



# MENU OF CHANGE

## 2017



Health Care  
Without Harm



# Healthy Food In Health Care 2016-2017



Health care institutions are adopting practices to support a food system that is environmentally sustainable, improves nutritional quality, and supports human dignity and justice.

## LESS MEAT



**57%**  
reduced  
meat  
served

## BETTER MEAT



**66%**  
are choosing to  
purchase meat  
products raised  
without routine  
antibiotics, up from  
**49%**  
in 2014

## SUSTAINABLE



**61%**  
include local  
or sustainable  
purchasing  
criteria in  
contracts or  
RFPs

## LOCAL



**82%**  
purchase  
local foods,  
averaging  
**\$244,000**  
annually

## HOSPITAL FOOD HUB



**1 IN 5**  
hospitals  
have farmers  
markets,  
gardens, produce  
prescription  
and/or CSA  
programs

## HEALTH BEYOND HOSPITAL WALLS



**50%**  
offer diet  
and nutrition  
education\*

\*For community benefit programs targeting obesity, diet-related disease, or food access. According to a recent Health Care Without Harm survey of community benefit professionals.

**1/3 OF U.S. HOSPITALS ARE PART OF OUR NETWORK**

# U.S. hospitals are building a healthy food system

Health care institutions across the country are adopting practices and policies to support a healthy food system — one that is environmentally sustainable, improves nutritional quality, and supports human dignity and justice.

One third of U.S. hospitals are part of the Health Care Without Harm and Practice Greenhealth network. More than 850 of these facilities, located in 37 states, indicated they are actively working on food issues. Six regional hubs engage area hospitals in on-the-ground innovation and strategies in 17 states and Washington D.C. Over 580 facilities have signed the Healthy Food in Health Care Pledge. Now that's progress.

Innovation in food purchasing, policies, community food programs, and culinary creativity in this network is widespread. We're pleased to feature the stories of six health care systems that are leading the way.

The 325 hospitals that responded to the 2016 Healthy Food in Health Care survey demonstrate widespread commitment and action in facilities large and small, urban, suburban, and rural throughout the country. One hundred and eighty percent more facilities participated in the survey than in 2014.



## Hospitals are serving less meat than ever before, citing health of patrons and planet.

Blending for example is gaining popularity. A Massachusetts hospital has replaced all ground meat with a 60/40 beef/mushroom blend.



## Meat raised without antibiotics is the new expectation for food service in institutions.

In California, health systems and schools are collaborating to align their standards and purchasing power to urge producers to provide more healthy, locally produced, and sustainable products at affordable prices



## The majority of hospitals are purchasing locally produced foods.

For one large hospital in Michigan, working to make connections among food processors, producers, and the largest food distributor in the state revitalized the food system infrastructure and enabled them — and other institutions — to increase local purchasing.



## Nearly 60 percent of hospitals surveyed prioritize sustainable products.

Hospitals are employing creative marketing strategies to overcome barriers such as cost. A mid-sized facility in Pennsylvania reduced their chicken portion size by one ounce, saving \$16,000 each year. They invested the savings in purchasing sustainably-raised meat.



## From on-site gardens to farmers markets, hospitals are expanding healthy food access on campus.

An Oregon facility offers all of these benefits — plus a produce prescription program — and is excited by the impact they are seeing on patient and public health.



## Screening for hunger and preventing disease, hospitals focus on community wellness.

As anchor institutions, hospitals are embracing a commitment to apply their social and economic influence and intellectual resources to better the long-term public and environmental health of their communities. An Arizona facility is taking their food insecurity screening to the next level through a partnership with an on-site food bank.

“Most patrons know we promote local products and ingredients. They know that local ingredients tend to taste better, and produce that is freshly harvested, is going to have a higher nutrient content. Producing locally and growing locally is a growing trend... it is people taking pride in what they do... it's craftsmanship,”

—Dan Skay, Castle Rock Adventist nutrition manager and executive chef

## U.S. hospitals are building a healthy food system (continued)

The tremendous innovation of the six featured hospitals and others within the Health Care Without Harm and Practice Greenhealth network creates hope for improving the health of individuals and communities by preserving the environment where we all live, eat, work, and play.

They are showing leadership in putting [research to redefine protein](#) into action through purchasing less meat, testing new culinary techniques, and teaching the community strategies to increase plant-based proteins.

Health care facilities are sitting at the table with community-based organizations, farmers, local food businesses, and national supply chain partners to actualize a vision for a diversified food system that decreases harm to our health and creates greater access and growth opportunity for more of our nation's farmers.

