Menu of Change
HEALTHY FOOD IN HEALTH CARE
A 2015 Mid-Atlantic Program Report with Highlights and Survey
MID-ATLANTIC HEALTHY FOOD IN HEALTH CARE

Through a partnership with University of Maryland School of Medicine, HCWH organizes the healthcare sector in the region to leverage the purchasing power of area hospitals to support regional and sustainable agriculture; raise awareness and support for food policy efforts. The Mid-Atlantic HFHC Program in addition to focusing on national priorities such as antibiotics in animal agriculture is also pioneering models of best practice in healthy food programs at long-term care facilities and culinary medicine programs. A few highlights over the past two years have included:

Better Meat
The Mid-Atlantic HFHC Program engages regional healthcare partners, foodservice departments, administrators and clinicians to increase demand for meat and poultry raised without routine antibiotics and create sensible policy to prohibit routine antibiotic use in meat production. Key accomplishments have included:

- **Educating the healthcare sector...** Healthcare leaders were brought together to learn about the issue of antibiotic overuse and misuse in animal agriculture and what they could do to support a better approach. For Farm Field day in May 2015 healthcare clinicians toured a sustainable cattle ranch in Montgomery County.

- **Leveraging purchasing power...** As consumers across Maryland and the Chesapeake region are demanding meat and poultry sourced from producers who use antibiotics responsibly—or not at all—many hospitals and foodservice management companies are finding novel ways to support the regional food system by demonstrating that it is possible to re-envision the way food is grown, processed, distributed, purchased, and consumed. The 2014 and 2015 Buy Local Challenge, Food Day, and Earth Day campaigns encouraged facilities to serve meat raised without routine antibiotics.

MARYLAND HIGHLIGHTS
(5 Facilities Reporting)

FACILITY DETAILS
2014 Food & Beverage Budget
$5,184,098 (4/5)

SUSTAINABLE FOOD PURCHASING AND POLICIES
Local/Sustainable Purchasing
Purchases locally and sustainably produced foods
40% (2/5)

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.
(6% (2/5) (6 - 6%)

HEALTHY BEVERAGES
Healthy Beverages Increase
Increased the percentage of healthy beverages purchased and served
20% (1/5)

Percentage of Spending on Healthy Beverages
Percentage of spending on healthy beverages
(41% (2/5) (range: 25% - 57%)

Public Drinking Water Increase
Increased access to and promotion of public drinking water
20% (1/5)

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
40% (2/5)

Percentage of facilities purchasing meat produced without Antibiotics
Preferentially purchase meat (beef, poultry, pork and lunch meat) produced without the use of nontherapeutic antibiotics
20% (1/5)

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.
100% (1/1)

Percentage of Meat Not Raised with Antibiotics Purchased
Average percentage of meat (beef, poultry, pork) purchases produced without the use of nontherapeutic antibiotics
(29% (1/1)

The Chefs and Cooks Training held in Maryland for George Washington University Hospital food service workers explored both the “why” and the “how” of working with local, sustainable meat and poultry, which often includes revising patient and cafeteria menus to reduce the total amount of meat and using less familiar cuts of meat in order to manage costs. (Tiffany Hightower)
These initiatives are allowing conversations to take place and facilities to shift their dollars toward long-term sustainable purchasing commitments.

**Advocating for policy changes...** Regional healthcare leaders lobbied Congress in Washington DC on antibiotics policy with several national partners through HCWH. These leaders also met with Senator Barbara Mikulski’s staff to encourage her to advocate for the FDA to pass antibiotics policy.

The Mid-Atlantic HFHC Program also worked closely with the NRDC to engage healthcare support for legislation in Maryland to eliminate the routine use of medically important antibiotics in meat and poultry products grown or sold in the state—engaging written testimony from three large health facilities and systems and oral testimony from medical professionals and hospital foodservice leaders for a bill hearing. Additionally we engaged individual healthcare professionals throughout Maryland to sign onto letters of support, make calls, and send emails to delegates and senators in support of legislation. Although the effort was not successful in 2015 we were able to bring strategic attention to the issue and advocates are planning to try again in 2016.

**Regional Pesticides Legislation**
The Mid-Atlantic HFHC program submitted written testimony in support of the Maryland legislation to label and restrict the sale of neonicotinoid pesticides in coordination with local hospitals and nonprofit advocacy organizations. In addition they recruited over 150 healthcare professionals to sign a joint letter in support of restricting the sale of neonicotinoids.

**Leadership in Long-term Care**
With funding from the USDA, the Mid-Atlantic Program worked with three long-term care facilities in Maryland to build programs that increased access to and consumption of fresh fruits and vegetables for senior residents. These programs included the development of on-campus food gardens and farmers markets, and increased purchasing of local produce from local farms in their cafeterias.

**Culinary Medicine**
Through collaborations with Tulane University and Stratford University’s Culinary Arts Program, the Mid-Atlantic project is developing and embedding food sustainability considerations into the culinary curriculums to support cultivation of culinary professionals versed in the issues and equipped with the tools to make a significant difference in their profession.

The CFLC has been instrumental in the development of the Chesapeake Foodshed Network (CFN). The CFN is a group of organizations, agencies, and individuals working across the Chesapeake watershed to build a stronger and more resilient food system. The CFLC serves on the Leadership Committee providing regional healthcare collaborations in support of increasing local and regional sustainable food access.

Shane Hughes from Liberty Delight Farms with one of his cows. Union Hospital of Cecil County, MD purchases sustainable meat from this farm. (Holly Emmons)
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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