



Working Together to Shape a Healthy Future  
*Facilitated by Community Health Improvement Partners*

# Multi-Sectoral Collaboration for a Healthy Food System: Nutrition in Healthcare Leadership Team

Colin Cureton, M.S., M.P.P | Food Systems Director  
San Diego County Childhood Obesity Initiative,  
facilitated by Community Health Improvement Partners

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*making a difference together*

# Motivation

## Food System



80% of all antibiotics consumed in the US are routinely fed to food animals for non-therapeutic uses.<sup>1</sup>

Average food product travels 1,500 miles from farm to fork.

Direct correlation exists between increased food processing and children's BMI.<sup>2</sup>

Endocrine disruptors, such as BPA, used in food packaging implicated in cognitive development issues and other health problems.

Over 75% of healthcare cost tied to chronic diseases, much of it diet-related and preventable.<sup>3</sup>

20% of healthcare waste is comprised of food & food waste products.

<sup>1</sup> United States Food and Drug Administration. (2009). Summary report on antimicrobials sold or distributed for use in food-producing animals. Department of Health and Human Services.

<sup>2</sup> MacInnis, B. and Rausser, G. Childhood Obesity: Is Something Amiss With Food Processing? Department of Agricultural Economics, University of California, Berkeley, CA. September, 2004. Accessed at [http://are.berkeley.edu/~karp/2004-2005\\_seminars/MacInnis\\_obesity.pdf](http://are.berkeley.edu/~karp/2004-2005_seminars/MacInnis_obesity.pdf) in June, 2015.

<sup>3</sup> Centers for Disease Control and Prevention (CDC). Chronic Disease Overview. Atlanta, GA: CDC, 2008. Accessed at <http://www.cdc.gov/NCCdphp/overview.htm> in June, 2015

# Motivation

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## Hospital Food Services— A Tool for Healthier Communities

- Reduce chronic disease and obesity.
- Reduce antibiotic resistance.
- Reduce Green House Gas (GHG) emissions.
- Improve hospital-community relations.
- Support prevention-based healthcare.
- Stimulate the local economy.

# National & State Context



## Healthy Food in Health Care



A Pledge for Fresh, Local,  
Sustainable Food

**N**utrition-related chronic diseases are placing new demands on an already overburdened health care system, and taking their toll on human productivity and quality of life. Our current large-scale, industrial food system forces animal products and highly-refined, preservative-laden, calorie-dense foods, rather than fresh fruits and vegetables, whole grains, and other high fiber foods important for health. It is a system misaligned with dietary guidelines. Moreover, the way our food is produced and distributed impacts our health and the environment in which we live. For example:

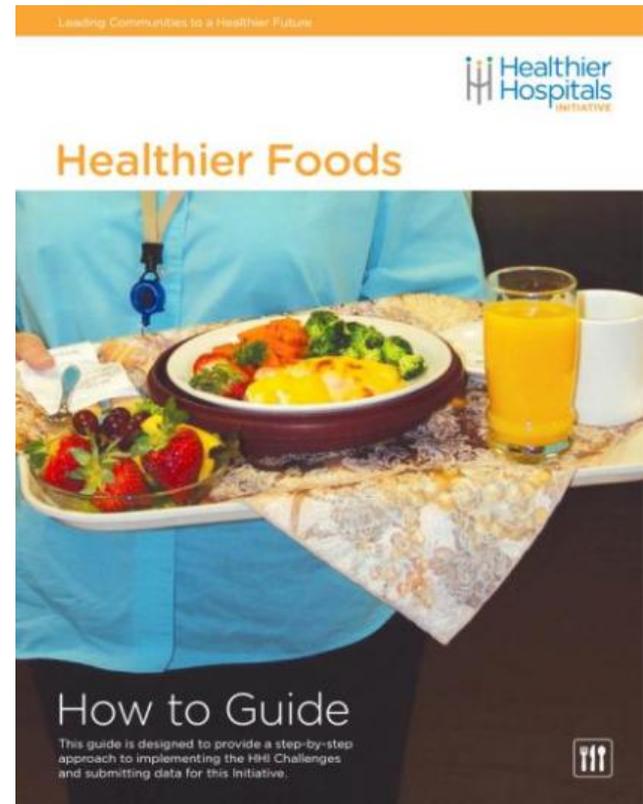
### Antibiotic Resistance

The routine use of antibiotics contributes to growing antibiotic resistant bacteria. Each year 20 to 30 million pounds of antibiotics (including related antimicrobials) are used in agriculture—by volume, about 7-10 times the total antibiotics used in human medicine. Industrialized food systems that produce poultry, pork, beef and farmed fish routinely use antibiotics to prevent, suppress, or treat

