

NOURISH

The future of food in
health care

Presenters



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**The future of food
in health care.**



FSC

Food Secure Canada

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Program Designer/Facilitator

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A program of the J.W. McConnell Family Foundation, Nourish is a national community of practice for innovators shaping the future of food in health care.

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National alliance committed to:

- Zero Hunger
- Healthy and Safe Food
- Sustainable Food Systems

Collaboration

Three focus areas, in collaboration between McConnell and FSC:

- A. Leadership development program;
- B. Changing the narrative with strategic communications;
- C. Collaboration for transformation with policy makers, industry, institutions

Initial partners:

THE J.W. McCONNELL
FAMILY FOUNDATION

LA FONDATION DE LA
FAMILLE J.W. McCONNELL



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SUSTAINABLE FOOD LAB



The Canadian Coalition for Green Health Care
Coalition canadienne pour un système de santé écologique

How can food in health care enhance...?





From Haida Gwaii to Gander, meet

THE INNOVATORS



NOURISH

The future of food
in health care.

Collaborating as **wayfinders**
to a future where health care organizations
recognize and plan for the impact of food
on the patient journey, economic vibrancy, and environmental wellbeing.

Nourish Cohort & Advisors at Winter 2017 Retreat



Individual & Collaborative Learning

> Individual/Institutional Projects

> Initial Working Groups

1. Changing policy and purchasing
2. Benchmarking satisfaction
3. Leadership and First Nation voices
4. Making the business case for healthy, local, sustainable food

Get Involved

Nourish Spring Webinar Series:

- 1 | Systems mapping and reconnecting food and health - Friday, March 17 @12pm EST
- 2 | Integration traditional food and reconciliation into healthcare foodservice - Wednesday, March 29 @2pm EST
- 3 | Getting More of What You Want: More Powerful Procurement - week of April 3
- 4 | Food systems questions and the role of anchor institutions- week of April 10
- 5 | Myths and misunderstanding: Policy and regulatory barriers to more patient-centred food in care - week of April 17

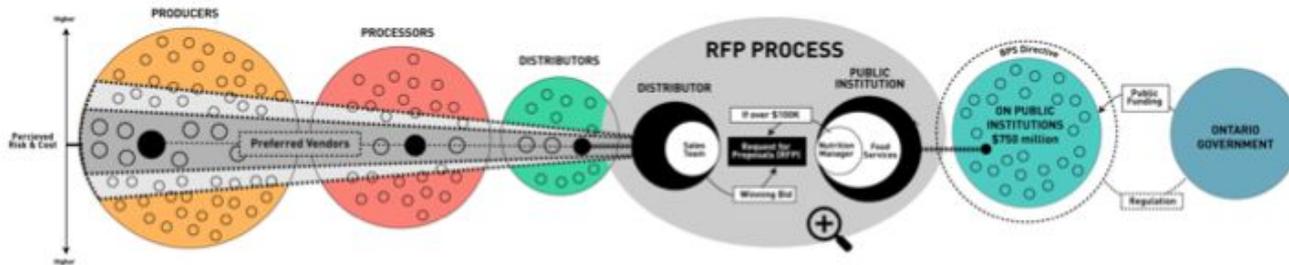
www.nourishhealthcare.ca

How we got here: insights from past work

Institutional Food Learning Group	The 3P Mentorship Program	Strategic Clarity Work
<ul style="list-style-type: none">● Changing institutional culture is key - eaters, staff, leadership, engaging community● Demand vital to help build value chains for sustainable food● Institutions working together can achieve important broadline supply chain changes (identifying existing local products; pooling demand for new suppliers)	<ul style="list-style-type: none">● Peers learn most effectively from one another.● Information is siloed within and across institutions, but circulates powerfully in a community of practice.● Managers are more likely to experiment with guidance from peers.● Experts or elders can learn as much from newcomers as the inverse.● Wins can be cost neutral.	<ul style="list-style-type: none">● Need to work at multiple levels to achieve systems change: scaling out (more institutions), up (into policy) and deep (culture, not just food)● Locus of change is individual leaders developing in context of a cohort; critical importance of senior management engagement● Importance of a broader network to provide credibility and support

Systems level insights

- Low information flows among healthcare institutions around food.
- Lacking feedback mechanisms with policymakers and supply chains..
- Unbridged gaps between what institutions believe and what they do.
- Brittleness in context of a resource strained environment.
- Value of (business case for) good food in health care is underdeveloped or poorly communicated.
- Peer to peer learning is powerful to uncover new practices and beliefs.



