

Menu of Change

HEALTHY FOOD IN HEALTH CARE

A 2015 **California** Program Report with Highlights and Survey



CALIFORNIA HEALTHY FOOD IN HEALTH CARE

The California HFHC program engages 165 acute care facilities, representing over 30% of all hospitals in the state. We work with a network of healthcare leaders and allies in the sustainable agriculture community, regional and national distributors, foodservice management companies, and group purchasing organizations to transform the food system toward greater sustainability.

The California HFHC program coordinates collaborative Hospital Leadership Teams in the San Francisco Bay Area, Sacramento, Los Angeles, and [San Diego](#) to leverage collective buying power, share innovative strategies, best practices, and product information and work together to make food a part of the “mission to heal.” A few highlights over the past two years have included:

Better Meat

With the help of HCWH, a coordinated group of 39 California hospitals have served nearly 9 million meals featuring grass-fed beef raised without routine antibiotics and added hormones since March of 2014. This coordinated effort started with a single hospital’s [groundbreaking resolution](#) to stop purchasing meat that had been raised with non-therapeutic antibiotics. The resolution was passed in the spring of 2013 by the academic senate at the University of California at San Francisco (UCSF) Medical Center. The Department of Nutrition and Food Services at UCSF Medical Center then faced a formidable challenge: How and from where could it purchase enough meat raised without routine antibiotics to feed thousands of patients, staff, and visitors daily? Available supplies of such meat were limited, and the hospital’s existing supply chains offered few options. UCSF and HCWH realized that combining many hospitals’ purchasing power would be the key to securing a more sustainable product selection at an affordable price.

At the Balanced Menus conference hosted by HCWH in October 2014 leaders in the UCSF foodservice department met a representative from Estancia Beef. “It became clear that Estancia was able to provide the necessary beef products in the volumes needed, and do so safely and consistently,” said Jack Henderson, former Associate Director of Food & Nutrition Services at UCSF. However, the company’s products were not available for hospitals to purchase through the major food distributors that they rely on, such as US Foods and Sysco.

UCSF’s foodservice staff took the helm of a coordinated effort to aggregate the sustainable meat demand of several healthcare facilities throughout California. By March of 2014, three Estancia Beef products were available through US Foods: hamburger patties, ground beef, and stew beef. “US Foods was able to enter the Estancia products and their specifications into their system and slot them in their warehouse. It took patient collaboration from all parties involved, but with determination and focus, it has proved to be eminently possible,” said Henderson.

CALIFORNIA HIGHLIGHTS

(46 Facilities Reporting)

FACILITY DETAILS

2014 Food & Beverage Budget
\$58,488,958 (46/46)

SUSTAINABLE FOOD PURCHASING AND POLICIES

Local/Sustainable Purchasing

Purchases locally and sustainably produced foods
96% (44/46)

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% (41/46) (1 - 32%)

HEALTHY BEVERAGES

Healthy Beverages Increase

Increased the percentage of healthy beverages purchased and served
46% (5/11)

Percentage of Spending on Healthy Beverages

Percentage of spending on healthy beverages
(Range varies from 15% - 87%)

52% (3/11) (range 30% - 82%)

Public Drinking Water Increase

Increased access to and promotion of public drinking water
54% (6/11)

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

27% (3/11)

Percentage of facilities purchasing meat produced w/o Antibiotics

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

89% (41/46)

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 non-therapeutic antibiotics.

88% (36/41)

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%)

62% (39/41) (Range from 3% to 92%)

Today, the hospitals have jointly purchased at least 2,214,200 lbs. of Estancia Beef worth approximately \$522,900 through US Foods.

Local and Sustainable Purchasing

Hospitals across California are purchasing local, organic, and sustainably-produced food to create healthier, resilient regional food systems. The California HFHC program partners with hospital foodservice leaders and regional organizations to advance purchasing initiatives across the state, including:

- **San Francisco Bay Area** - Since 2012, a team of San Francisco Bay Area hospitals have been aggregating their demand to buy local, sustainably-grown produce from 10 family farmers. This initiative is co-coordinated by HCWH and [Community Alliance with Family Farmers](#).
- **Sacramento Region** - In August of 2015, hospital foodservice leaders in the Sacramento region came together with food distributors and other food system stakeholders at the [Farm Fresh Healthcare Forum](#) to launch a Farm Fresh Healthcare initiative. The event was co-hosted by HCWH and [Valley Vision](#).
- **San Diego** - Since 2011, the [Nutrition in Healthcare Leadership Team](#) has convened hospital foodservice leaders from across San Diego on local and sustainable purchasing goals. The team is coordinated by [Community Health Improvement Partners](#) (CHIP) with support from HCWH. This year, CHIP hosted the third annual [Let's Go Local! Produce Showcase](#) with over 200 attendees. At the event, institutional buyers can “speed date” by meeting dozens of farmers and produce distributors, the first step in creating long lasting business relationships that help attendees source more healthy, local produce.

The California Ed-Med Collaborative (CEMC)

Throughout much of 2015, HCWH has partnered with School Food FOCUS to develop the California Ed-Med Collaborative (CEMC). CEMC builds on the momentum, partnerships, existing supply chain strategies, and growing interest in sustainable procurement across institutional sectors. The planning phase of CEMC culminated in a California Poultry Summit that took place on July 23-24, 2015, in Oakland. The Summit brought together key representatives from across the value chain: preK-12 school districts, hospitals, local and national poultry producers, distributors, community partners, university representatives, government, and the philanthropic sector; and produced tangible strategies for cross-sector collaboration, a shortlist of potential projects that schools and hospitals wish to pursue together, and inspiration around the potential for significant food system change through CEMC. The major California supply chain stakeholders and national poultry suppliers at the meeting also left with an understanding of where the institutional buyers want to go with this work and

their intention to procure the healthiest food possible.

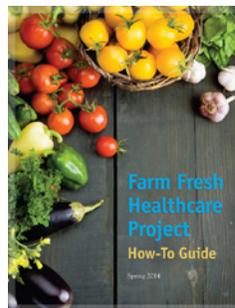
CEMC aims to create a common vision, common specifications for products, and common messaging across sectors to leverage the purchasing power and moral authority of institutional buyers to fundamentally change the food system. The mission states: *The CA Ed-Med Collaborative builds relationships and aligns resources, knowledge, data, messaging, and procurement change efforts across institutional sectors to shift food system practices to be more healthful, regional, and sustainable and to increase equitable access to good food.*

Anchors for Resilient Communities

The [Anchors for Resilient Communities](#) (ARC) project aims to leverage the assets and the capacities of public institutions like hospitals, schools, and universities to address social and environmental determinants of health and to develop healthy and prosperous communities with a focus on meeting the needs of underserved populations in Oakland and Richmond. ARC is a collaboration of the California Endowment, [Emerald Cities Collaborative](#), Health Care Without Harm, and the [Democracy Collaborative](#).

In the food system, a missing middle ground of regional intermediaries like aggregation hubs, value-added processors, and distributors has been identified as one of the main barriers to building a sustainable food system. Anchor institutions can support the development of this needed infrastructure through two avenues - redirecting a portion of hospital food purchasing toward regional companies and using community benefits investments to jump start the regional food economy. Successful models like the [Evergreen Cooperatives](#) have used hospital purchasing as an engine for local business development to meet their needs. The Affordable Care Act (ACA) and new federal guidelines for healthcare [community benefit investment](#) create new opportunities for hospitals to address population health in the communities they serve.

New Resources and Reports



[The Farm Fresh Healthcare Project How-To Guide](#) - A guide to developing farm to hospital programs.

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 for more information.

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