BALANCED MENUS

Serve healthy food. Mitigate climate change. Reduce costs.

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www.sfbaypsr.org

What is BALANCED MENUS?

A systematic approach to reduce the amount of meat in hospital food and a strategic pathway to serving the healthiest, most sustainably produced meat available. Balanced Menus can offer cost savings as well as concrete public and environmental health benefits.

Why BALANCED MENUS?

- Benefits: Health, Environment, Climate
- Best strategy for bringing sustainably-produced meat into health care institutions

Confined Animal Feeding Operations: CAFOs

- Require constant use of non-therapeutic antibiotics to prevent disease outbreaks in confined spaces
- Factory farms emphasize high volume and profit
- Produce millions of animals yearly
- Often result in inhumane treatment of animals
- Produce 1.3 billion tons of waste/year

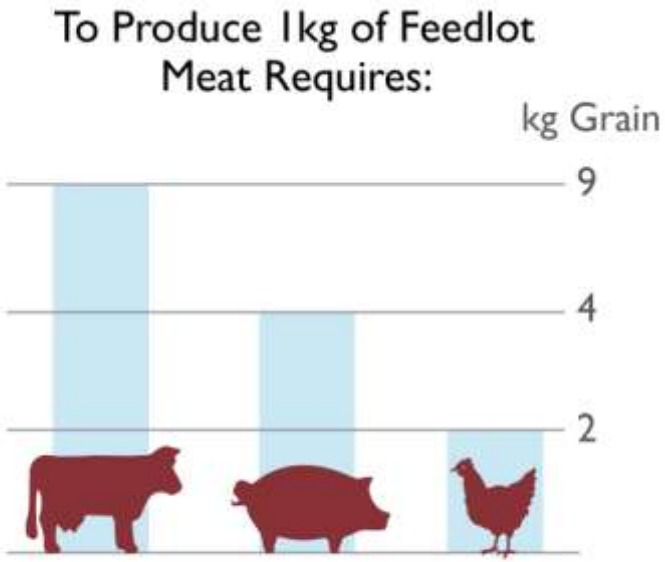
Protecting the Antibiotic Toolkit

- 60,000 deaths annually linked to antibiotic resistance (CDC)
- Stop the routine use of non-therapeutic antibiotics and keep antibiotics working for human therapy and sick animals.
- Support the Preservation of Antibiotics Medical Treatment Act

www.protectantibiotics.org

Food and Climate Change

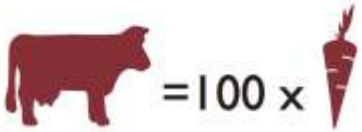
- Different food groups exhibit a large range in GHG intensity
- Meat and dairy production primary contributors to GHG emissions from the agricultural sector;
- Eating less meat and dairy has huge impact on reducing GHGs



McMichael and Bambrick, Public Health Nutrition, 2007

Pounds of CO_2 Produced Per Pound of Product

1 lb beef vs 1 lb chicken



1 lb beef vs 1 lb carrots

"*Livestock's Long Shadow*," UN Food and Agriculture Organization, 2006

Meat Consumption and Health

- USDA recommends 5.5 oz./person/day of meat, poultry, eggs, legumes, nuts
- vs. 8.7 oz. of meat + chicken in US food supply person
- High consumption of meat fats and processed meats: increased risk of obesity, diabetes, cardiovascular and other diet-related diseases.

- Hospitals typically serve meat 2-3 meals per day
- Individual meat consumption comes with a high social cost: environmental, public health, climate change, labor.

Livestock Farming

- Pastured Animals (meat & poultry)
  - Lower in total fat, saturated fat, and cholesterol
  - Higher in conjugated linoleic acid (CLA).
  - Healthier and preferred ratio of "good fats" to "bad fats"
  - Higher in B-vitamins, vitamin E,
  - Higher in phytochemicals; lutein, zeaxanthin, and beta-carotene

Ponnampalam EN, Mann NJ, Sinclair AJ. Effect of feeding systems on omega-3 fatty acids, conjugated linoleic acid and trans fatty acids in Austr alian beef cuts: potential impact on human health. *Asia Pac J Clin Nutr*. 2006; 15(1):21-29.