While these six stories are inspiring, the work of many more in the network continue to trailblaze a new vision for food in health care and a food system that supports all of us.

We extend our gratitude to all of our supporters and the health care champions who are working hard in their facilities, their professional associations, and their communities across the country to build a healthier food system. Our future depends on it.

"The South Valley has a long history as a farming culture, and I look at these gardening classes as producing the next generation of farmers," says Helga Garcia-Garza, co-director of the Agri-Cultura Cooperative Network in New Mexico.

Boston Medical Center transformed its once barren roof into the largest rooftop farm in the city. The space flourishes with fresh produce, most of which goes directly to the hospital's patients.

PHOTO: BILL RAWANESI



Chef Albert Santos prepares stir-fry at Henry Ford Health System in Detroit.

PHOTO: HENRY FORD HEALTH SYSTEM



PHOTO: PRESBYTERIAN HEALTH CARE



# Less meat

HOSPITALS ARE SERVING LESS MEAT THAN EVER BEFORE CITING HEALTH OF PATRONS AND PLANET

## BY THE NUMBERS

Reducing the amount of meat served is one of the most powerful measures food service departments can take to improve the health of patrons and reduce the hospital's environmental impact.

- 57 percent of facilities reported reducing the amount of meat they serve in the 2016 Healthy Food in Health Care survey.

They are using a variety of strategies to do so:

- 33 percent are decreasing portion size
- 20 percent are hosting meatless Mondays
- 33 percent are substituting with plant-based proteins

Health care food service teams often face competing goals. They want to serve healthy dishes, but also meet the demand for comfort foods. They want to use ingredients like sustainable meat, but also work within a tight budget. One solution is blending.

- 14 percent of facilities use blending as a strategy to reduce the amount of meat served.

## HOSPITAL BEEFS UP FOOD OFFERINGS WITH BLENDED MEATS

Blending is a culinary technique, pioneered by the James Beard Foundation, that replaces a portion of ground meat (about 20 to 40 percent) with a grain or vegetable, the most common being mushrooms. Doing so creates a recipe for improved nutrition as well as a much smaller environmental footprint.

Gary H. Weiss, executive chef for Cooley Dickinson Health Care in Northampton, Mass. started his patrons with a blended burger and has



PHOTO: COOLEY DICKINSON MARKETING COMMUNICATIONS

During Nutrition Month, Cooley Dickinson introduced the blended burger to its customers by offering free sliders along with information about the benefits of blending.

**“You can lessen the meat provided and yet not feel like you are lessening the amount of meat you are eating.”**

— Gary Weiss, Cooley Dickinson Health Care executive chef

**THE INCREDIBLE BLENDABLE BURGER**

**WE BLEND MUSHROOMS WITH GROUND MEAT TO CREATE A HEALTHIER, TASTIER PATTY THAT IS BETTER FOR THE PLANET.**

- FOR YOUR HEALTH**  
Mixing mushrooms into your beef patties can **reduce sodium by 25%, reduce saturated fat by 30%, reduce calories by 20%, and increase fiber and nutrients!**
- FOR YOUR PLANET**  
Substituting one burger with a blended burger every week for a year saves **17,000 gallons of water and 138 pounds of methane** (equivalent to driving 3750 miles!)
- FOR YOUR COMMUNITY**  
Beef raised without non-therapeutic antibiotics helps **keep antibiotics effective and reduces the chance of superbug!**
- FOR YOUR TASTEBUDS**  
Blending improves flavor and makes a juicier burger!

Blending isn't just for burgers! Try blending mushrooms, beans, grains, and other ingredients in your meatloaf, meatballs or chili.

Health-Care Without Harm  
www.healthcarewithoutharm.org



## Less meat (continued)

since replaced the ground beef in all of the facility’s recipes that required it with a 60/40 beef/mushroom blend.

“Lasagna and shepherd’s pie are very popular. We even did it with our tacos — anything you use ground beef for, this would work,” he says.

For hospital food service, this trend is especially hopeful. Blended meals reduce meat in the diet and add vegetables. One serving of mushrooms contains three grams of protein, one gram of fiber, and nutrients such as vitamins B and D, antioxidants, and potassium. Enhancing the flavor of meat with mushrooms also reduces the need for salt.

For patients on restricted diets who are craving their comfort foods, blending meat with mushrooms may help align nutrient profiles with their health needs. Cost savings is an added bonus. According to Weiss, by reducing the overall amount of meat, “We can use better-quality local meat without breaking the bank,” he says.

