

Union Hospital

Department of Food and Nutrition Services

September 12, 2013

Beyond Local Food;
*Preserving Antibiotics and
Policy Engagement*



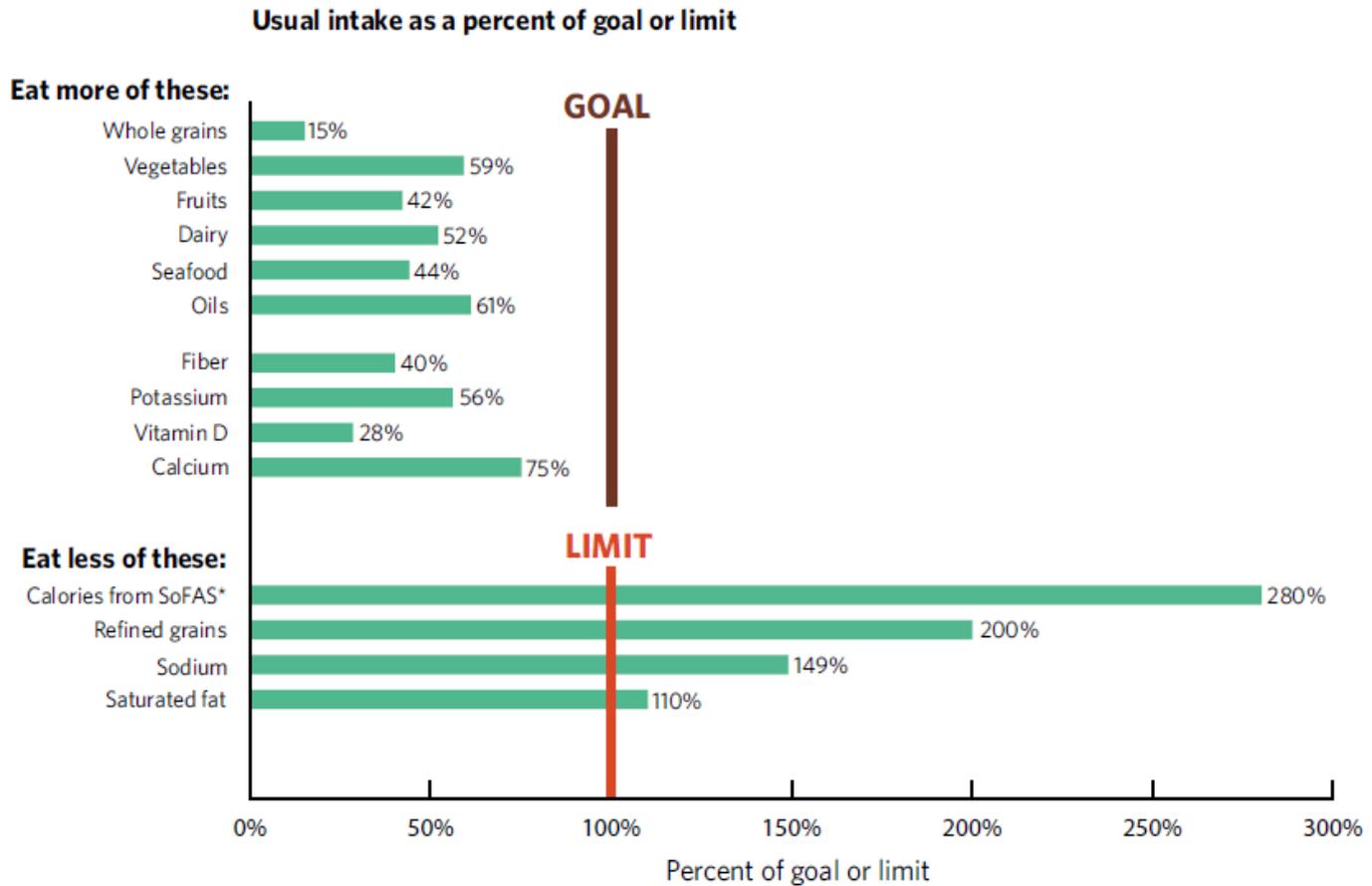
Health Issues

- | Shifts in the U.S. food system over the last century are compromising human and ecological health. While total farm acreage has declined, farm size has increased and is more focused on concentrated mono cropping. This contributes to **declining diversity of food crops necessary to fulfill human nutritional needs**, while also leading to a loss of biodiversity. In the U.S., the typical food item now travels from 1,500 to 2,400 miles from farm to plate. This long travel distance disconnects growers from consumers, increases opportunities for food contamination and nutrient loss.
- | **Routine use of antibiotics in animal agriculture has been shown to increase antibiotic resistance among bacteria that cause human infections.** Pesticide drift, field dust, waste burning, toxic gases from degrading manure, and diesel exhaust from transporting food long distances are all factors related to food production that contribute to **asthma, cardiovascular disease and lung cancer.** Commercial fertilizers and pesticides contaminate surface- and ground-water in many locales. Large-scale animal feedlot operations contribute to water pollution with biologically active hormones, nitrates and other breakdown products of untreated animal waste. **Calorie-rich, nutrient-poor diets contribute to obesity, diabetes, cancer, and a variety of degenerative diseases.**
- | **By moving toward a healthier and more sustainable food system, health care can help alleviate human health problems associated with inadequate or inappropriate nutrition, antibiotic resistance, air and water contamination, and global health issues such as climate change.**

The Institute for Health Metrics and Evaluation (IHME)

- | Dietary risks are the leading cause of disease burden in the US and contributed to more health loss in 2010 than smoking, high blood pressure, and high blood sugar

FIGURE 5-1. How Do Typical American Diets Compare to Recommended Intake Levels or Limits?



Bringing Agriculture to the Table How Agriculture and Food Can Play a Role in Preventing Chronic Disease

Rachel Nugent, PhD, Chair

The Chicago Council on Global Affairs, 332 South Michigan
Avenue, Suite 1100, Chicago, IL, 60604.

While global commercialization provides a great variety of food and beverages to most people, it also offers more products in processed and packaged forms containing a wide array of ingredients, including salt, sweeteners, and oils.