Rule D, Broughton K, Shellito S, Maiorano G. Comparison of muscle fatty acid profiles and cholesterol concentrations of bison, beef cattle, elk, an d chicken. *J Anim Sci*. 2002; 80:1202-1211.

Prache S, Priolo A, Grolier P. Persistence of carotenoid pigments in the blood of concentrate-finished grazing sheep: its significance for the trace ability of grass-feeding. *J Anim Sci*. Feb 2003; 81(2):360-367.

Duckett S, Neel J, Fontenot J, Clapham W. Effects of winter stocker growth rate and finishing system on: III.Tissue proximate, fatty acid, vitamin, and cholesterol content. *J Anim Sci*. Sept 2009; 87(9): 2961-2970.

Why hospitals?

- Primary prevention part of mission
- Position to influence behavior
  - Respected sources of health information
  - See patients and visitors at key time
  - Staff members see burden of chronic disease
- Many patients, visitors, staff would welcome change
- Health care food service: $12 billion market in U.S.[1]
- Opportunity to influence local markets, distribution networks, national food distributors

1. Personal Communication, Marci Wilson, Association of Healthcare Foodservice, 4/2010

Pathway to Balanced Menus

Step 1: Research

- At request of health system partner, evaluated sustainable meat supply options and costs within the Northern California region
- Significant demand vs. limited supply

Pathway to Balanced Menus

Step 2: Direct Substitution, Small Scale Pilot

- Replaced conventional feedlot beef with grassfed product
- Focused on ground beef, stew meat: cheaper cuts are more affordable and available
- Challenge with taste, texture
- Lack of support from Food Service Director

Pathway to Balanced Menus

Step 3: Sustainable Meat and Poultry via GPO Contracts

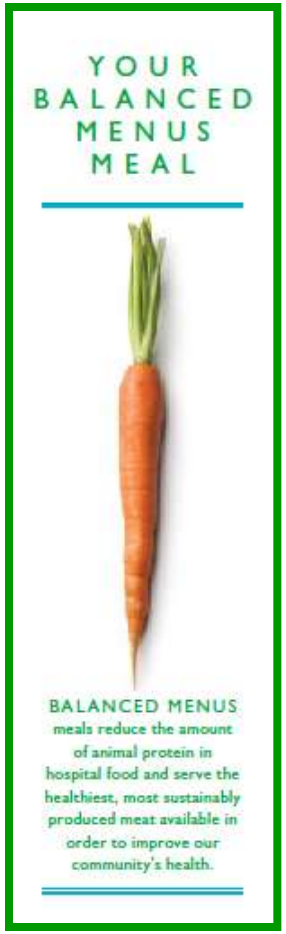
- Bay Area hospitals met with US Foodservice Northern California Division, local producers
- Sustainably produced meat and poultry difficult to access through GPO contracts

Balanced Menus Challenge: Less Meat, Better Meat

- **Phase 1:** Join Balanced Menus Challenge – goal is 20% reduction in meat within 12 months
- **Phase 2:** With new reduced meat menus, prioritize purchase of local, sustainably-raised meat and poultry
- OR, tackle Phase 1 and 2 simultaneously!

Balanced Menus Challenge Toolkit

- Marketing Materials
- Purchasing Tracking Tool
- Climate Impact Calculator Tool
- Recipe Collection
- Case Studies



Sustainable Food Is…

- Grown organically/with natural methods…
- On a small or medium sized family farm…
- That treats its workers well…
- And then is sold for a fair price…
- Transported and bought relatively close to where it was grown…
- And eaten fresh and in season.