Reducing the amount of meat served is one of the most powerful [measures food service departments can take](#) to reduce climate impact. Livestock contributes 14.5 percent of the world’s greenhouse gases, which cause climate change. Substituting one burger with a blended burger every week for a year saves 17,000 gallons of water and 138 pounds of methane, an impact equal to driving 3,750 miles.

Cooley Dickinson is taking steps to increase its resiliency and reduce its carbon footprint across programs at the 86-bed hospital. Weiss sees food service as an important component of that work.

“Anytime we can help people, help their health, and help the environment, we’re working with the Cooley values,” Weiss says. “We try to exemplify those values, try to be a leader, to help show people how they can do it and still get the feeling of eating a burger — not be missing something.”



Cooley Dickinson chef Victor Thompson serves up Cooley’s signature lasagna, one of the many meals the hospital offers that feature blended meat.



PHOTO: VEGGIE ETHICS

### CULINARY CREATIVITY

**Who said hospital food had to be boring? A growing number of chefs and food service staff are putting their expertise and imagination to work, melding together local and sustainable ingredients to create delicious, healthy, plant-forward meals. Chefs, such as those who blended burgers for [Nutrition Month](#) or competed in the [Health Care Culinary Contest](#), are reimagining hospital food one meal at a time.**

Charred butternut squash enchiladas with black beans and kale, blue corn tortillas, and roasted poblano cashew cream by Virginia Mason Memorial Hospital in Washington.



# Better meat

MEAT RAISED WITHOUT ANTIBIOTICS IS THE NEW EXPECTATION FOR FOOD SERVICE IN INSTITUTIONS

## BY THE NUMBERS

Meat and poultry raised without routine antibiotics is the new expected standard, ushering in an age of responsible antibiotic stewardship in hospital food service.

- Hospitals in the Health Care Without Harm and Practice Greenhealth network served a total of 76,429 pounds of meat in 2016, 34 percent of which was raised without routine antibiotics.
- 66 percent of facilities surveyed prefer to purchase products that meet this criteria.

Third-party certifications allow hospitals to identify qualified products — especially for facilities seeking to purchase meat and poultry with sustainability attributes such as organic, humane, or grass-fed.

- Thirty-eight percent of facilities take into account U.S. Department of Agriculture label claims for purchasing decisions.

## FROM PRE-K TO VA, CROSS-SECTOR COLLABORATION SERVES MEAT WITHOUT ANTIBIOTICS

The San Francisco Veterans Affairs (VA) Medical Center is a member of the ProCureWorks cross-sector purchasing initiative. This collaboration, a partnership between Health Care Without Harm, School Food Focus, and health care facilities in the region, is working to affect change across the supply chain by leveraging the purchasing power of eight health systems and five major pre-kindergarten-high school public school districts throughout California.



Alexandra Emmott, Farm to School supervisor, teaches kids about local foods at East Oakland Pride Elementary.

PHOTO: OAKLAND UNIFIED SCHOOL DISTRICT

**“Our involvement has allowed us to source California-raised No Antibiotics Ever chicken breast strips for our patient menu which supports our national Veterans Health Administration antibiotic stewardship goal for all VA nutrition and food service operations.”**

— Karen Arnold, San Francisco VA Medical Center food service director



PHOTO: KAREN ARNOLD

Food service professionals at the San Francisco Veterans Affairs Medical Center



## Better meat (continued)

Karen Arnold, San Francisco VA food service director, says her motivation for becoming involved in ProCureWorks was to improve the sustainability of our food service operations through sourcing local, high-quality products.

ProCureWorks aligned sustainability standards and specifications across sectors to include “better” meat and poultry that is raised with the responsible use of antibiotics. They have identified healthy California-grown food products that can be purchased and served in both sectors that meet these standards. They are able to aggregate their volumes to bring in more healthy, locally produced and sustainable products at more affordable prices that otherwise, they might not be able to afford or bring in due to required volume minimums by their distributors.

The San Francisco VA was the only VA hospital participating in the ProCureWorks project, but, due to Karen’s outstanding leadership, other VA facilities, including Palo Alto VA HCS and Fresno VA Medical Center, are now purchasing No Antibiotics Ever (NAE) chicken breast strips from Foster Farms at affordable prices, thanks to their aggregated volume.

ProCureWorks members worked with Foster Farms to ensure greater transparency for their antibiotic-free poultry line by using their unified voice to advocate for the third-party verification of these products. Foster Farms heard their demand and took the necessary steps toward USDA Process Verified Program Certification for their NAE products.

According to Jeff Hayman, Foster Farms food service business manager, “ProCureWorks was the group that called out to us that being USDA Process Verified would be critical to our success in bringing truly verified No Antibiotics Ever chicken products to each of our constituent groups.”

