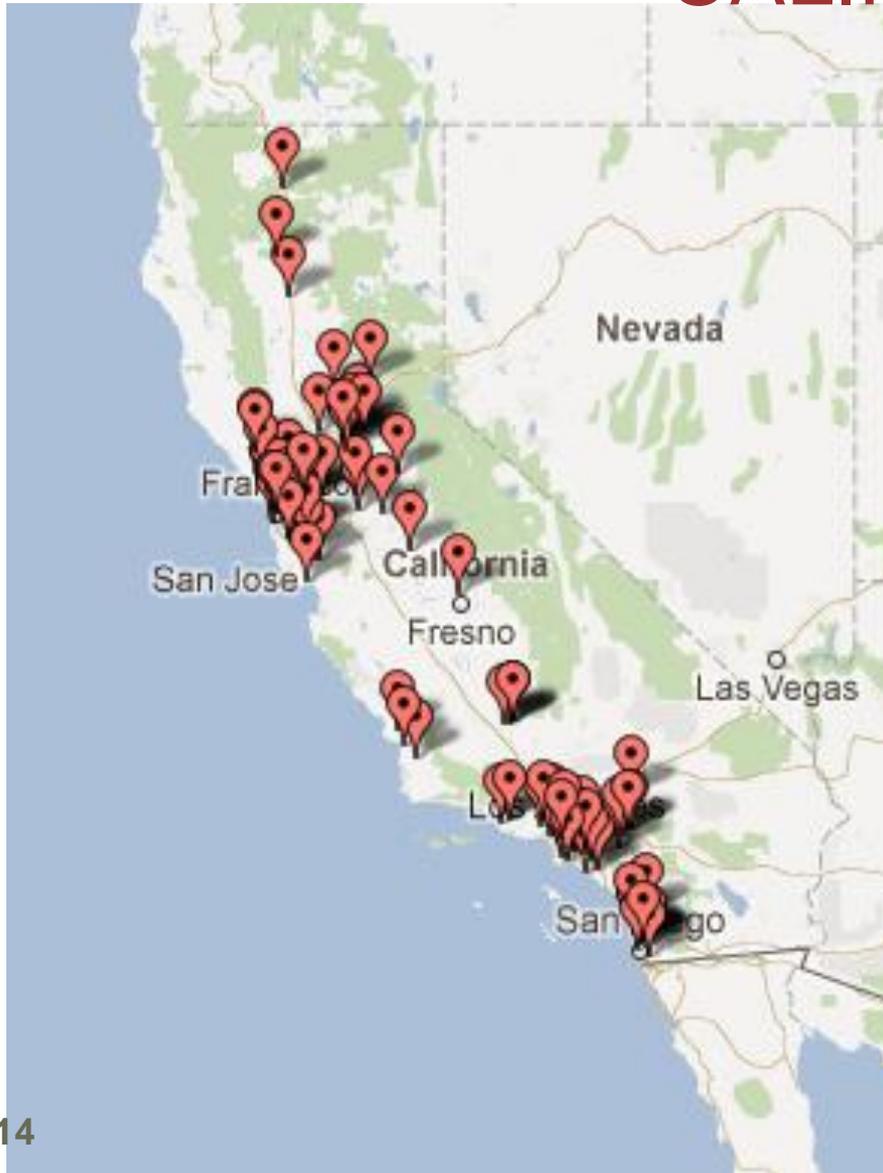
HHI Food
Challenge
signatories



California Healthy Food in Health Care



Healthy Food in Health Care CALIFORNIA



108 Signatories

Healthy Food in Health Care