Consumption of excess amounts of those ingredients and products, combined with other lifestyle changes, manifests in adverse health outcomes

Nutrition transition:

Increased consumption of unhealthy foods compounded with increased prevalence of obesity in middle- to low-income countries.

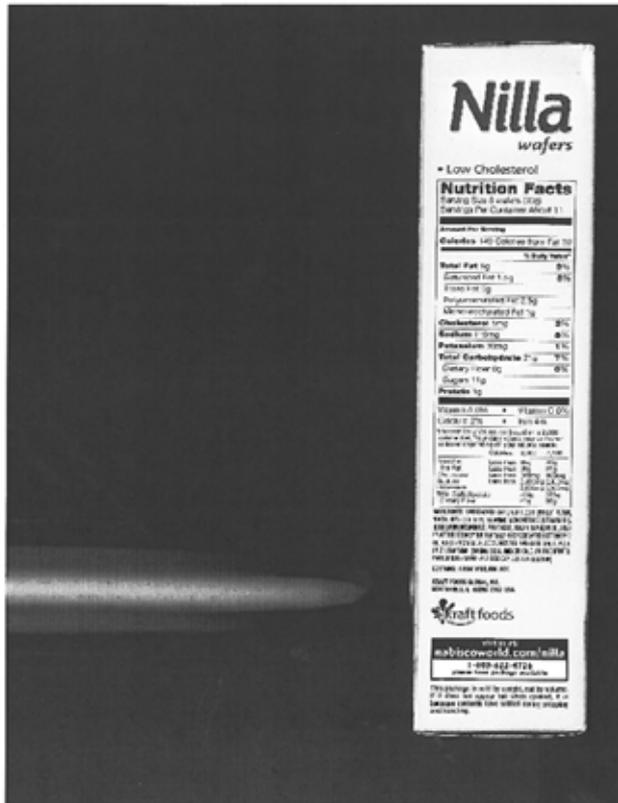
Foods rich in vitamins, minerals, and micronutrients have been substituted by foods heavy in sugar, saturated fats, and sodium.

Food and Nutrition Professionals Can Implement Practices to Conserve Natural Resources and Support Ecological Sustainability

Volume 107, Issue 6, Pages 1033-1043 (June 2007)

It is the position of the American Dietetic Association to encourage environmentally responsible practices that conserve natural resources, minimize the quantity of waste generated, and support the ecological sustainability of the food system—the process of food production, transformation, distribution, access, and consumption. Registered dietitians and dietetic technicians, registered, play various roles in the food system and work in settings where efforts to conserve can have significant effects. Natural resources that provide the foundation for the food system include biodiversity, soil, land, energy, water, and air. A food system that degrades or depletes its resource base is not sustainable. Making wise food purchases and food management decisions entails understanding the external costs of food production and foodservice and how these external costs affect food system sustainability. This position paper provides information, specific action-oriented strategies, and resources to guide registered dietitians and dietetic technicians, registered, in food decision making and professional practice. Food and nutrition professionals also can participate in **policy making at the local, state, and national levels, and can support policies that encourage the development of local sustainable food systems.** Our actions today have global consequences. Conserving and protecting resources will contribute to the sustainability of the global food system now and in the future

The transparency of food labels



INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, PARTIALLY HYDROGENATED COTTONSEED OIL, WHEY (FROM MILK), EGGS, NATURAL AND ARTIFICIAL FLAVOR, SALT, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), EMULSIFIERS (MONO- AND DIGLYCERIDES, SOY LECITHIN).