Oakland Unified School District has been involved in the ProCureWorks project since its inception and currently serves Foster Farms NAE drumsticks at all of their secondary schools.

“Limiting the use of antibiotics and leaving antibiotics intact for future generations are important issues for school districts because there are human health consequences,” says Alexandra Emmott, Farm to School supervisor at Oakland Unified. “As a school district, we have a moral obligation to make sure we are protecting the health of future generations.”

ProCureWorks is now exploring broader production practices of meat like grass-fed systems.

## POLICY POWER

Expanding a traditional hospital antibiotic stewardship program to include a resolution or purchasing policy can formalize a facility’s intent to broaden their impact on antibiotic resistance by reducing overall community exposure. Fifty-five percent of facilities are using purchasing policies to drive and underpin sustainable and local purchasing priorities. Review [this toolkit](#) released by the Clinician Champions in Comprehensive Antibiotic Stewardship collaborative.





# Local purchasing

THE MAJORITY OF HOSPITALS ARE PURCHASING LOCALLY PRODUCED FOODS

## BY THE NUMBERS

Eighty-two percent of facilities are purchasing local foods. Facilities surveyed in 2016 reported spending 15 percent of their food and beverage budgets on local foods.

They are using a variety of ways to purchase local including traditional supply chains:

- 25 percent use group purchasing organizations
- 19 percent use food service management companies

And through alternative pathways:

- 15 percent use food hubs
- 11 percent use cooperatives
- 16 percent purchase direct from producers

## MAKING CONNECTIONS TO CREATE FOOD SYSTEM CHANGE

The Beaumont Royal Oak Campus, a large hospital in the Detroit suburbs, serves about 5.7 million meals a year. As director of nutrition and retail service for the hospital, Maureen Husek's responsibility does not officially extend beyond hospital walls. Yet, she is inspired to use her influence and institutional buying power — fueled by 1,100 licensed beds, 61,407 admissions, 130,892 emergency center visits, and 8,704 employees in 2015 — to champion Michigan's food economy and encourage fellow health care leaders to do the same.

Beaumont's commitment to local food is evident in the many ways Husek raises awareness through menu design, digital displays, signage in the cafeteria, and through the hospital's on-site farmers market, which runs May through October.

**“Why do we buy local? We focus on healthy food choices that support disease prevention and model more healthful nutrition practices. We also want to support local and state agriculture, promote access to fresh, whole foods, decrease our environmental footprint, and support our local economy.”**

— Maureen Husek, Beaumont Hospital director of nutrition

Local Michigan blueberries and apples at the Beaumont Hospital farmers market

PHOTO: LINDSEY SCALERA





## Local purchasing (continued)

Husek takes advantage of Cultivate Michigan materials, including recipes, product information, posters, logos, and window clings. The farmers market recently celebrated its 10th anniversary.

One of Husek’s more recent achievements involved working with one of the state’s largest food distributors to provide Michigan products in its price lists. For about a year, Husek worked directly with her prime vendor. She invited them to tour her hospital to see what she was already buying that fits her definition of local and to find out which other products could be sourced locally. This resulted in a partnership with a local processor and a new list of 30 products coming from 11 Michigan farms. As this project unfolds, Husek and other institutions will be able to increase their local purchasing.

“Maureen is motivated to provide Beaumont patients and employees with higher quality, nutrient-dense food, picked yesterday in Michigan, as opposed to two weeks ago in California,” says Christine Quane, wholesale market coordinator at Eastern Market Corporation. “She doesn’t do this because it’s her job. She does it because it’s the right thing to do.”

As of 2017, 14.2 percent of Beaumont’s purchases were comprised of local foods. They are aiming to purchase 20 percent of food locally by 2020, a goal set forth by the Michigan Health & Hospital Association, The Michigan Good Food Charter, and the national Practice Greenhealth Healthy Food Challenge.



Maureen Husek, Beaumont Hospital director of nutrition and retail services.



PHOTO: PRESBYTERIAN HEALTHCARE SERVICES

The Healthy Here Mobile Farmers Market, a van owned by Bernalillo County and leased by Presbyterian Healthcare, visits clinics, schools, and community centers, selling produce from the Agri-Cultura farmers cooperative at a wholesale rate.

### MAGICAL MARKETING

**As important as serving meals made with local and sustainable ingredients is promoting them. Hospitals are employing a myriad of marketing strategies to call attention to these products and entice patrons to buy them. Thirty-seven percent of facilities are using promotion strategies such as pricing (18 percent), placement (36 percent), product sampling (19 percent), and labeling (23 percent.) Review our [sustainable marketing guide](#), and visit a [recent marketing campaign](#) for ideas.**



PHOTO: HEALTHY-HERE PR. AT CWA COMMUNICATIONS

Five generations of the Baca family have farmed in the South Valley of New Mexico where they now sell to regional hospitals.