Pledge

82 Signatories

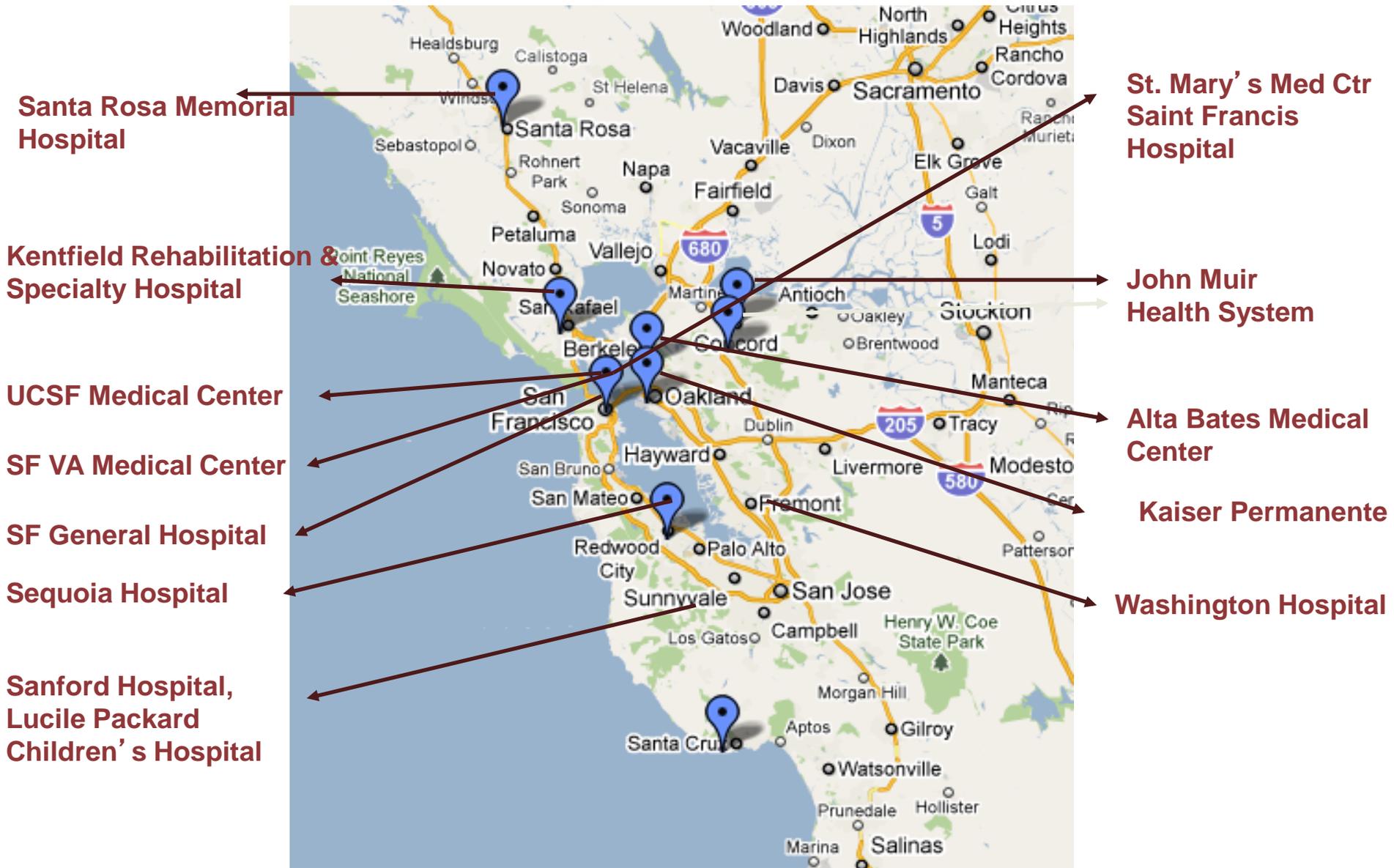
Healthier Hospitals Initiative
Healthy Food Challenge

Leadership Teams

SF Bay Area

San Diego

Los Angeles. . .