period an average of 1,500 miles to reach its destination. Through the use of diesel and other fossil fuels, vehicles unnecessarily contribute to global warming. Fertilizers and pesticides contaminate ground water in many locales and some pesticides have been found regularly in rainfall. Large-scale animal feedlot operations contribute to water pollution when untreated animal waste releases biologically-active hormones, nitrates and other toxic breakdown products into waterways.

### Worker Health and Safety

Widespread pesticide use in industrial-scale food production exposes farm workers and their families to dangerous chemicals, often at levels that exceed established "safety" limits. Longer-term, low-level pesticide exposure has been linked to an array of chronic health problems including cancer, birth defects, neurological, reproductive, and behavioral effects, and impaired immune system function. Industrialized meat packing is recognized as one of the most dangerous occupations even just one year after



# Context: COI

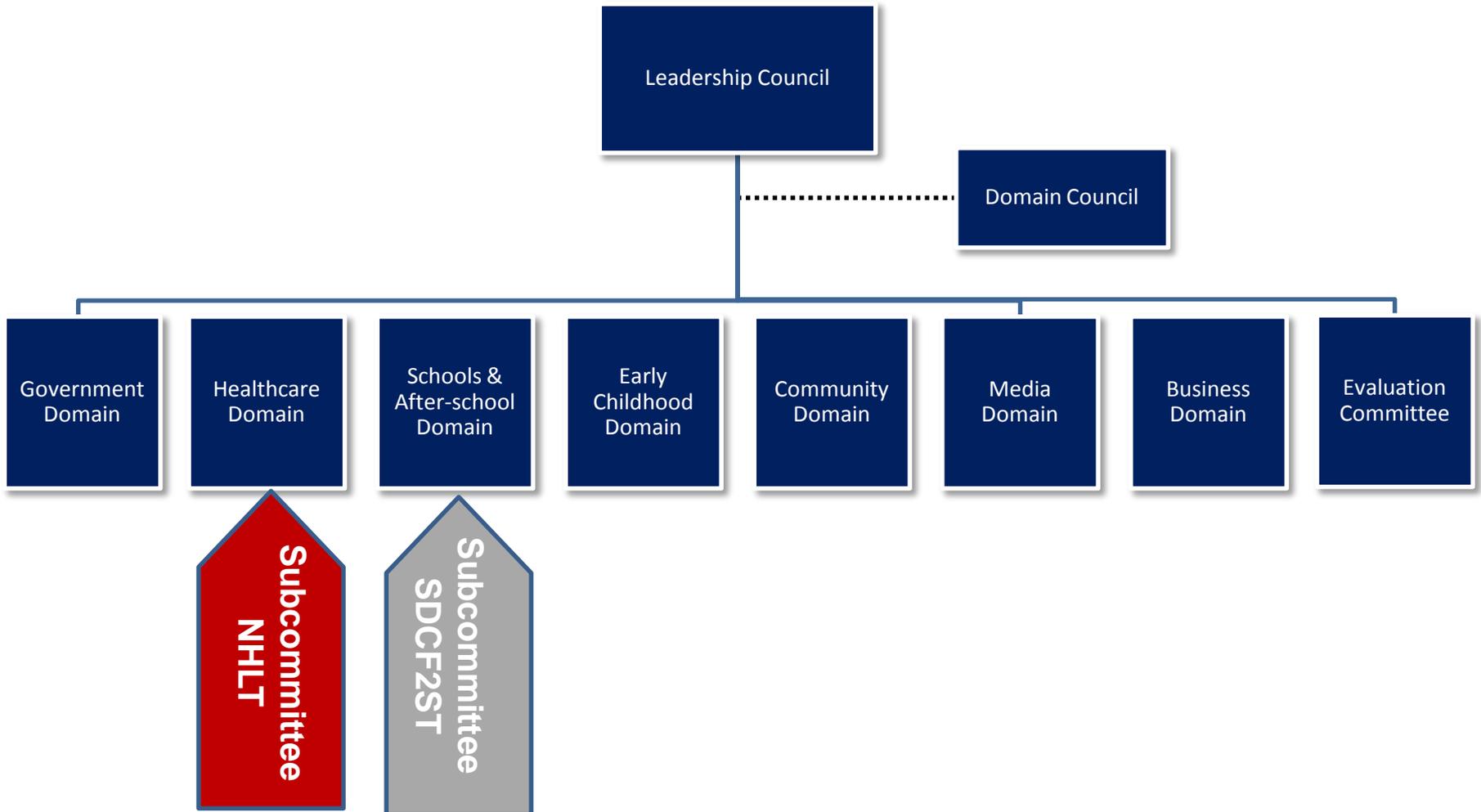
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## San Diego County Childhood Obesity Initiative