# Sustainable purchasing

NEARLY 60 PERCENT OF HOSPITALS SURVEYED PRIORITIZE SUSTAINABLE PRODUCTS

## BY THE NUMBERS

Fifty-six percent of health care facilities are purchasing sustainable foods with 16 percent of their food and beverage budgets spent on sustainably produced products.

They are prioritizing certain product categories for sustainable purchasing:

- 41 percent are purchasing sustainable fruits and vegetables
- 37 percent are purchasing sustainable meat and poultry
- 28 percent are purchasing sustainable seafood
- 25 percent are purchasing sustainable dairy

Sixty-one percent include local or sustainable purchasing criteria in their contracts or requests for proposals.



Geisinger executive chef Matthew Cervay

PHOTOS: GEISINGER

## SUSTAINABLE SWITCH SAVES MONEY, IMPROVES MEALS

Geisinger executive chef Matthew Cervay decided it was time for the Pennsylvania health care system to take a step forward in promoting antibiotic stewardship. Through their purchasing power and clinical expertise, health care systems, such as Geisinger, can help change both markets and policies to protect antibiotics and prevent their overuse in animal agriculture.

Cervay conducted research regarding labels and products available through their current suppliers

**“There is no easy change when you make a product change in health care. It seems to have ripples through your whole entire department. And that was certainly the case when we changed something that was so impactful as chicken.”**

— Matthew Cervay, Geisinger executive chef



PHOTO: CINDY QUINONEZ

Cindy Quinonez, executive chef at Paradise Valley Hospital in California, and junior chef Heather serve samples of a meal created from fresh, sustainably caught seafood at the Tuna Harbor Docks Market in San Diego.



## Sustainable purchasing (continued)

(Premier and US Foods). He discovered the market was flooded with misinformation, and it was difficult to find [label claims backed by third-party certification](#).

Cervay relied heavily on manufacturers for accurate information. They explained their poultry production practices and gave him the cost impact on his current spend. He decided on a USDA Process Verified No Antibiotics Ever chicken (at no point in its life is it given antibiotics) from a major poultry producer. Geisinger made this change for chicken breasts as well as sliced and diced chicken. Processed chicken items were not included in this initiative but are under consideration for the future.

The No Antibiotics Ever chicken was going to be more expensive than the conventionally raised chicken. To manage this higher cost, Geisinger reduced the serving size of the chicken breasts from 5 ounces to 4 ounces. The change meant they would be using 12,000 pounds less chicken and save \$16,000 each year. Reducing the portion size also helped Geisinger reach the Practice Greenhealth [Less Meat, Better Meat goals](#).

“You can have the best intentions, the best concepts, but if you can’t speak to the numbers, today in the health care environment, you are going to be dead in the water,” Cervay says.

Geisinger was able to maintain current prices for their chicken dishes. Although some patrons took a little while adjusting to the smaller portion sizes, the result was positive, and education helped ease the transition.

Infections caused by antibiotic-resistant bacteria account for 23,000 deaths per year in the United States, and, if left unchecked, could be responsible for more deaths than cancer by 2050. For hospitals like Geisinger, this means [purchasing and serving meat raised without routine antibiotics](#).

Cervay considers the switch to sustainable chicken the first step on the road toward improvements in other food categories. He says they started with chicken because it seemed to be the easiest upgrade from an execution and a financial standpoint. They plan to take it slow and figure out pricing and strategy in order to make sure these meaningful changes last.



Health system leaders toured a Maryland farm that grows for Perdue Farms. Health care can help inform and influence how farm and food businesses produce food, the Perdue staff told the hospital representatives.

### TELLING YOUR STORY

**Sharing stories and photos about where hospital food comes from and why sourcing local and sustainable ingredients is important and connected to the hospital’s mission can increase sales and support for these products. Sixty-six percent of facilities held campaigns to garner support using signs (29 percent), events (46 percent), newsletters (43 percent) and patient trays (21 percent). Review our [sustainable marketing guide](#).**



Megan Dan, R.D., provides samples of a green gazpacho made with ingredients available for purchase at Montefiore Health System’s farmers market in New York City.