CONTAINS: WHEAT, MILK, EGG, SOY.

KRAFT FOODS GLOBAL, INC.

Maryland Arsenic Legislation

March 1, 2011

House Environmental Matters Committee

Annapolis, MD 212401

RE: Support House Bill 754/Senate Bill 417

Dear Chairwoman Joan Carter Conway and Members of the Committee,

Union Hospital of Cecil County urges you to vote yes on House Bill 754/Senate Bill 417, which will prohibit a person from using, selling or distributing commercial feed intended for use as poultry feed that contains roxarsone or any other additive that contains arsenic.

As a regional health care provider committed to serving the healthiest foods to our patients, employees, visitors and surrounding community members, Union Hospital of Cecil County is very concerned with the use of this toxic substance. We are increasing our purchase of local sustainably produced foods and have expressed our commitment to this by signing the Healthy Food in Health Care Pledge by Health Care Without Harm

www.healthyfoodinhealthcare.org

Health and environmental impacts of exposure to arsenic (Food & Water Watch, Washington, DC)

- | Increased risk for cancer, ie bladder, kidney, lung, liver, and colon
- | Leads to cardiovascular disease and diabetes
- | Development of neurological problems in children
- | Manure produced in the Delmarva Peninsula far exceeds the local need to fertilize crops (by 2 or 3 times in some areas)
- | Researchers estimate between 20 and 50 metric tons of roxarsone is applied to Delmarva fields each year via poultry waste

Maryland Bans Arsenic in Chicken Feed, Health Care Instrumental in Passing Legislation

Press Release by Health Care Without Harm

April 20, 2012

- | Baltimore, MD - The collective voice of the health care and public health communities helped tip the scales in a long-running legislative battle that culminated on April 7th in Maryland becoming the first state in the country to adopt a ban on arsenic additives in chicken feed.
- | This was the third consecutive year that the state legislature considered the arsenic ban in Maryland, which is the nation's 8th-largest producer of broiler chickens. "The letters, calls and testimonies we received from hospitals, health care and public health professionals and their associations played an important role in helping to pass this bill," said State Delegate Tom Hucker (D-Montgomery), the primary sponsor and champion of the legislation.

PAMTA legislation

Preservation of Antibiotics for Medical Treatment Act

(PAMTA) of 2009 H.R.1549, S.619. The focus of this bill is to improve our food safety system by starting with the healthy maturation of the animal and encourages the proper use of antibiotics.

The goal of this piece of legislation is to require the Food and Drug Administration (FDA) to re--review the approvals it previously issued for animal feed uses of the seven classes of antibiotics that are important to human medicine. Any found to be unsafe from a resistance point of view will have their approvals rescinded for use in animal feed and preserved only for use in diagnosed illness. This prevention focused policy aims to decrease the emergence of antibiotic resistant bacteria and preserve the effectiveness of those critical antibiotics used to treat human infection.

Sign-on to FDA Antibiotics Letter through Health Care Without Harm

“We want to thank you for your sign-on to comments submitted to the US Food and Drug Administration as part of public comments for Docket No. FDA-2011-D-0889 (Draft Guidance 213). Health Care Without Harm delivered the attached letters to the FDA on July 12th, with sign-on from **44 hospitals, one medical society** and **359 health and healthcare professionals!** This is a fabulous turnout and one that will surely have an impact.”

**White Paper on Antibiotic Use in Food Systems:
Critical Findings For Registered Dietitians
Hunger and Environmental Nutrition
Dietetic Practice Group of the
American Dietetic Association
www.HENdpg.org**

- | The FDA 2009 Summary report on the distribution of antibiotic use in the United States revealed that
- | 80% of all antibiotics are reserved for use in animals.
(Congresswomen Slaughter, 2011)
- | As in humans, antibiotics may be used to treat infection in animals. Still, the majority of these antibiotics are currently used at low, subtherapeutic levels, in animal production to promote rapid growth and to prevent diseases that may otherwise occur in confined, unsanitary living conditions often found within Concentrated Animal Feeding Operations (CAFOs) (Swann, 1969).