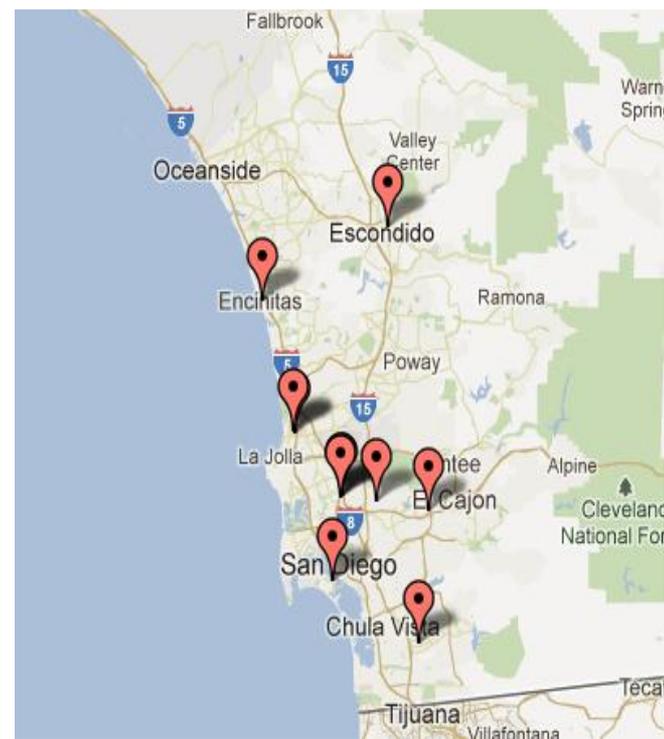
SF Bay Area Leadership Team

San Diego

Nutrition in Healthcare Leadership Team

- Palomar Pomerado Health
- Kaiser Permanente San Diego Medical Center
- VA San Diego Healthcare System
- UC San Diego Health Sciences
- Scripps Memorial Hospital
- Rady Children's Hospital
- Sharp HealthCare
- Alvarado Hospital

**Organized by Community Health
Improvement Partners**



Los Angeles

Healthy Food in Health Care Pledge Signers

UCLA Healthcare

Methodist Hospital of Southern CA

Hoag Memorial Presbyterian

Hoag Hospital Irvine

Hoag Hospital Newport Beach

Hoag Orthopedic Institute

Dignity Health

St. Mary Medical Center Long Beach

California Hospital Medical Center, LA

Glendale Memorial Hospital and Health
Center

St. Joseph Health

St. Joseph Hospital, Orange

St. Jude Medical Center, Fullerton

Kaiser Permanente

Baldwin Park Medical Center

Bellflower Medical Center

Los Angeles Medical Center

Orange County – Irvine Medical Center

South Bay Medical Center

West Los Angeles Medical Center

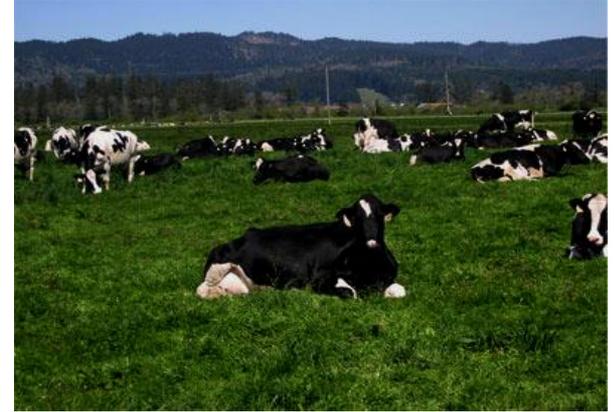
Woodland Hills Medical Center

Panorama City Medical Center

Anaheim Medical Center

Leadership Team Goals

- **Increase institutional procurement of healthy food** for healthy bodies, farms, environment, and communities
- Work to **make food a part of the healing process** in our institutions
- **Share ideas & information** about products, sourcing, etc.
- **Pool our purchasing power** to improve access to sustainably- grown foods and move the marketplace



meat

- CO₂ equivalent emissions from producing 1/2 a pound of beef are the same as the emissions from driving a gasoline-powered passenger car that gets 27 miles per gallon for 9.81 miles, producing 7.4 pounds of co₂ equivalent.
- For 1/2 a pound of pork, co₂ equivalent emissions are equal to driving 2.52 miles, or 1.9 pounds of co₂.
- For 1/2 a pound of chicken, co₂ equivalent emissions are equal to driving 0.73 miles, or 0.55 pounds of co₂.

(Fiala 2009)

meat

- Beef production uses an input of 40 kcal of fossil fuel energy for each 1 kcal of beef protein produced. Pork production has a ratio of 14:1, broiler chicken production has a ratio of 4:1, and it only takes 2.2 kcal of fossil fuel energy to produce 1 kcal of plant-based protein. (Pimentel & Pimentel 2003)
- It is projected that with increasing demand, meat production in 2030 will produce almost 1.9 billion tons of greenhouse gases. (Fiala 2008)