# Hospital food hub

FROM ON-SITE GARDENS TO FARMERS MARKETS, HOSPITALS ARE EXPANDING HEALTHY FOOD ACCESS ON CAMPUS

## BY THE NUMBERS

Health care facilities are increasing healthy food access on their campuses and in their communities through a suite of programs:

- 22 percent host farmers markets
- 21 percent host community-supported agriculture programs.
- 21 percent invest in farms and gardens for their own food service
- 20 percent invest in gardens and farms for the community.

Twenty percent of facilities are also providing produce prescription programs that provide food boxes to patients identified with diet-related health risk.

## HEALTH SYSTEM EXPANDS FOOD ACCESS WITH FARMERS MARKET, STORE, VEGGIE RX

Oregon Health and Science University's (OHSU) sprawling, 350-acre campus lies nestled among wooded hiking trails overlooking the city of Portland. As a research university with adult and children's hospitals, OHSU is a hub of innovation that extends beyond medicine — OHSU also leads the way on incorporating healthy, local food on its campus for the 14,000 employees and 250,000 patients it serves every year.

Students, staff, and visitors can find local products at the OHSU Farmers Market or the on-site natural foods store, It's All Good, both of which are funded and managed by the hospital. When it opened in 2008, the sourcing standards for It's All Good were developed by staff dietitians and require all products be free of trans-fats, high-fructose corn syrup, and artificial coloring. The store features natural foods including local snacks and grab-and-go entrees from local restaurants.

**"We've been lucky to work with vendors who understand institutional needs. Together we create the infrastructure for a sustainable food system."**

— Eecole Copen, Oregon Health and Science University sustainable food programs coordinator

PHOTOS: OREGON HEALTH AND SCIENCES UNIVERSITY



During the summer, Oregon Health and Sciences University's producer-only farmers market serves 2,000 visitors every week.



Variety of fruit and vegetables at Oregon Health and Sciences University's farmers market.



## Hospital food hub (continued)

During summer months, OHSU's producers-only farmers market serves approximately 2,000 visitors every week. Now in its eleventh year, the market has strict standards and prioritizes vendors whose products are local (defined as grown or produced in Oregon or within 200 miles of Portland), grown without the use of synthetic pesticides and herbicides, low sodium, and contain no trans-fats or high-fructose corn syrup.



The patient menu features meat and produce from the Pacific Northwest. Eecole Copen, OHSU sustainable food programs coordinator, is especially proud of the Food and Nutrition Department's meat program. The hospital sources 99 percent of lamb and buffalo from local producers and 70 percent of its beef from Carmen Ranch, a local, grass-finished beef producer. Copen credits the success of their meat-sourcing efforts to the relationships OHSU has built with vendors.

For Copen, supporting sustainable agriculture is simply an extension of the hospital's dedication to community health.



The Food Rx program provides patients with prescription vouchers that can be redeemed for fruits and vegetables at over 30 vendors across the state.

## PRESCRIPTION FOR PRODUCE

Clinicians across the country are providing patients with prescription vouchers that can be redeemed for fruits and vegetables at farmers markets and grocery stores. Oregon Health and Sciences University's clinical approach to healthy food access includes the Food Rx program redeemable at more than 30 markets.



A patron purchases produce at Oregon Health and Sciences University's farmers market.

PHOTO: OREGON HEALTH AND SCIENCES UNIVERSITY

PHOTO: OREGON HEALTH AND SCIENCES UNIVERSITY



# Health beyond hospital walls

SCREENING FOR HUNGER AND PREVENTING DISEASE, HOSPITALS FOCUS ON COMMUNITY WELLNESS

## BY THE NUMBERS

Hospitals are connecting their food systems work to their community health mission and programs to better the long-term public and environmental health of their communities.

- 20 percent of the facilities surveyed in 2016 said that they are providing food insecurity screening to connect patients with food resources and programs.

Nonprofit hospitals, in particular, are utilizing their [community benefit funds](#) to support healthy food access to address social and environmental determinants of health.

## FIGHTING HUNGER AND DISEASE ONE BOX AT A TIME

The Desert Mission Food Bank sits on the property of HonorHealth John C. Lincoln Medical Center in Phoenix, just steps from where patients talk with their physicians about managing their diabetes or reducing their risk of heart disease.

Only 20 percent of health can be attributed to medical care, while physical environment and social and economic factors account for 50 percent. Food insecurity, in particular, is a major public health issue and has implications for community health, clinical care, and rising health care costs. Lack of access to enough healthy food is associated with higher rates of nutrition-related chronic diseases, like diabetes and high blood pressure.

In addition to screening for signs of illness, John C. Lincoln and other facilities in the HonorHealth system screen for food insecurity, and through several programs funded and supported by the health

PHOTOS: HONORHEALTH



An HonorHealth care coordinator delivers a diabetes wellness box to a patient. Desert Mission developed a diabetes wellness program to foster healthy food access for patients with diet-related diseases.