White paper continued;

Production animals treated with sub therapeutic antibiotics and their products are a source of antibiotic resistant bacteria that can be transmitted to humans and cause antibiotic resistant infection.

- | It has been well established that MRSA can be transmitted from production animals provided sub therapeutic levels of antibiotics to humans (Khanna et al., 2008; Lewis et al., van Belkum et al., 2008; Duijkeren et al., 2008; van Rijen, van Keulen, & Kluytmans, 2008; Smith et al., 2009).
- | Research models suggest that transmission of antimicrobial resistant bacteria may be more likely to occur from agriculture sources than transmission in hospital settings (Smith, Dushoff, & Morris, 2005).
- | 20% of MRSA in the Netherlands is estimated to originate from swine production utilizing tetracycline (van Loo et al., 2007).

Academy Supports Legislation to Research Antibiotic Use in Animal Agriculture

- | The Academy has taken a stance to support legislation that would require collecting and reporting information on antibiotic use in animal agriculture. The decision by the Legislative and Public Policy Committee came after a review of the 2012 Antibiotic Resistance and Residue Workgroup Report, which identified advocating for research regarding antibiotic use in agriculture as an area of interest for the Academy.
- | The Academy previously considered whether to support legislation regarding antibiotic use in animal agriculture, called the Preservation of Antibiotics for Medical Treatment Act. This bill, which has been introduced in several Congresses, would have phased out the use of certain antibiotics in healthy, food-producing animals. Based on information and analysis provided by the Antibiotic Resistance and Residue Workgroup of the LPPC, the Academy decided to remain neutral on PAMTA.
- | However, the workgroup's 2012 report urged the Academy to support advocacy efforts to secure funding to close the research gap on the impact of antibiotics in food-animal production. The workgroup also encouraged the Academy to continue to monitor the legislation and regulations as the evidence base is further established and to review the Academy's position accordingly.
- | The Academy's Board of Directors accepted the recommendations in the report. This year, two bills (H.R. 820 and S. 895) were introduced in Congress that would require collecting and reporting information on antibiotic use in animal agriculture. H.R. 820, the "Delivering Antimicrobial Transparency in Animals Act," would require drug manufacturers to obtain and provide better information to the Food and Drug Administration on how their antimicrobial drugs are used in the food-producing animals. It will also alter the timing and quality of the data that FDA publicly releases.
- | S. 895, the "Antimicrobial Data Collection Act," would require the FDA to collect more data on how antimicrobial drugs are used in food animal production and would establish a pilot program that investigates the association between antibiotics used on food-producing animals and antimicrobial resistance. Given its previous discussion on the importance of supporting research in this area, LPPC made a decision to support both pieces of legislation.

Institute for Agriculture and Trade Policy (IATP)

The Continuing Saga of Cephalosporins and Salmonella

This June, Healthy Food Action asked people to write FDA commissioner Margaret Hamburg, MD and urge her to ban “extra-label” uses of cephalosporin antibiotics in food animals – that is, uses that go beyond those specifically approved by FDA. For example, ***most of the nation’s chickens come from eggs injected with cephalosporin or gentamicin antibiotics***. The practice, we now know, contaminates chickens and chicken meat with cephalosporin-resistant bacteria that can be passed on to humans. That’s particularly concerning because cephalosporins are the treatment of choice for kids with serious Salmonella infections. In July, Congresswoman Louise Slaughter sent her own letter to Commissioner Hamburg urging the extra-label ban.

Our calls for action to FDA could not have come too soon. The first week of August the story broke of an outbreak and one death from drug-resistant, Salmonella-contaminated Cargill ground turkey, leading to the recall of 36 million pounds of turkey product.

CAFO'S and Disease

Monday , September 12, 2011

More Ground Turkey Recalled Due to Salmonella

On the heels of last month's ground turkey recall -- one of the largest meat recalls in history -- Cargill has announced another recall of ground turkey, once again due to salmonella.

36 Million Pounds of Ground Turkey Recalled

Deadly Salmonella Contamination Spurs Third Largest Meat Recall Ever

By Daniel J. DeNoon
WebMD Health News

Reviewed by Laura J. Martin, MD

Aug. 4, 2011 -- Cargill has recalled 36 million pounds of ground turkey sold since Feb. 20, the third largest meat recall in history.

Ground turkey processed by Cargill's Springdale, Ark., processing plant is the likely cause of a drug-resistant salmonella outbreak that has killed one person and sickened at least 78 others in 26 states since March 9. The most recent illness was reported on July 24.