GGHC: Sustainable Meat

- Green Guide to Health Care Food Service Credits 3.1-3.3: **Local, Sustainably Produced Food Purchasing**
- Receive points based on overall food and beverage purchases, based on cost;
- Provides guidance on sustainability, including information on eco-labels, label claims, radius for locality, etc.

www.gghc.org

Balanced Menus Evaluation 2010

JOHNS HOPKINS
Center for a Livable Future

Piloted by four Bay Area hospitals

Balanced Menus:
A Pilot Evaluation of Implementation in Four San Francisco Bay Area Hospitals

Developed for San Francisco Physicians for Social Responsibility and Health Care without Harm

Key Research Questions:

How did Balanced Menus participation affect:

Quantities of meat purchased

Spending on meat

Meat-related greenhouse gas emissions

How was program implemented?

Key challenges, advice for other hospitals

Lisa Lagasse MHS and
Roni Neff, PhD MS
Johns Hopkins School of Public Health
Center for a Livable Future
April 20, 2010

JOHNS HOPKINS
Center for a Livable Future

Results: Purchasing

- Goal: Reduce meat purchasing by 20%
- 4 hospitals reduced meat purchases by average of 28%
- Combined, 1 year of continued purchasing at "after" level, 4 hospitals cut:
  - >171,000 lbs/$402,000 in meat
- Purchased 7,308 lbs sustainable meats --1 hospital
- Increased patient satisfaction scores

Results: Modeled Changes in GHGs

- **Baseline** (3 hospitals, extended to 1 year):
  - 2,626.7 tons of CO_2-equivalent GHG emissions
- **Reduction** (4 hospitals, extended to 1 year):
  - 1,004 tons/year
- **Equivalent** to CO_2 emissions from:
  - 102,454 gallons of gasoline *OR*
  - 23,354 tree seedlings, 10 years C sequestration

Balanced Menus & Registered Dietitians

- National Nutrition Month Promotion March 2010
- Endorsement of ADA's Hunger and Environmental Nutrition Dietetic Practice Group (HEN)
- Sustainable Foods in Health Care Task Force
  - *The Food-Climate Connection: A Registered Dietitians Balanced Approach to Positive Change*
  - Recipe Toolkit
  - Dietician Outreach

Hospitals Take Balanced Menus Challenge

1. Berkshire Medical Center, MA
2. Bon Secours St. Francis Hospital, MD
3. Anne Arundel Medical Center, MD
4. Carroll Hospital Center, MD
5. Cooper University Hospital, NJ
6. Georgetown Univ. Hospital, DC
7. Good Samaritan Hospital, MD
8. Good Shepherd Medical Center, OR
9. John Muir Health System, CA
10. Kensington Hospital, PA
11. Laguna Honda Hospital, CA

12-15. LifeBridge Health, MD: Courtland Gardens; Levindale Hebrew Geriatric Center and Hospital; Northwest Hospital; Sinai Hospital

16. Maristhill Nursing & Rehab Center, MA
17. Martinsburg VA Medical Center, WV
18. New Milford Hospital, CT
19. Northern Michigan Regional Health System, MI
20. Oregon Health & Science University
21. Palos Community Hospital, IL
22. St. Francis Health System
23. St. Joseph's Manor/Covenant Health System, MA
24. St. John Providence Park Hospital, MI

24-26. St. Mary's Health System, ME: St. Mary's Regional Medical Center, St. Mary's d'Youville Pavilion, St. Mary's Residences,

27. San Francisco VA Medical Center, CA
28. Santa Rosa Memorial Hospital, CA
29. Sequoia Hospital, CA
30. Shriners Hospital for Children
31. Stony Brook Medical Center, NY
32. Thomas Jefferson University Hospital, PA
33. Truman Medical Centers, MO
34. UCSF Medical Center, CA
35. Union Hospital of Cecil County, MD

Resources

- Health Care Without Harm Food website
  - www.healthyfoodinhealthcare.org
  - Balanced Menus Challenge page
    - www.noharm.org/us_canada/issues/food
  - PAMTA Health Care Practitioner Support Petition
    - www.protectantibiotics.org
- ADA's Hunger and Environmental Nutrition DPG
  - www.hendpg.org
  - Sustainable Food in Health Care Task Force
    - Chair; Stacia Clinton, stacia20@yahoo.com

Contact Info

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