

Food, Health and the Environment: The Role of the Clinician

Amy Collins MD

MetroWest Medical Center

Vanguard Health Systems



My Multiple Hats

- Practicing ED physician
- Sustainability Coordinator at MetroWest Medical Center
- Healthcare Sustainability Consultant, Vanguard Health Systems
- Healthier Hospitals Initiative Steering Committee



My Fourth Grader, His Teacher, Idling and Polar Bears





GOING GREEN

JOIN OUR TEAM

MetroWest Medical Center

Sustainability at MetroWest

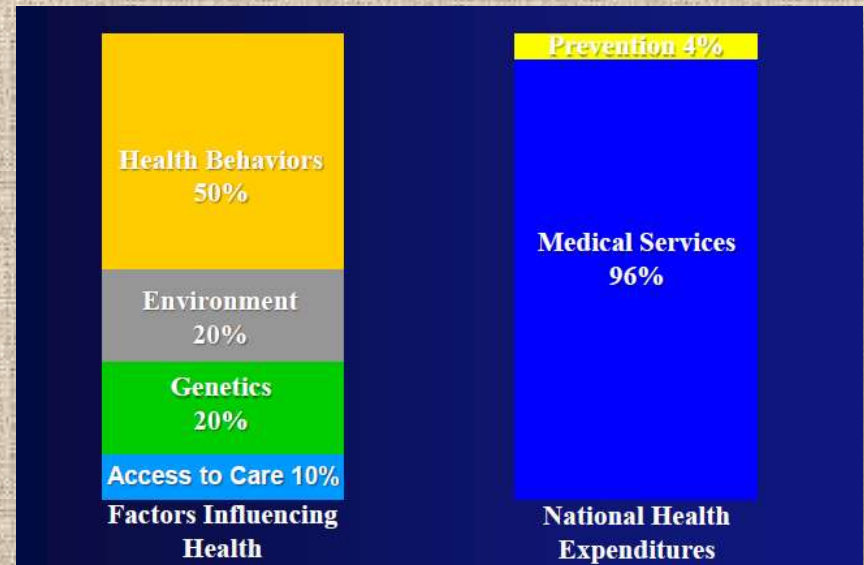


Practice Greenhealth Members and Award Winners



My Role as a Physician

- View sustainability as an opportunity for improved health and healthcare delivery
- Preventative health
- Healthier patients, staff and communities



CDC, Blue Sky Initiative, University of California at San Francisco, Institute of the Future, 2000

First, Do No Harm

- Patient health
- Worker health
- Community health
- Environmental health





What Do You Mean, Food?

- Nutrition and health
- Sustainable food promotion
- Healthy beverages
- Education
- Connection to local agriculture
- Reduction of environmental impact of food services



“Food is our common ground, a universal experience” James Beard

“Go Green” and Food at MetroWest

- Healthy Food in Healthcare Pledge
- Composting
- Balanced Menus Challenge
- Meatless Mondays/Flexitarian Challenge
- Seasonal Farm Stands
- On site vegetable and herb garden
- Fruit and Veggie Challenge
- Styrofoam reduction
- Bottled water reduction
- “Sustainable” meals upon request



Organic Farm Partnership



About Silverwood Organic Farm

- Provides local community with shares of locally grown organic produce using CSA model
- Certified Organic
- Grows solely for CSA members – no retail sales, farmer's markets or agritourism



Employee CSA

- Winter CSA
- Summer CSA
- Meat, Egg, Coffee option
- CEO support
- Weekly produce drop off
- Weekly recipes
- MetroWest Day at the Farm
- Meetings/hospital events at farm



**Community Supported Agriculture Partnership
at MetroWest 2011 - 2012**



Growing Organically, Delivering Locally to MWMC

Option A: Winter Share (6 Wk) Option B: Summer Share (20 Wk)

Costs: \$225 / Share Costs: \$775 / Share

Option B: Payment Split & Paid in Jan. & May 2012

Opportunity to Share in Produce & Split Cost with Associates



**35 lbs. of
Produce per
week / Share
(Plenty for
Family of 4)**

**Sign-up Today by Contacting Scott Disch, Director
Physician Services
Cell: 774-823-5168 / Email: scottLdisch@mwmc.com**

**MetroWest Day at the Farm
Saturday, October 1, 2011 (10AM-11AM)
Silverwood Organic Farm—Sherborn**



Learn about our Farm Partnership Offerings to all Employees!

- Hay Rides with Tractors
- Kids' Activities
- Meet the Farmer / Farm Tour
- Educational Q & A Session
- Pop Organic Corn / Pull Carrots
- Farm Vendor Partners



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Pediatric Clinic Winter CSA Pilot Program

- Grant
- 13 pediatric clinic families
- Educational packet
- Weekly recipes (in translations)
- Invited to Farm Day
- Asked to agree to:
 - Pick up produce weekly
 - Fill out survey before and after program
 - Attend one evening lecture



Our Partnership: What's Next?