Industry News – AM Recalled Cargill turkey pathogen confirmed as multidrug resistant strain

By Rita Jane Gabbett on 9/28/2011

USDA announced late Tuesday it has confirmed a sample of ground turkey associated with Cargill's Sept. 11 recall of 185,000 pounds of ground turkey as positive for the Salmonella Heidelberg outbreak strain (XbaI PFGE pattern 58/BlnI pattern 76). USDA Food Safety and Inspection Service lab results indicate the isolate is resistant to ampicillin, **gentamicin**, streptomycin, and tetracycline. The Sept. 11 recall followed Cargill's Aug. 3 recall of about 36 million pounds of fresh and frozen ground turkey products produced at the company's Springdale, Ark., facility due to possible contamination from Salmonella Heidelberg. As of Sept. 14, the Centers for Disease Control reported a total of 119 persons infected with the outbreak strain of Salmonella Heidelberg have been reported from 32 states

New York Times

September 12, 2011

I Ban on E. Coli in Ground Beef Is to Extend to 6 More Strains

By WILLIAM NEUMAN

Published: September 12, 2011

- *The federal government will ban the sale of ground beef tainted with six toxic strains of E. coli bacteria that are increasingly showing up as the cause of severe illness from food. Officials have been under pressure from food safety advocates and some elected officials to do more to keep the potentially deadly bacteria out of meat, but the beef industry said the move was not needed and could force the price of ground beef to rise.*

- I *The new rule, which officials said would be announced on Tuesday, means that six relatively rare forms of E. coli will be treated the same as their notorious and more common cousin, a strain called E. coli O157:H7. That strain has caused deaths and illnesses and prompted the recall of millions of pounds of ground beef and other products. It was banned from ground beef in 1994 after an outbreak killed four children and sickened hundreds of people.*

HCWH Food Systems and Health Webinar Series

Organic Foods, Pesticides and Sustainable Food Production

November 4, 2010

- | Long-term low-level exposure to pesticides has been linked to an array of chronic health problems, including cancer, birth defects, neurological, reproductive and behavioral effects, and impaired immune function. Today, the entire web of life is contaminated with pesticides. From a human perspective, this contamination begins in the womb, where metabolites to common pesticides have been found in meconium and in fetal cord blood. Pesticides and their metabolites are now routinely part of the human body burden, the load of chemical contamination carried by human populations.
- | http://www.noharm.org/us_canada/events/webinars/food2010-11-04.php

MD Pesticide Reporting and Information Work Group for the Maryland Pesticide Information Act

- | Despite our opponents' efforts to block any progress in establishing a centralized data base of non-homeowner pesticide use, with your help they were unable to prevail. Instead, an amended Maryland Pesticide Reporting and Information Act (HB 775/SB675) has passed the Maryland General Assembly that brings all stakeholders to the table.
- | The amended bill sets up a time-limited balanced work group with a clear charge – to assess the need and best format for a centralized database of applicators' pesticide use. Although we already know the need exists and have identified the best format as outlined in the original bill, the work group provides the opportunity for all stakeholders to work together and to provide a preliminary report by December 31, 2013, on their findings and recommendations – to Maryland's House Environmental Matters Committee and the Senate Education, Health and Environmental Affairs Committee.

<http://labelgmos.org/>

- | However, a large and growing body of scientific research and on-the-ground experience indicate that GMOs fail to live up to these claims. Instead, GM crops:
- | can be toxic, allergenic or less nutritious than their natural counterparts
- | can disrupt the ecosystem, damage vulnerable wild plant and animal populations and harm biodiversity
- | increase chemical inputs (pesticides, herbicides) over the long term
- | deliver yields that are no better, and often worse, than conventional crops
- | cause or exacerbate a range of social and economic problems
- | are laboratory-made and, once released, harmful GMOs cannot be recalled from the environment.

GMOs should be safety tested before they hit the market says AMA

By Monica Eng Tribune reporter 4:12 P.M. CDT, JUNE 19, 2012

The American Medical Association called for mandatory pre-market safety testing of genetically engineered foods as part of a revised policy voted on at the ama's meeting in Chicago tuesday

- | just label it, the national campaign for the labeling of genetically engineered foods (www.justlabelit.org), issued a statement saying "just the fact that the ama even considered this measure is a significant win for the vast majority (91%) of americans (see the mellman poll findings) who believe they have the right to know about the foods they eat and feed their families -- a fundamental right already enjoyed by citizens in more than 50 countries worldwide, including all of europe, japan, russia and china."
- | the policy change happens as nearly 1 million petitioners await an fda response on labeling genetically engineered foods and just five months before californians vote on a ballot initiative to require mandatory labeling in the state.
- | **Studies in the scientific literature have suggested that genetic engineering could introduce new food allergens, increase the levels of known allergens, raise or lower nutrient levels and have adverse effects on the animals that eat such foods."**

Balancing Act

- | Meeting nutrition needs
- | Taking responsibility for environmental impact

Answer =
Balanced Menus



Department of Food and Nutrition Mission Statement

Union Hospital is committed to the health of our patients, staff and community. We recognize that the way food is produced and distributed impacts our health and environment.