meat

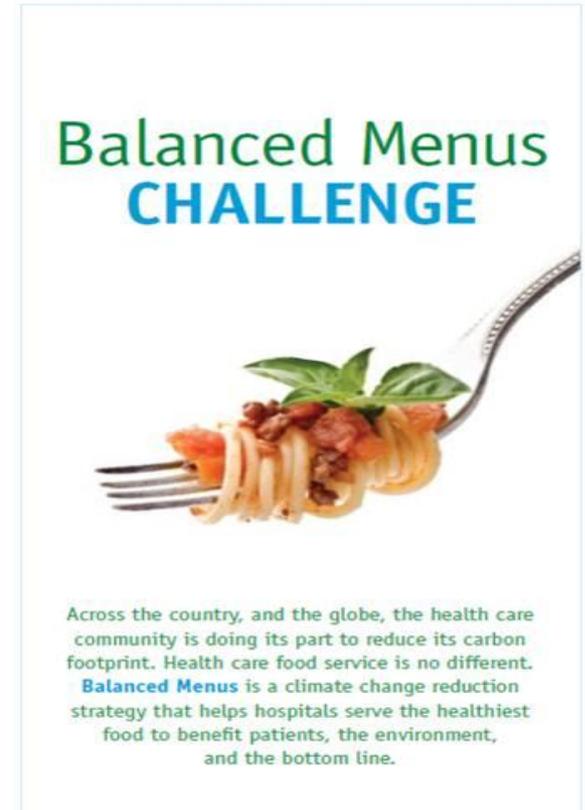
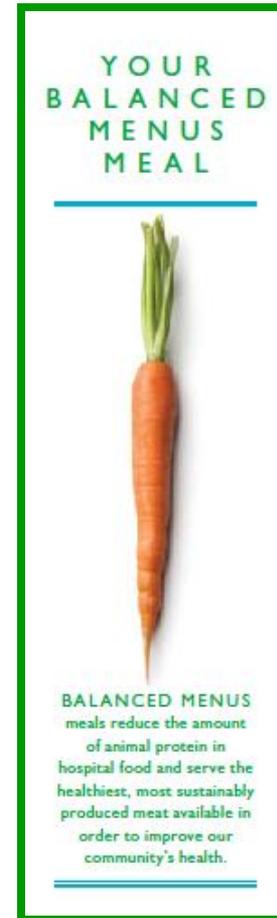
- Estimates of global greenhouse gas emissions from the livestock sector range from 18-51% (U.N. FAO 2006, Goodland & Anhang 2009)
- According to a 2006 report by the UN FAO, the livestock sector accounts for 18% of all greenhouse gas emissions.* It accounts for 9% of carbon dioxide emissions, 37% of methane emissions which are 23 times higher in global warming potential than CO₂, and 65% of nitrous oxide emissions which are 296 times higher in global warming potential. (U.N. FAO 2006)

*This estimation focuses on the production chain from feedcrop to product, transport not included.

Balanced Menu Challenge

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



Balanced Menu Challenge

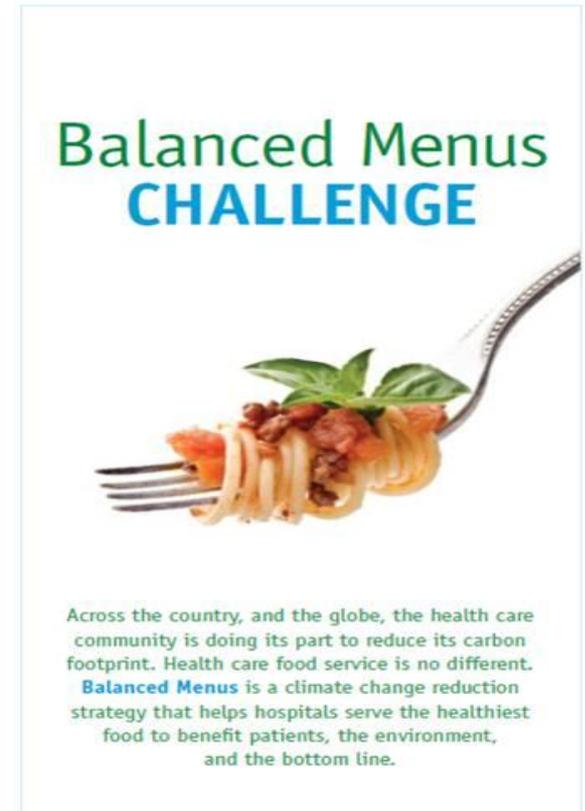
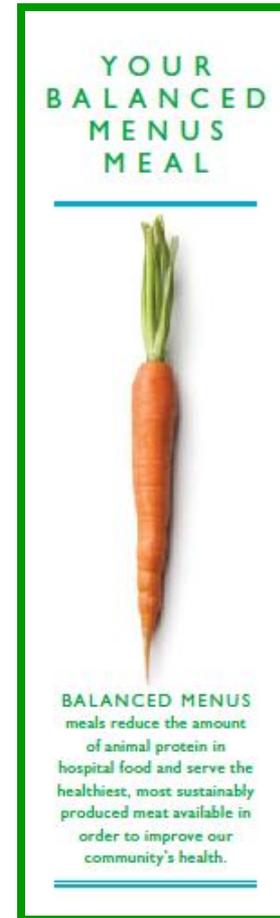
Where are we now?