Let's talk about food systems



Food and health

What are some of the pressures from our current food system on health care?

- Unhealthy diets
- Household food insecurity
- Antibiotic resistance

Unhealthy diets

In 2013, unhealthy diet was the leading risk for death and disability in Canada, estimated to cause over 50,000 deaths, 890,000 years of disability (DALYS) and 7190,000 years of life lost.

Reference: The Institute for Health Metrics and Evaluation, <http://vizhub.healthdata.org/gbd-compare/>

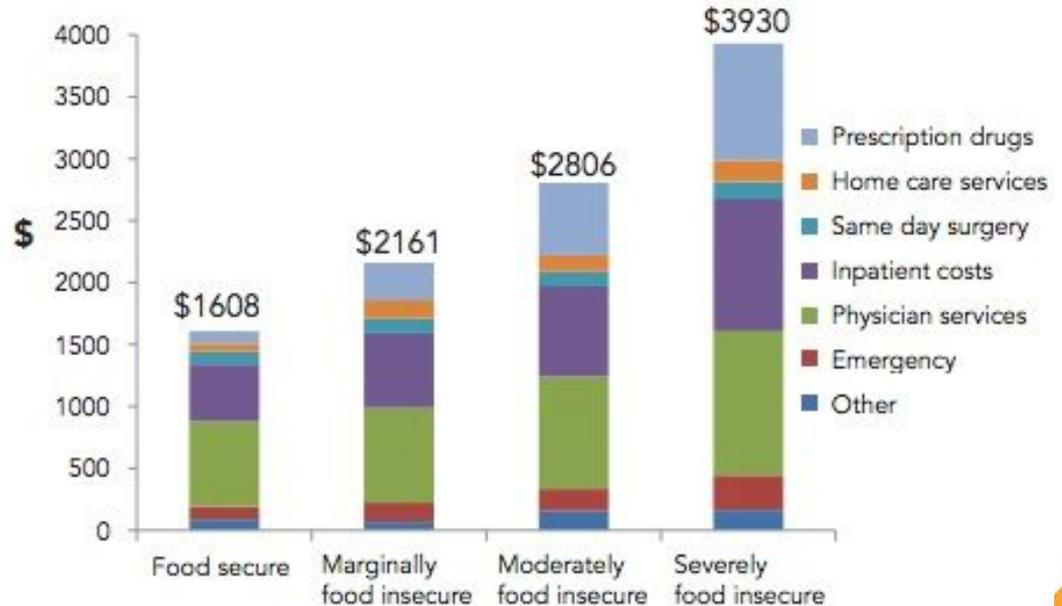
Diet-related disease: cardiovascular disease, obesity, diabetes