Union Hospital is dedicated to supporting our ecosystem and has taken the initiative of incorporating sustainable agriculture practices into our daily operations to support a food system that will improve our health and environment.

Signed the Healthy Food in Health Care Pledge 9-15-09
With Health Care Without Harm

Chapter 4 2010 Dietary Guidelines

Foods and Nutrients to Increase



Key Recommendations

Individuals should meet the following recommendations as part of a healthy eating pattern and while staying within their calorie needs.

Increase vegetable and fruit intake.

Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.

Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.

Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.⁵⁸

Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.

Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.

Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.

Use oils to replace solid fats where possible.

Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.

Healthy Food in Health Care (HFHC)

is a national initiative of Health Care Without Harm (HCWH), developed in conjunction with its member organizations. We work with hospitals across the country to help improve the sustainability of their food services. Founded in 2005, the program provides education, tools, resources, and support to health care facilities, making the connection between the health of patients, staff and community and the food they serve.

The *Healthy Food in Health Care* program

advances its work through six core initiatives.

- ∅ **Healthy Food Pledge**
- | **Balanced Menus**
- | **Healthy Beverages**
- | **Local & Sustainable Purchasing**
- | **Food Matters**
- | **Green Guide for Health Care**

Balanced Menus

Fiscal year, July 2008 through June 2009 compared to July 2009 through June 2010:

- | **Less Red Meat, More Poultry, More Fruit and Vegetables**
 - 13% decrease in meat purchases
 - 6% increase in poultry purchases
 - 11% increase in fresh fruits/vegetables

- | **Increase in Organic / Sustainable**
 - 5% meat purchases were sustainable
 - 9% produce purchases were organic

Balanced Menus by Calendar year

Sustainable Meat

2009	0%	local
2010	27%	local
2011	66%	local
2012	60%	local

Poultry

2009	0%	local
2010	0%	local
2011	15%	local
2012	51%	local

MEATLESS MONDAY

Why Meatless?

Health Benefits

LIMIT CANCER RISK: Diets high in fruits and vegetables may reduce cancer risk and both red and processed meat are associated with colon cancer.

REDUCE HEART DISEASE: Replacing saturated fat-rich foods (like meat and full fat dairy) with polyunsaturated fat-foods (like vegetable oil, nuts and seeds) reduces heart disease risk.

FIGHT DIABETES:

Research suggests that higher consumption of red and processed meat increases the risk of type 2 diabetes.

CURB OBESITY: People on low-meat or vegetarian diets have significantly lower body weights and body mass indices.

LIVE LONGER: Red and processed meat consumption is associated with modest increases in total mortality, cancer mortality and cardiovascular disease mortality.

IMPROVE YOUR DIET: Consuming beans or peas results in lower intake of total fat (including saturated fat) and higher intakes of fiber, protein, folate, zinc, iron and magnesium.

Environmental Benefits

REDUCE YOUR CARBON FOOTPRINT: The United Nations estimates that the meat industry generates nearly one-fifth of the man-made greenhouse gas emissions that are accelerating climate change . . . far more than transportation.

MINIMIZE WATER USAGE: The water needs of livestock are far above those of vegetables or grains. An estimated 1,800 to 2,500 gallons of water go into a single pound of beef.

HELP REDUCE FOSSIL FUEL

DEPENDENCE: On average, about 40 calories of fossil fuel energy go into every calorie of feed lot beef in the U.S. Compare this to the 2.2 calories of fossil fuel energy needed to produce one calorie of plant-based protein.



Why Monday?

As the start of the week, Monday holds a unique opportunity. It's the perfect time to take a look at the past 7 days, think about the behaviors we'd like to improve upon and reset our routine. In fact, research has shown that Monday is the day we are most likely to start new and lasting healthy habits.

That's the notion behind Meatless Monday: start each week with healthy intentions and you're more likely to stick with them. And if you fall off the wagon one week, you always have another chance to go meatless next Monday!



Who's With Us?

SCHOOLS: Over 100 Universities, 20 K-12 school districts and dozens of public and private institutions offer Meatless Monday to their students.

CELEBRITIES: Meatless Monday supporters include food activist Michael Pollan, star Olivia Wilde, media mogul Oprah Winfrey, NASCAR driver Leilani Munter and former Beetle Sir Paul McCartney.