- Collective impact initiative facilitated by Community Health Improvement Partners, or CHIP (“backbone organization”).
- Mission: Prevent and reduce childhood obesity through policy, systems, and environmental change.

# COI Infrastructure



# NHLT: Background



## Nutrition in Healthcare Leadership Team (NHLT)

- Founded in April, 2011.
- Currently co-chaired by UC San Diego Health Systems & Kaiser Permanente San Diego.
- Partnership with Physicians for Social Responsibility, Health Care Without Harm, and Healthier Hospitals Initiative.
- Open to hospitals across San Diego County.



# NHLT: Members

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## Current Members

- Kaiser Permanente San Diego (co-chair)
- UC San Diego Health Systems (co-chair)
- Palomar Health
- Rady Children's Hospital- San Diego (former co-chair)
- Sharp Healthcare
- County Psychiatric Hospital

## Past and/or Promising Members

- Alvarado Hospital Medical Center
- Kindred Hospital
- Scripps Health
- Tri-City Medical Center
- More

# NHLT: Mission & Vision

**Vision:** San Diego County healthcare systems promote optimal health by ensuring all foods and beverages served are healthy, fresh, affordable and produced in a manner that supports the local economy, environment and community.

**Mission:** To advance healthful, sustainable food and beverage practices in San Diego County healthcare systems through collaboration.

## Process

- Understand the national, state, and local landscape.
- Define vision and mission.
- Establish common goals and activities in a strategic plan.

### NUTRITION IN HEALTHCARE LEADERSHIP TEAM (NHLT) STRATEGIC PLAN

**Vision:**  
San Diego County healthcare systems promote optimal health by ensuring all foods and beverages served are healthy, fresh, affordable and produced in a manner that supports the local economy, environment and community.

**Mission:**  
The mission of the NHLT is to advance healthful, sustainable food and beverage practices in San Diego County healthcare systems through collaboration.

GOALS	STRATEGIES	YEAR 1 ACTIVITIES/OUTCOMES	YEAR 1 TIMELINE	YEAR 2 ACTIVITIES/OUTCOMES
1. Make healthful food the standard.	A. Sign the Health Care Without Harm (HCWH) "Healthy Food in Health Care Pledge" or formally adopt a sustainable food policy*.	<ul style="list-style-type: none"> <li>• 35% of SD County hospitals adopt the HCWH Healthy Food in Health Care Pledge or a sustainable food policy (based on 29 total hospitals)</li> </ul>	Complete by Dec. 2012  (Pledge Signers as of 9/13/12: <ul style="list-style-type: none"> <li>• Palomar Health (2 facilities)</li> <li>• Scripps Memorial Hospital, Encinitas, CA</li> <li>• Scripps Green Hospital, La Jolla, CA</li> <li>• Sharp Chula Vista Hospital</li> <li>• Sharp Grossmont Hospital</li> <li>• Sharp Memorial Hospital</li> <li>• Sharp Mesa Vista Hospital</li> </ul> Two additional hospitals needed to meet Year 1 Outcomes.)	<ul style="list-style-type: none"> <li>• Track # of hospitals that sign a sustainable food policy/pledge</li> <li>• Track implementation of policy/pledges through member updates at NHLT meetings</li> </ul>
	B. Participate in the Healthier Hospitals Initiative (HHI) Healthier Food Challenge*.	<ul style="list-style-type: none"> <li>• 35% of SD County hospitals enroll/participate in at least one HHI Food Challenge objective</li> </ul>	Complete by Dec. 2012  (Enrollees as of 9/13/12: <ul style="list-style-type: none"> <li>• Palomar Health (3 facilities)</li> <li>• Rady Children's Hospitals</li> </ul> Seven additional hospital enrollees needed to meet Year 1 Outcomes.)	<ul style="list-style-type: none"> <li>• Track # of hospitals that enroll/participate in the HHI Healthier Food Challenge</li> </ul>