Also impacts: mental health, dental health, cancer

Household food insecurity

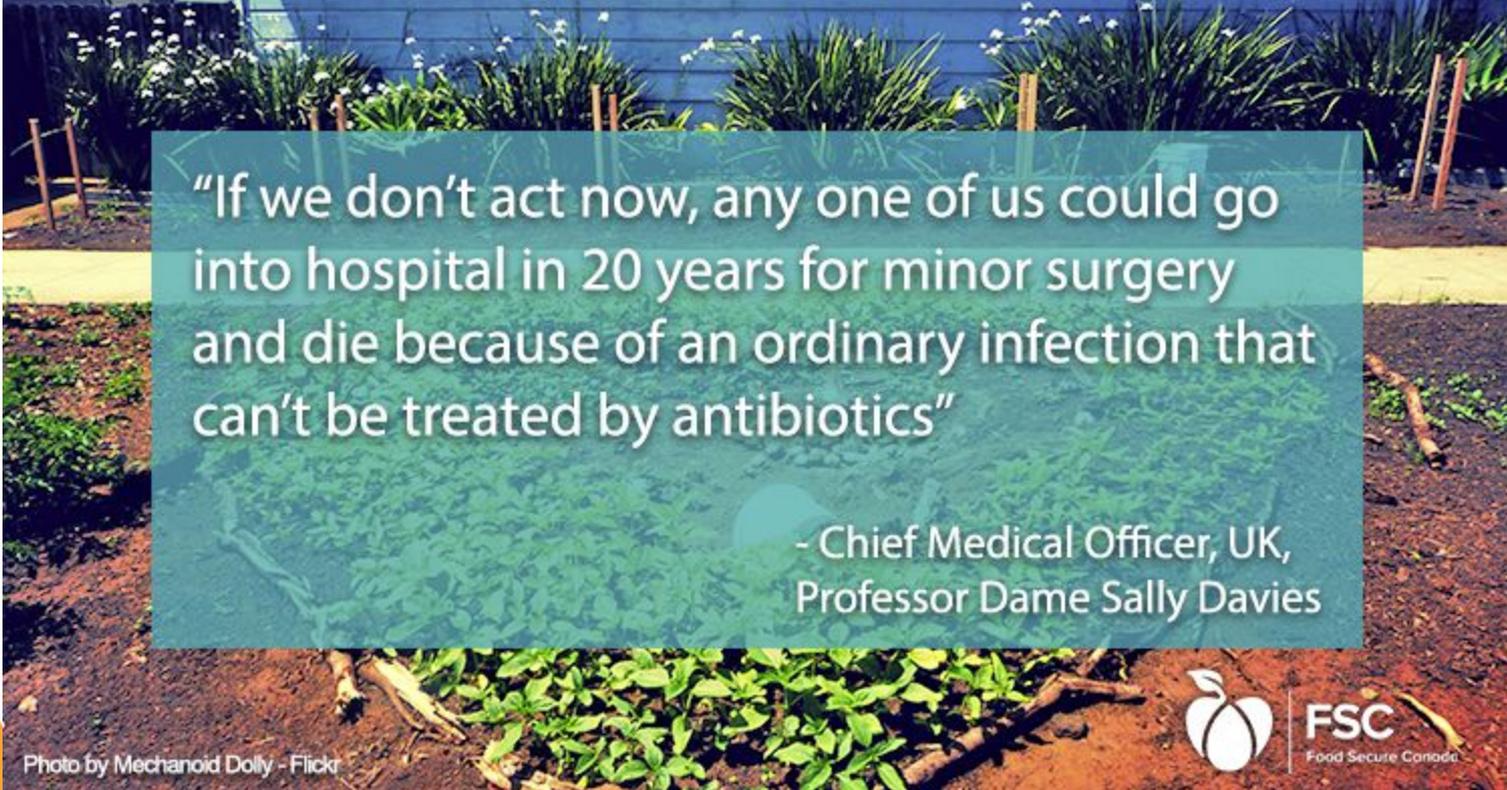
Health care costs higher than average for 4 million people living with food insecurity

Average health care costs incurred over 12 months by Ontario adults (18-64 years of age), by household food insecurity status⁷



Reference: Val Tarasuk et al, Association between household food insecurity and annual health care costs, CMAJ 2015. DOI:10.1503/cmaj.150234

Antibiotic resistance



“If we don’t act now, any one of us could go into hospital in 20 years for minor surgery and die because of an ordinary infection that can’t be treated by antibiotics”

- Chief Medical Officer, UK,
Professor Dame Sally Davies

Photo by Mechanoid Dolly - Flickr



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How can hospitals help build a healthy, just, sustainable food system?



Healthier food environments

Promoting fresh, local food

- Fresh, seasonal ingredients on every patient tray
- Healthy cafeteria initiatives
- Farmers markets, CSA's, Senior dining programs



Social determinants of health

Access to fruits and vegetables

- Fruit and Vegetables Rx
- Cooking programs
- Increasing access to fresh healthy food
- Upstream policy work

