

# Menu of Change

## HEALTHY FOOD IN HEALTH CARE

A 2015 **New England** Program Report with Highlights and Survey



# NEW ENGLAND HEALTHY FOOD IN HEALTH CARE

The New England Healthy Food in Health Care program network has grown to 140 participating healthcare facilities, 64 of which have signed the Healthy Food in Health Care Pledge. New England has a dynamic network of organizations, charitable foundations, individuals, and healthcare leaders working to build the region's food system, and we engage with this community in multiple ways. We work to support our region's fishing and farming communities, network health care with other institutional sectors to make food system change, and improve access to healthy, local, and sustainable foods.

Hospital Leadership Teams in each of the six New England States bring together these engaged hospitals to leverage collective buying power, share innovative strategies, best practices, and product information, and learn about key issues. A few highlights over the past two years have included:

## Better Meat

The New England HFHC Program works actively with facilities and their suppliers to increase the availability of meats raised without routine antibiotics. To this end, we convened a *New England Meat Workshop* in June, 2015, bringing together healthcare representatives with their suppliers and local meat producers to discuss ways to supply healthcare institutions with meat in New England produced without routine antibiotics.

Additionally, we assisted the Massachusetts Hospital Association in launching their [Antibiotic Stewardship Initiative](#) in April 2015. Sixteen hospitals have signed on to date, committing to transition one regularly purchased meat item to a source raised without routine antibiotics and to work with their suppliers to increase the options available to them.

Finally, we rallied New England health care to take action on antibiotic use in agriculture on *Food Day* in 2014 and 2015 with over 75 healthcare facilities serving an estimated 25,856 meals with meat raised without routine antibiotics. Seventy-four percent of meat purchased was from sources local to the region.

## Upstream Investing in Healthier Food Systems

In 2014, we conducted a landscape assessment in Massachusetts to better understand the ways in which health care was integrating food access and food systems into their community benefit work. The study found that 36 facilities conducted a total of 80 activities related to food systems, including nutrition classes, fruit and vegetable prescription programs, food pantries, farmers markets and more. As a result of the Massachusetts based research, HCWH has secured a grant to conduct this research at a national scale and develop a toolkit that will assist facilities in replicating successful programs.

## NEW ENGLAND HIGHLIGHTS

(38 Facilities Reporting)

### FACILITY DETAILS

2014 Food & Beverage Budget  
\$39,750,981 (33/39)

### SUSTAINABLE FOOD PURCHASING AND POLICIES

#### Local/Sustainable Purchasing

Purchases locally and sustainably produced foods  
87% (34/39)

#### Average Percentage of Local/Sustainable food purchased in 2014

These facilities reported an average percentage of their food purchased was from local and/or sustainable sources.

(Range varies from .5 - 59%)

20% (16/38) (1 - 59%)

### HEALTHY BEVERAGES

#### Healthy Beverages Increase

Increased the percentage of healthy beverages purchased and served  
72% (30/39)

#### Percentage of Spending on Healthy Beverages

Percentage of spending on healthy beverages

(Range varies from 15% - 87%)

58% (7/38) (range: 15% - 76%)

#### Public Drinking Water Increase

Increased access to and promotion of public drinking water  
64% (25/39)

### LESS MEAT, BETTER MEAT

#### Meat Reduction

Reduced meat (beef, poultry, pork and lunch meat) options and/or serving sizes on the menu for cafeteria/retail and patient service

49% (19/39)

#### Percentage of facilities purchasing meat produced without Antibiotics

Preferentially purchase meat (beef, poultry, pork and lunch meat) produced without the use of nontherapeutic antibiotics

54% (21/39)

#### Not-Raised-with-Antibiotics Purchasing Policy

Developed a supporting policy or resolution to purchase meat (beef, poultry, pork and lunch meat) produced without the use of nontherapeutic antibiotics.

75% (15/20)

#### Percentage of Meat Not Raised with Antibiotics Purchased

Average percentage of meat (beef, poultry, pork) purchases produced without the use of nontherapeutic antibiotics

(Range from 1% to 100%)

37% (7/20) (Range from 1% to 100%)



The New England Healthy Food in Health Care Ambassador program supports health care leaders in their work to transform the food in their facilities and the in the region's food system. (Jennifer Obadia)

### New Resources and Reports



[Setting the Table for Success: A Toolkit for Increasing Local Food Purchasing by Institutional Food Service Management](#), developed as part of Farm to Institution New England's Food Service Project to assist institutions in utilizing the request for proposal (RFP) and contract negotiation processes to increase purchases of local foods.

[Choosing Seafood for Health Care](#) - ew England Sustainable Food Product Registry - A place for facilities to share and identify local and sustainable foods that work for a healthcare setting.

### Local and Sustainable Purchasing

The New England HFHC Program takes full advantage of the diversity of the regional food system on land and at sea with a number of focused sustainable food purchasing initiatives, including:

- **Produce** - Health Care Without Harm worked with [FairAcre Traders](#), an aggregator of produce from food hubs across New England, to identify hospital clients for their pilot launch which facilitated new purchases of local produce by participating hospitals.
- **Seafood** - We continue to promote access to local, wild, seasonal seafood for New England facilities with efforts to promote underutilized varieties of fish and domestic, chemical-free shrimp. Our latest effort is in collaboration with New Hampshire Community Seafood on a seafood-purchasing pilot with New Hampshire hospitals launched in July of 2015.
- **Local Foods** - Using a fun and competitive structure, the [Rhode Island Health Care Local Foods Challenge](#) is inspiring six participating Rhode Island hospitals to support New England food producers and fishers. Launched in May 2015, the challenge is a competition for \$1000 in prize money to the hospital that best procures and promotes local foods.

### 2015 Farm to Institution Summit

The New England Healthy Food in Health Care program hosted our second regional convening of healthcare representatives, as a component of a larger three-day cross-sector [Farm to Institution Summit](#) attended by over 650 individuals committed to increasing local and sustainable food procurement by the region's institutions. The healthcare forum drew over 150 participants and brought together members of the supply chain, advocacy organizations, and healthcare leaders to discuss ways to improve access to local and sustainable foods.

### PARTNERING WITH LOCAL FISHERMEN

*“Boston Medical Center has transitioned from using frozen farm-raised fish to exclusively buying from local Gloucester fisherman. By partnering with the Gloucester Fisherman Wives Association, Boston Medical Center provides wild caught, fresh, and local fish to its patients and employees while also supporting local fisherman.”*

— Boston Medical Center - Boston, MA

Health Care Without Harm seeks to transform the health sector worldwide, without compromising patient safety or care, so that it becomes ecologically sustainable and a leading advocate for environmental health and justice.



With offices in the United States, Europe, Latin America, and Asia, HCWH is an international coalition of hospitals and health care systems, medical professionals, community groups, health-affected constituencies, labor unions, environmental and environmental health organizations, and religious groups.

This report was produced by Health Care Without Harm's national Healthy Food in Health Care program, which harnesses the purchasing power and expertise of the health care sector to advance the development of a sustainable food system.

Visit [www.no-harm.org](http://www.no-harm.org) for more information.

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