- Cooking classes at farm
- Visiting farmer
- Visiting chef
- Recipe exchange and contests
- Employee incentives for joining CSA
- Subsidizing employee CSA
- Grants to expand both pediatric and employee programs
- Case study



Upcoming Events



Sugar Sweetened Beverages



Our SSB Elimination Strategy

- Presentation to administrators, food services
- Interdisciplinary team formed
- Beverage inventory
- Education/Stoplight Program
- MAPPS strategy



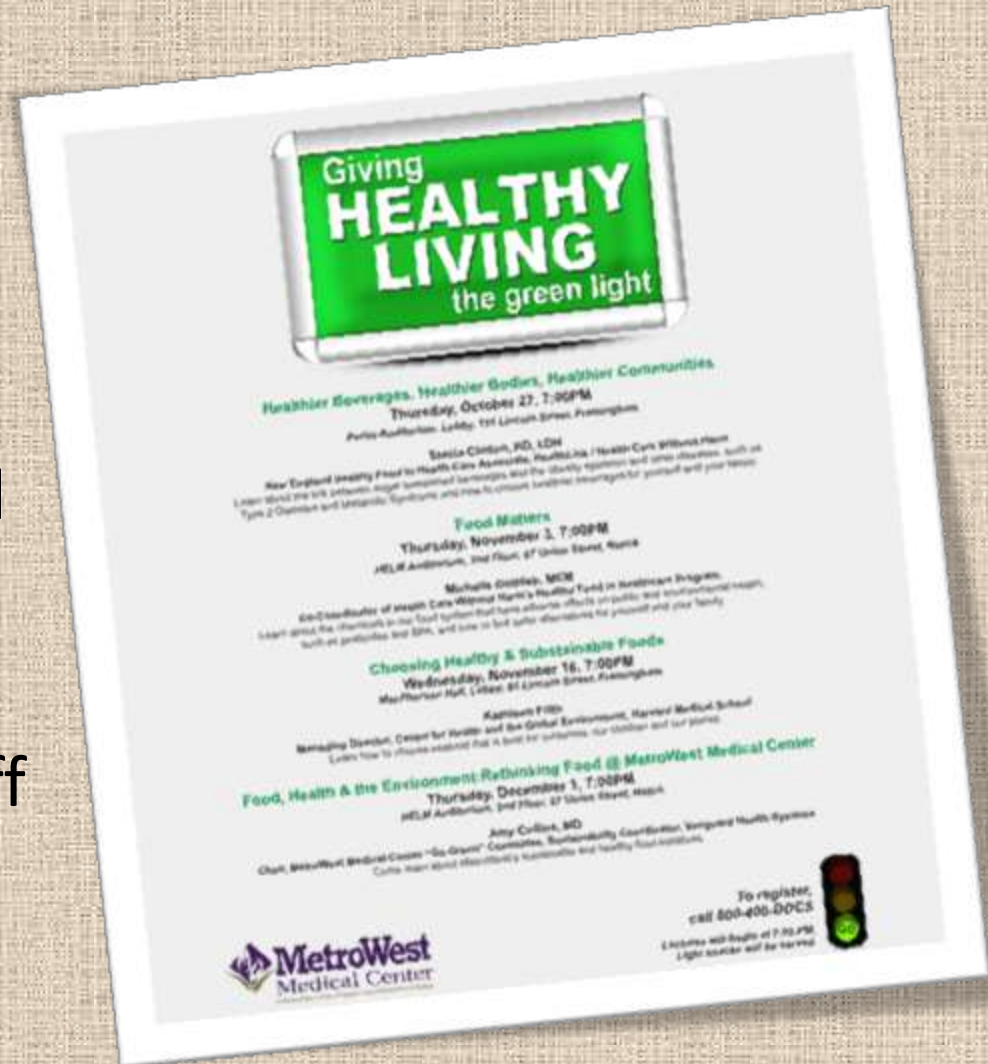
Education of Clinicians, Food Services, Administrators, Staff, Patients and Community

- Grand Rounds
- Food Matters
- CleanMed
- Fletcher Allen Conference
- SSB Meeting
- BMC Meeting
- Internal education
- Evening Lecture Series
- School committee
- My patients



Giving Healthy Living the Green Light

- Evening lecture series for community, clinicians and staff
- External marketing: schools, churches, local environmental organizations
- Internal marketing: staff and clinicians



What About Diet? (a personal reflection on my husband, his patient experience and food)



**DISCHARGE INSTRUCTIONS and
MEDICATION RECONCILIATION**

- Activity: *No exertion*
- Diet: *low cholesterol*
- Please call your doctor for any wors

Follow-up Appointments:

If you are a smoker please call the

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and the cause and prevention of disease.”

-Thomas Edison

Questions?

Please contact me at:

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