RESTAURANTS: From large chains like Mos's Southwest Grill to fine dining spots like DoveTail, restaurateurs have found that Meatless Monday benefits both their patrons and their pockets. There are now hundreds of Meatless Monday restaurants worldwide!

COUNTRIES: 23 nations across the globe now have their own Meatless Monday movements! From Sweden to South Africa, organizations are using the campaign to teach citizens about healthy eating and the environmental impact of their plates.



¹⁵ The fact is, most people in the U.S. eat way more meat than is good for them or the planet. Asking everyone to go vegetarian or vegan isn't a realistic or attainable goal. That's why I'm such a big believer in the Meatless Monday movement!¹⁷
- Mario Batali

¹⁶ Even one meatless day a week – a Meatless Monday, which is what we do in my household – if everybody in America did that, that would be the equivalent of taking 20 million mid-size sedans off the road.¹⁸
- Michael Pollan

Priapi Gardens Variety of Organic Produce

Arugula, asian pears, baby kale, beets, blackberries, boc choy, broccoli, green red and savory cabbage, orange rainbow and purple carrots, cauliflower, cherry and shunkyo radish, fennel, green beans, red white and green onions, pink red and hakerei turnips, hot peppers, kohlrabi, leeks, lettuce-romaine, oaklead, redleaf, roxy, deerhead, spicy, leaf, mustard greens, potatoes-red white blue yukon caribe and fingerling potatoes, strawberries, green and red peppers, raspberries, spinach, sugar snap peas, swiss chard, tatsoi

Organic produce by calendar year

2009	0%
2010	11%
2011	22%
2012	32%

Local economy



All food and beverage purchases

- | Fiscal 2010 19% local
- | Fiscal 2011 27% local
- | Fiscal 2012 32% local

The Associated Press March 10, 2011, Hospitals try cooking up better food for patients By MICHAEL HILL

POUGHKEEPSIE, N.Y.

Haute cuisine is to hospital food as coq au vin is to mystery meat, right? Maybe once, but a number of hospitals are breaking the old Jell-O mold, blending feeling better with tasting better as they liven up patient menus with the likes of fresh blood oranges and shrimp scampi.

The movement toward tastier -- and often more nutritious -- hospital food even has reached the Culinary Institute of America, the well-known school for chefs north of New York City, which is offering a first-of-its-kind course on cooking for health care patients.

Students in the elective class are taking field trips to nearby Vassar Brothers Medical Center and to Memorial Sloan-Kettering Cancer Center in Manhattan. The idea is to learn first-hand the nuances of tray lines, the challenges of serving people with severe dietary restrictions and what goes into creating higher-end hospital food.

"I want to break this image. I want to embarrass people when they say 'Hospital food? Their food is awful,'" said Lynne Eddy, who is teaching Food Service Management in Health Care. "Let me show you what good food is in a health care facility."

But this is about more than taste. Food that is both good and nutritious can help patients heal, as well as boost their morale, said Eddy.

It's natural that the same American consumers who scout out fresh basil at the grocer and hormone-free beef at Mexican restaurants want a similar experience when they're hospitalized. And customizing meals for patients and efforts to become more "gastronomically conscious" have helped the health care food service industry grow 4 percent last year, according market researcher Packaged Facts. Growth is expected to continue as executives in the competitive health care industry become more attuned to overall patient satisfaction.

Clearly, there still are hospitals that serve up bland or overcooked food. But a growing number are crafting meals that resemble restaurant fare or are stressing local and organic ingredients. Or both.

Seattle Children's Hospital, for example, has swapped out white breads and pastas for whole wheat and pumped up its vegetable content. Executive chef Walter Bronowitz is introducing an Asian noodle stir fry made with whole-wheat spaghetti, carrots, onions, mushrooms and shelled edamame.

Union Hospital in Elkton, Maryland, buys cage-free eggs, organic produce from local growers and grass-fed beef. Food service manager Holly Emmons said that while buying local and organic can be more labor intensive -- everyone in the kitchen pitches in to husk corn during the summer -- the extra effort is worth it.

Patients at facilities run by California-based Kaiser Permanente, one of the nation's largest not-for-profit health plans, might eat ancho-citrus marinated loin of pork over an essence of natural jus, paired with cinnamon-stewed apples, barley pilaf and broccoli. Kaiser, which also runs farmer's markets at many of its facilities, puts an emphasis on serving patients fresh fruits and vegetables.