Children water greens as part of HonorHealth Desert Mission's gardening education.



## Health beyond hospital walls (continued)

system, ensuring patients have access to the food they need to become and remain healthy.

The hospitals offer several free and reduced-cost food programs, nutrition education, and resource and referral services to patients and community members. Nutrition education involves gardening classes taught at on-site raised beds and cooking demonstrations using the same food distributed by the food bank.

According to Anne Costa, the nutrition outreach coordinator at Desert Mission, these programs are making a significant difference in the lives of patrons.

“One of our participants is a cancer survivor and found out about the program at Virginia G. Piper Cancer Center,” Costa says. “She says she wishes the program was available back when she had cancer and would have started eating like this earlier. She appreciates the recipes because she is able to break out of her cooking norms and learn how to prepare and eat new foods.”

In 2016, a pilot Diabetes Wellness Program was launched. Diabetic patients are referred by their physicians into the six-month program. In addition to consultations with their doctor and diabetes education, participants receive wellness food boxes from the food pantry every two weeks. One participant, who makes the long trip to the food bank by public bus, says the program saved his life.

Every week, community members pick up their boxes of fresh, organic produce delivered by Phoenix-area farm, Crooked Sky. As part of a commitment to making their produce accessible to everyone, the farm has lowered the community-supported agriculture (CSA) box prices for all HonorHealth locations. There are three pick-up locations. Participants are able to use their Supplemental Nutrition Assistance Program (SNAP) benefits toward the purchase of their CSA box. The program recently became certified to take Double Up Food Bucks, meaning participants who spend \$20 of SNAP benefits will get an extra \$20 free to use on the purchase of Arizona-grown fruits and vegetables.

In a state where one in five individuals is food insecure and that ranks third in the nation for childhood food insecurity, HonorHealth’s strong organizational focus on healthy food access is extending their care far beyond hospital walls.

**One patron exclaimed after finding out where his wife wanted him to pick up their CSA box, “What? Pick up vegetables at the hospital: What a smart concept it is for a hospital to provide healthy food.”**



Nutrition education at John C. Lincoln Medical Center involves gardening classes taught at on-site raised beds to children and adults. Everything harvested at the Desert Mission gardens is distributed in the food bank.



Anne Costa, HonorHealth Desert Mission nutrition outreach coordinator, shows off a community-supported agriculture basket.

### COMMUNITY BENEFIT

Private nonprofit hospitals comprise approximately 60 percent of health care facilities in the country and are obligated to provide community benefit through their programs. Hospitals are increasingly adopting a range of strategies to address social and environmental determinants of health. In a [recent national survey](#), obesity was identified as a health need in 71 percent of respondents’ community health needs assessments, while food insecurity or healthy food access was identified as a health need in 13 percent. For community benefit programs targeting obesity, diet-related disease, or food access as a health need, 50 percent intervened through diet and nutrition education while 25 percent addressed improving food access. [Learn more.](#)

# Methodology

## 2016 HEALTHY FOOD IN HEALTH CARE SURVEY RESULTS

Since 2008, Healthy Food in Health Care has conducted periodic surveys to benchmark and shine light on the progressive work of our network of leading hospitals across the country. With each survey, we expand our understanding of the strategies and approaches that support hospitals' food service transformation. Results have been shared in Menu of Change reports in 2008, 2011, 2013, and 2015.

PAST REPORTING  
2015  
2013  
2011  
2008

## SURVEY AND ANALYSIS METHODS

The survey questions were designed to measure respondent progress in achieving both qualitative and quantitative results with data collection focused on measuring progress made by facilities in 2016. The Healthy Food in Health Care Pledge, and the Practice Greenhealth Healthier Food measures, serve as a basis for the survey. This survey was administered online in March and April 2016 to hospitals that have signed the Healthy Food in Health Care Pledge (583) and engaged with one of Healthy Food in Health Care's regional programs or were Practice Greenhealth members. The survey was circulated to 1,500 health care facilities, and 22 percent (325 facilities) responded. This is the first time the Healthy Food in Health Care survey was distributed to all members of Practice Greenhealth, which nearly doubled the number of facilities that received the survey and increased the number of respondents by 180 percent.

583  
SIGNED  
PLEDGES  
AND GROWING

## LIMITATIONS

This survey is not meant to be broadly representative of facilities in the health care sector. Rather, it is a measure of work self-reported by hospitals and long-term care facilities engaged at some level in Healthy Food in Health Care work. Responses were not audited or otherwise checked for validity. Not all questions were answered by all respondents. Percentages are based on average numbers reported by 325 facilities.