93 Hospitals Nationwide

Up to 70% reduction of meat products
on hospital menus

Increased cross-sector collaboration
(School Food Focus, Real Food
Challenge)

Meat meeting in October, 2013



JOHNS HOPKINS
Center for a **Livable Future**
| People • Food • Environment

fossil fuels on and off farm

- Estimates for the amount of energy used to produce food in the U.S. range from 10.5% to 14.5% of annual energy consumption. A more recent study estimates 15.7% of energy consumption in 2007 was used to produce food. (Heller & Keoleian 2000, Pimentel & Pimentel 2003, Canning et al. 2010)
- One study estimated the energy intensity of food production from agriculture, transportation, processing, food sales, storage, and preparation for 2007 as 8080 trillion BTU. (Cuéller & Webber 2010)

fossil fuels on and off farm

- Synthetic nitrogen fertilizer, produced through the synthesis of ammonia by the Haber-Bosch process, represents the largest component of fossil fuel exploitation by agriculture.
(Glendining et al., 2009).
- Estimations of the average distance food items travel varies between 1,500 and 4,200 miles, burning excessive amounts of fossil fuels.
(Pollan 2006, Pirog et al. 2001, Weber & Matthews 2008)

high fructose corn syrup

- Including fossil fuel inputs used for farm machinery, fertilizers, and pesticides, it takes between one-quarter and one-third of a gallon of oil to produce a bushel of corn (USDA 2008; Pimentel 2005; Pollan 2006).
- For the market year ending in August 2013, 495 million bushels of corn will be used to make HFCS. Using estimations for the amount of oil to produce corn (1/4 to 1/3 gallon per bushel), this equates to between 124 and 165 million gallons of oil for the production of HFCS this year. (USDA ERS, USDA 2008, Pimentel 2005, Pollan 2006)

high fructose corn syrup

- The production of high fructose corn syrup includes wet milling, an extremely energy-intensive process requiring 10 calories of fossil fuel energy for every 1 calorie produced. (Pollan 2006)
- Nitrogen runoff from excess nitrogen fertilizers applied in the Corn Belt not only contributes to dead zones in the Gulf of Mexico (Pimentel 2005, Pollan 2006), but also to increasing levels of reactive nitrogen in the atmosphere, for example when transformed into nitrous oxide by bacteria (Townsend & Howard 2010).