"We certainly started that process of trying to see what's available closer to home, what's seasonal and trying to put those fresher, more local products on the trays," said Dr. Preston Maring, who spearheads many of Kaiser's healthy foods initiatives.

Hospitals are stressing nutritious and sustainable foods as people become more conscious of the role of food in health, patient experience and sustainability, said Michelle Gottlieb of Health Care Without Harm, a coalition of medical professionals and others devoted sustainable health care practices.

Union Hospital's Produce Stand



Mimi the Greens to Go Bus



Healthier Hospitals Initiative

<http://healthierhospitals.org/about-hhi/participating-hospitals/hospital/union-hospital-cecil-county>

Six Challenges

- | Engaged Leadership
- | Healthier Food
- | Leaner Energy
- | Less Waste
- | Safer Chemicals
- | Smarter Purchasing

HHI Healthier Food

Baseline- Facility has signed the Healthy Food in Health Care Pledge

Union Hospital signed the Pledge in September 2009

Level 1: Commit to one of the following; Balanced Menus Challenge, Healthy Beverage Challenge, or Local/Sustainable Foods Challenge

Level 2: Commit to two

Level 3: Commit to three

Union Hospital began participating in the Buy Local Challenge through the State of Maryland in July 2009

Union Hospital was the first hospital in Maryland to commit to the Balanced Menu Challenge in October 2009

Union Hospital committed to the Healthy Beverage Pledge in February 2012

Healthy Beverage Kick Off

How Much Sugar is in Your Beverage?



Support Healthy Beverages in Health Care by Reducing Sugar Sweetened Beverages:

- Consumption of sugar-sweetened beverages (SSBs) leads to weight gain and obesity in children and adults.
- Evidence shows that an increase consumption of SSBs increases the risk of developing diabetes, metabolic syndrome, and heart disease.
- Types of caloric sweeteners found in SSBs: high-fructose corn syrup, cane sugar, fructose, fruit juice, brown sugar, dextrose and corn sweetener.
- Healthy Beverage alternative: water, flavored waters, fat free milk, unsweetened beverages such as brewed tea, crystal light, propel, G2.
- Diet sodas do not contain sugar or calories however they do not provide any nutritive value. They contain caffeine and phosphoric acid a combination that increases risk of bone loss.
- Free nutrition iPhone related app: Fooducate
 - Through scanned product barcodes, this app helps users interpret food labels so consumers can choose healthier alternatives.

American Public Health Association

10/30/12

- | The American Public Health Association yesterday voted to endorse federal, state and local taxes on sugar sweetened beverages.
- | With over 13,000 physicians, administrators, nurses, educators, researchers, epidemiologists and related health specialists in attendance here at their annual meeting, the APHA approved the landmark resolution, recognizing it as a means of reducing consumption of the sugar sweetened beverages that contribute 48 percent of added sugar to American diets. In the resolution, the APHA pointed out that roughly two-thirds of adults are overweight and taxes on high calorie, low nutrient sugary beverages are a wise way to address this costly health issue.
- | Additionally, APHA says that these taxes would raise funds for obesity prevention, pointing out that the most commonly proposed tax amount of a penny per-ounce would annually raise over \$13 billion, nationally. At the same time, reduced consumption could reign in health care spending on obesity and overweight related illnesses, which accounts for as much as \$168 billion per year, or 16.5 percent of total U.S. medical expenditures.

Resource: Healthy Food Action

www.healthyfoodaction.org

- | **Healthy Food Action makes it simple for health professionals to ACT. It provides both vital information, and a mechanism for action. By speaking out, health professionals can lend their unique, collective voice to public policy debates about food and farming - a voice to ensure that these policies are consistent with better health.**



Resource: Maryland H2E

| MD H2E professionals provide assistance to health care facilities with preventing pollution, reducing the generation of solid, hazardous, and special medical waste, eliminating mercury, recycling, and implementing other programs such as environmentally preferable purchasing, green building, integrated pest management, and sustainable food practices.

| MD H2E is a technical assistance and networking initiative that promotes environmental sustainability in health care. Participants include hospitals, clinics, nursing homes, research laboratories, and other ancillary health care providers in Maryland.



Resource: Health Care Without Harm

| *The Healthy Food in Health Care Program is a national initiative of Health Care Without Harm (HCWH), developed in conjunction with its member organizations, which mobilizes advocates to work with hospitals across the country to help improve the sustainability of their food services. For more information about the HCWH Healthy Food in Health Care Program, visit [www.healthyfoodinhealthcare](http://www.healthyfoodinhealthcare.org)*

| [.org](http://www.healthyfoodinhealthcare.org)



Louise Mitchell, HCWH Regional Organizer