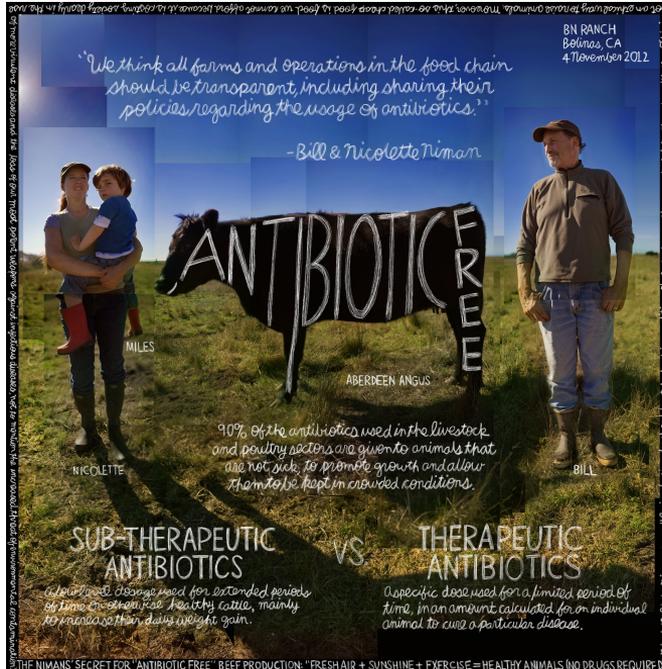


SPONSORED BY THE MONTEREY COUNTY HEALTH DEPARTMENT & EVERYONE'S HARVEST

Purchasing power to lever sustainability

Purchasing meat raised with therapeutic use of antibiotics

- More plant-based menus
- Demand to lever change in supply chain
- Reduce use of antibiotics in animal agriculture, a key driver of resistance



CASE STUDY 1: KAISER PERMANENTE

Looking upstream to recognize and design for the feedback loops in the system.

- Hospitals as anchor institutions: modeling good nutrition and improving environmental health inside and outside their facilities.
- Locally grown, sustainably farmed and produced food choices are good for the environment and for people's health.

MAKING THE HEALTHY CHOICE THE EASY CHOICE

Serving healthy inpatient meals that meet nutritional standards
Health Care Without Harm: over 1,000 hospitals are committed to purchasing and serving more fresh, healthy food.

Implementing Balanced Menus
Less Meat, Better Meat: hundreds of hospitals are reducing the amount of meat they purchase and serve and buying more sustainably produced meat.

Offering vending machine healthy picks
Kaiser Permanente: more than 1,000 vending machines restocked so 75% of food and beverages meet Healthy Pick's criteria for being lower in fat, calories, sodium, and sugar.

Serving healthier cafeteria and cafe options
Partnership for a Healthier America's Hospital Healthier Food Initiative: more than 700 hospitals committed to healthy food practices that improve the nutrition of patient meals and cafeteria options.

Reducing or eliminating sugar-sweetened beverages
Vanguard Health's four, Chicago-area hospitals phased out all sugar-sweetened beverages from their facilities, in the implementation of Cook County's "Rethink Your Drink" program.

HEALTHIER HOSPITAL FOOD SERVICE

Every day, health care food service staff have an opportunity to encourage healthy habits and sustainable food choices.

KAISER PERMANENTE

<https://noharm-uscanada.org/kp.org/green> @HCWithoutHarm @KPShare

Health Care Without Harm

The infographic features a central illustration of a doctor in a white coat and stethoscope, running towards the right while holding a purple cloche. In the background, there is a stylized hospital building with a red cross on its facade, set against a backdrop of green hills and trees. The overall color palette is light blue, green, and yellow.

CASE STUDY 1: KAISER PERMANENTE

- Healing mission and a responsibility to patients, employees, visitors and communities to offer food options that support overall health.
- Of total food spend, 20% sustainable, 6% organic and goal of 50% local by 2025 (criteria from Green Guide for Healthcare Food Service Credits.)

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Health Care Without Harm

CASE STUDY 2: Sioux Lookout Meno Ya Win Health Centre

Traditional food and the cultural dimensions of care.

95% of patients are from First Nation communities.

It is important that they are provided culturally appropriate foods during their stay.



CASE STUDY 2: Meno Ya Win Health Centre

- Provides a choice of a limited range of traditional foods in its menu selections available to patients and LTC residents.
- Legislated to allow them to serve uninspected wild food and game.
- 5, 500 trays/year of traditional meals are prepared on site, in a separate, designated kitchen. Frozen trays are also kept on site for patients that require a Miichim meal more frequently, as is fish broth.
- All traditional game is donated.



Photo Credit: Kathy Loon, Meno Ya Win Health Centre

CASE STUDY 3: MEALsource Group Purchasing

Recognizing the power of institutions to challenge myths and create value and better outcomes for patients, healthcare organizations, and community wellbeing.

CASE STUDY



FARM TO INSTITUTION: THE POWER OF PUBLIC SECTOR PURCHASING



Hayley Lapalme

The Greenbelt Fund



Possibility grows here.



User-Experience Fishbowl

The good, the bad, and ugly of your journey to enhance the culture of food in healthcare...

**A conversation with some Nourish Innovators
and the workshop participants.**

... and your 15% solutions.





THANK YOU!

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