TOTAL OF  
325  
FACILITIES  
REPORTING

## FACILITY INFORMATION

A complete list of survey respondents can be found at [noharm.org/menuofchange2017](http://noharm.org/menuofchange2017).

Respondents from 325 facilities (hospitals and long-term care facilities) responded to the 2016 survey. Facilities (312) ranged in size from 10 to 1,274 beds with an average size of 253 beds and a reported total of 78,937 beds. They (277) reported serving on average 670,244 meals in 2016 and a combined 185,657,637 meals served by all reporting facilities (patient and cafeteria combined). Combined, reporting facilities spent a total of \$303,497,962 on food and beverages in 2016.

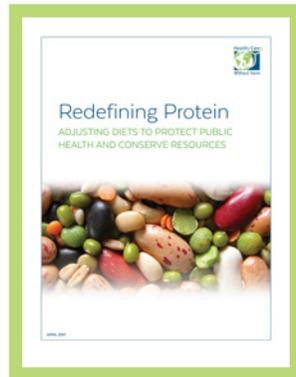
MORE THAN  
185  
MILLION  
MEALS  
SERVED  
IN 2016

# Looking ahead

Health Care Without Harm is leading the health care sector in moving beyond doing “less harm” — reducing negative impacts from the design and operation of health care — to a future where the sector “heals” or restores ecological, economic, and social capital within communities. In addition to our current initiatives, you can look forward to deeper work in these focus areas in 2018:

## FOOD-CLIMATE CONNECTION

By reducing meat on the plate, [integrating plant-based protein options](#), and directing purchases and investments toward strong local food systems and regenerative agricultural practices, the health care sector can influence significant reductions in greenhouse gasses, restore carbon sequestration, and mitigate the subsequent public health impacts of climate change. Health Care Without Harm and Practice Greenhealth are taking a broader look at production practices and impacts and identifying strategies for health care to influence these systems for human and environmental health.



## RESILIENT COMMUNITIES

As anchor institutions with significant purchasing power and a trusted role as authorities on health and wellness, hospitals are embracing a commitment to apply their social and economic influence and intellectual resources to better the long-term public and environmental health of their communities. Through current initiatives, such as [ProCureWorks](#) and [Anchors for Resilient Communities](#), and new activities, research, innovation, and resources, the Healthy Food in Health Care program will continue to empower health care facilities to take advantage of this important opportunity to address the social and environmental determinants of health, increasing healthy food access, reducing food-related disease prevalence, and reinforcing local economic resilience through local sourcing of goods and services and strategic investments.



## CULINARY CREATIVITY

As the 2017 [Health Care Culinary Contest](#) demonstrated, hospital food can be sustainable, healthy, and delicious. Through culinary creativity and [cross-departmental collaboration](#), clinicians, chefs, and food service professionals are reimagining hospital food one wholesome meal at a time. Combined with on-site farmers markets, community-supported agriculture, nutrition and cooking classes, produce prescription programs, and other initiatives, hospital food can impact the health of patients, community, and the food system. The Healthy Food in Health Care program will continue to encourage innovation and imagination for sourcing and serving hospital food.



## MARKET TRANSFORMATION

Through their purchasing choices and collaboration in aggregating purchasing with other facilities and across sectors, hospitals are driving change in the food system. Together, with other institutional sectors, health care has expanded sustainable food offerings through the supply chain and improved transparency in a historically opaque system. Regional demonstration projects are supporting the growth of alternative pathways to national contracts and distribution models. Healthy Food in Health Care and Practice Greenhealth will continue to elevate the progress already being made and commitments for sustainable foods by communicating with the health care supply chain and producers of all scale to foster the supply of food that comes from a healthy, sustainable, and resilient food systems.



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Survey was completed by 325 hospitals and long-term care facilities. A complete list of survey respondents is available at [noharm.org/menuofchange2017](http://noharm.org/menuofchange2017).

Physician-chef duo, Dr. Yami Cazora-Lancaster and Jason B. Patel, at Virginia Mason Memorial Hospital



## ABOUT US

Health Care Without Harm seeks to transform health care worldwide so that it reduces its environmental footprint, becomes a community anchor for sustainability and a leader in the global movement for environmental health and justice. With offices on four continents and partners around the world, Health Care Without Harm is leveraging the health sector's expertise, purchasing power, political clout, workforce development, and moral authority to create the conditions for healthy people, communities, and the environment.

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 [healthyfoodinhealthcare.org](http://healthyfoodinhealthcare.org) for more information.



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