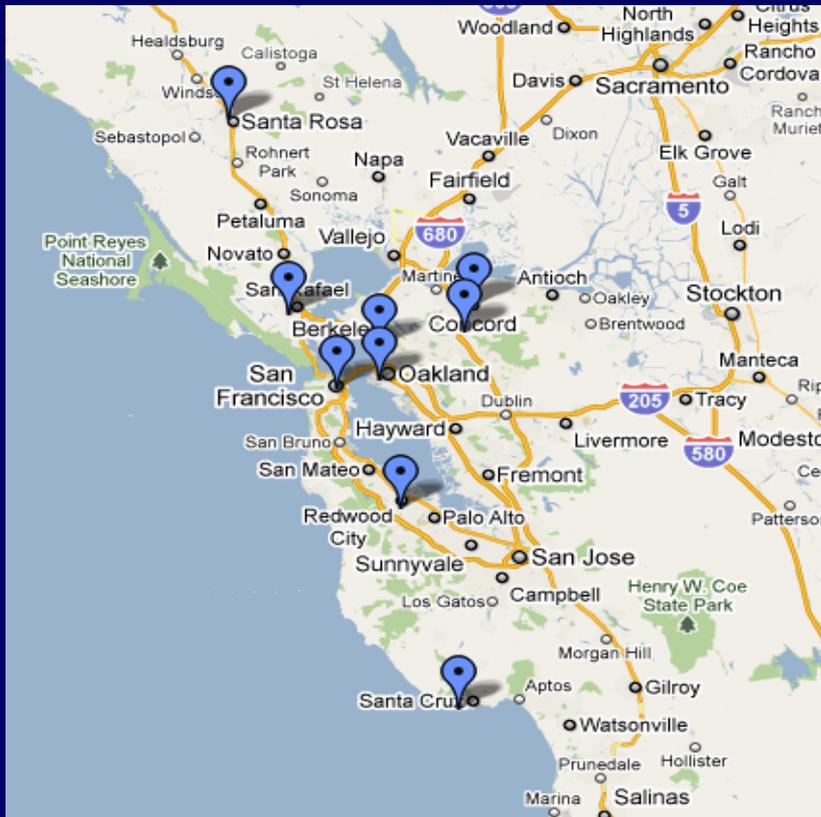
Regional Produce Sourcing Project



COMMUNITY ALLIANCE WITH FAMILY FARMERS

BUY FRESH BUY LOCAL

WWW.CAFF.ORG



Health Care

Without Harm

PSR

Physicians for
Social Responsibility
SAN FRANCISCO BAY AREA

Project Participants:

- SF PSR – Healthy Food in Health Care
- Community Alliance with Family Farmers
- Kaiser Permanente, John Muir Health, UC San Francisco, San Francisco VA Hospital, Washington Hospital
- Distributors and Distributor Processors: Bay Cities Produce, Fresh Point, U.S FoodService, San Francisco Specialty



Project Goals:



- 1) Increase local and sustainable produce sourcing in the health care sector.
- 2) Increase support for sustainable food production through institutional purchasing
- 3) Engage distributors with existing hospital contracts
- 4) Increase capacity of sustainable farmers to meet the needs of institutional procurement
- 5) Develop methodology for tracking, monitoring, and measuring changes in procurement



Encountering Challenges...



Hospitals rely on pre-cut & washed produce

Hospital patients are designated a “vulnerable population” by the FDA and special food safety standards apply

Most small and midsized family farmers are not third party food safety audited

Distributors do not source verify product, especially cut-up product

Both distributors and hospital foodservice do not track the farm source of the product they sell or use



Solutions...



Focus on 6-8 crops, some whole, some cut-up

Limit to farmers who are or will be food safety certified

Some distributors (Bay Cities and Sysco) have developed “scholarships” to farmers to get food safety certified

The aggregated volume (i.e. collective clout) of the hospitals is an important bargaining tool with distributors to encourage source-verification

CAFF’s responsibility to extract the necessary data to track improvements in purchasing

Everyone’s committed to success - getting fresh, local, sustainable food on patient trays as well as in the cafeterias.

Success to date...

Designed and implemented purchasing surveys for hospital foodservice and distributors

Meetings with foodservice teams and distributors, building and strengthening relationships

Increased tracking capacity in ordering process in place with two distributors

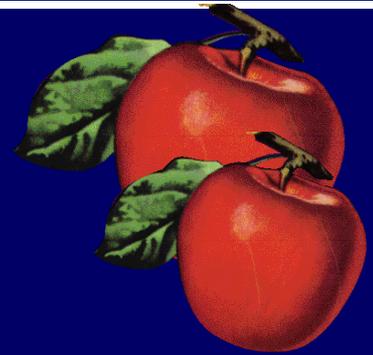
Food safety training for farmers

Crop varieties identified - 6 products 1st year, 7,500 lbs distributed – potential 750,000 lbs of produce

Successful outreach to farmers - 12 farmers participating 1st year



2nd Year Goals...



Create marketing materials. Tell the story.

“With this kind of institutional commitment to purchase our produce, we can now think about increasing our acreage in sustainable production to meet those needs.” Dale Coke, Coke Farms

Expand numbers of hospitals, farmers, and products

Engage other institutional sectors. Stanford University on board to participate (18,000 meals/day)

Increase participation with farms “in transition”

Implement model in other regions - create how-to guide

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](#)
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Thank you to our hospital leaders!

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HCWH

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