Healthy Food in Health Care
Bay Area Hospital Leadership Team
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.
Healthy Food in Health Care

- Sustainable Food Service
- Awards and Benchmarking
- Clinical Education & Advocacy
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 favors 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 resistance 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 farm fish continue to misuse antibiotics to ensure maximum returns rather than 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 feedlots 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 across our nation's worker.
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
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
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
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
Hospital Leadership Team Goals

- **Leverage collective buying power** to move the marketplace and to improve access to cost-effective, healthful, sustainably-produced foods

- **Share innovative strategies**, best practices, and product information

- Work together to **make food a part of the healing process** and to make healthful, sustainable food and beverages the standard

- **Educate** patients and their families, employees, physicians, and the community

- **Support evaluation and tracking** of food and beverage practices across healthcare systems
Bay Area HLT in Action #1: 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
Bay Area HLT in Action #2: Cage-Free Liquid Eggs

2011

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

- 3 HLT members purchase 91,000 pounds of liquid eggs annually
  - ~45 tons or 720,000 large eggs

- Switching saves over 3,500 hens from living in battery cages every year
Bay Area HLT in Action #3:  
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

2012 – 2013: 29,217 pounds of produce sourced
Organic strawberries & butternut squash, green beans, asparagus, stone fruit
Coke Farms increased organic strawberry production by 30% to meet hospitals’ demand.
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.
Lessons Learned from HLT

- Get to know each other’s operations
- Find common ground on purchasing specifications – you may have to change your specifications for the good of the group
- Meet the farmers and understand their planting cycles
- Involve non-operators for perspective
- Create a coordinated plan and small accomplishments
- Often you can build on the small things to achieve greater goals later. Baby steps!
www.HealthyFoodinHealthCare.org
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