Menu of Change
HEALTHY FOOD IN HEALTH CARE
A 2015 Michigan Program Report with Highlights and Survey
Through a partnership with the Ecology Center, HCWH works with a robust and growing network of healthcare, community health and food system leaders, stakeholders, allies and advocates across Michigan to redesign the food system so that it is resilient, equitable and sustainable, restores rather than degrades ecosystems, and makes healthy and sustainable food accessible, affordable and available to all.

The Michigan team works at various levels to educate, engage, and empower health care, supply chain, and community leaders to cultivate robust sustainable food systems that promote healthy communities and environments. We work to align and leverage hospital purchasing power to support regional and sustainable agriculture; identify and advance innovative community-based approaches to build strong regional food systems; and cultivate health professional advocates to advance sustainable food policies and initiatives that support healthy, sustainable, and equitable food systems. A few highlights over the past two years have included:

**Better Meat**

The Michigan HFHC team worked to raise awareness about the critical role antibiotic use in livestock production plays in fueling our global antibiotic resistance crisis, the imminent threat this poses to human health, and the unique opportunity hospitals have to influence this practice by leveraging their purchasing power through a commitment to phase out the purchase of meat and poultry produced with routine antibiotics.

Hospitals across the state and Midwest are increasingly interested in meat and poultry from producers who employ sustainable production practices (including responsible antibiotic use) in order to drive the development of healthy regional food systems. On Food Day 2015 we rallied more than thirty Michigan healthcare facilities to take action, purchasing and serving over 1,800 lbs. of meat raised without non-therapeutic antibiotics.

**MICHIGAN HIGHLIGHTS**

(13 Facilities Reporting)

**FACILITY DETAILS**

2014 Food & Beverage Budget
$17,754,369 (11/12)

**SUSTAINABLE FOOD PURCHASING AND POLICIES**

Local/Sustainable Purchasing
Purchases locally and sustainably produced foods
83% (10/13)

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.
8% (7/13) (.05 - 18%)

**HEALTHY BEVERAGES**

Healthy Beverages Increase
Increased the percentage of healthy beverages purchased and served
75% (9/12)

Percentage of Spending on Healthy Beverages
Percentage of spending on healthy beverages
48% (8/13) (range: 10% - 75%)

Public Drinking Water Increase
Increased access to and promotion of public drinking water
67% (8/12)

**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
66% (8/12)

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
42% (6/12)

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.
60% (3/5)

Percentage of Meat Not Raised with Antibiotics Purchased
Average percentage of meat (beef, poultry, pork) purchases produced without the use of nontherapeutic antibiotics
62% (1/6)
Building on this momentum, in October 2015 we hosted “Let’s Talk Meat,” a first statewide coordinated effort bringing Michigan hospitals together around a table with key value chain specialists to discuss sustainable meat; particularly supply chain issues and opportunities regarding meat and poultry raised without routine antibiotics. Participants examined national, regional and local landscapes and trends for sustainable meat and poultry production; distribution and consumption; and also learned about verification programs, label claims and associated production practices; and discussed regional models and approaches to address supply chain issues for sustainable meat and poultry.

Cross-Sector Collaborations
The Michigan team co-leads the Michigan Farm to Institution Network (MFIN), a statewide forum for cross-sector collaboration, learning and sharing that uses shared capacity to overcome the challenges of getting more Michigan food into institutions and catalyzes the development and growth of healthy food value chain projects. Cultivate Michigan—MFIN’s local purchasing campaign — is designed to align and ramp up farm-to-institution programs and measure cross-sector progress statewide via a web based tool for tracking local purchasing procurement. Launched in April 2014, MFIN now has over 250 members representing a diversity of stakeholders such as farmers, suppliers, researchers, advocates, supply chain and food system practitioners, state agency representatives and more from across Michigan; 40 institutions are currently enrolled in Cultivate Michigan and actively tracking their local food purchasing.

Upstream Investing in Healthier Food Systems
Across Michigan the healthcare sector is embracing their role as anchor institutions, leaders and authorities on health by investing in building strong community food systems to address fundamental social and environmental determinants of health through healthcare and community food system collaborations.

The Ecology Center’s Fresh Prescription Program is a collaborative of health care and food system partners working together to build a citywide network of fruit and vegetable prescription programs in Detroit that link patients at healthcare centers with fresh local food resources. This model improves access to healthy food, helps patients connect what they eat to how they feel, encourages healthcare providers to address food security and healthy eating with their clients, and strengthens the economic vitality of communities by supporting local farmers and food businesses. Fresh Prescription now serves and connects five Detroit health centers with seven fresh food access sites, including farmers markets/farm stands, CSA-style fresh food boxes, home delivery and brick and mortar store options.

In 2015 the program reached over 1,000 food insecure community members, some of whom were affected by chronic disease, leading to increased fruit and vegetable consumption, improved dietary behaviors and health outcomes for vulnerable families (including A1C improvements in diabetic patients), and building a strong community food system. This innovative approach is now being implemented with healthcare and community food partners in more than seven communities around the state.

In the Fall of 2015 the Michigan HFHC Program hosted local and national partners from the healthcare sector, medical insurance companies, food producers, healthy food advocates, private foundations, local policy councils and researchers for a day-long gathering in Detroit to explore innovative food and healthcare system collaborations, best practices, models, opportunities, and strategic targets for long term sustainability of healthy food access programs like the Fresh Prescription Program. Local and national participants committed to continuing conversations and identified discrete strategic opportunities for action and collaboration.

Cultivating Good Food Advocates
In 2014 the Ecology Center launched the Health Leaders Fellowship, a leadership training program designed to cultivate and empower new health professional advocates who can lend their voices to crucial health and environment related policy debates and champion change within their institutions and communities. Participants receive training in three key environmental health issue areas (sustainable food systems, toxic chemicals, climate/energy), plus civic engagement, institutional leadership, and media skills training. The fellowship concludes with a hands-on practicum during which fellows put their new environmental health knowledge and advocacy skills to work on real issues in their communities, institutions and the public policy arena. To date, 35 fellows have completed the program.
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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