# NHLT: Standards Developed

## Healthy Beverages

Adults	Children
<b>RED-</b> Beverages that are high in sugar (12 g of sugar per 12 oz.) and should be avoided.	
Stop! Drink Rarely if at all	Stop! Don't Drink
<ul style="list-style-type: none"> <li>Regular Soda</li> <li>Energy or Sports Drinks</li> <li>Fruit Drinks</li> <li>100% Juice (over 8 oz)</li> </ul>	<ul style="list-style-type: none"> <li>Regular Soda</li> <li>Energy or Sports Drinks</li> <li>Fruit Drinks</li> <li>100% Juice (over 4 oz)</li> </ul>
<b>YELLOW-</b> Beverages with low sugar (6 – 12 g of sugar per 12 oz) and/or artificial sweeteners*, drinks in this category are considered transitional.	
Caution! Drink Occasionally	Caution! Drink once or twice a week, if at all
<ul style="list-style-type: none"> <li>Diet Soda</li> <li>Low calorie, low sugar drinks</li> <li>100% juice (8oz or less, 4oz or less is best)</li> </ul>	<ul style="list-style-type: none"> <li>Diet Soda</li> <li>Low calorie, low sugar drinks</li> <li>100% juice (4oz or less)</li> <li>2% milk, unflavored</li> </ul>
<b>GREEN-</b> Beverages with no added sugar (0 to 5 g of sugar per 12 oz) and no artificial sweeteners should be the primary beverage of choice.	
Go! Drink Plenty	Go! Drink Plenty
<ul style="list-style-type: none"> <li>Water</li> <li>Seltzer Water</li> <li>Skim or 1% milk (unflavored, 2 – 3 8 oz. portions a day**)</li> <li>Unsweetened herbal tea</li> </ul>	<ul style="list-style-type: none"> <li>Water</li> <li>Water with added fruit</li> <li>Skim or 1% milk (unflavored, 2 – 3 8 oz. portions a day**)</li> <li>Unsweetened decaf tea</li> </ul>

## Healthy Vending

	Healthiest	Healthier	Limited
<b>Fat</b>	No added fat for vegetables, fruits, nuts and seeds, dairy and meat, beans and eggs.	<ul style="list-style-type: none"> <li>No more than 10% of calories from saturated fat</li> <li>No trans fat</li> <li>No hydrogenated or partially hydrogenated oil</li> </ul> <p>Exceptions: fruits, legumes, nuts, nut butters, seeds, eggs, non-fried vegetables, cheese packaged for individual sale</p>	Items that do not meet Healthiest or Healthier Guidelines.
<b>Sugar</b>	No added sugar for all food groups except grains; no more than 6 grams of sugar per serving of grains	<ul style="list-style-type: none"> <li>No more than 35% of total weight</li> <li>The use of artificial sugar is strongly discouraged</li> </ul> <p>Exceptions: whole fruits, products with no added sweeteners, dairy products are limited to 30 grams total sugar per 8 oz serving, grain products are limited to 10 grams of sugar per serving</p>	Items that do not meet Healthiest or Healthier Guidelines.
<b>Calories</b>	May not exceed 250 calories per item	<ul style="list-style-type: none"> <li>May not exceed 250 calories per item</li> </ul>	Items that do not meet Healthiest or Healthier Guidelines.
<b>Sodium</b>	No more than 150 mg	<ul style="list-style-type: none"> <li>No more than 360 mg per serving</li> </ul>	Items that do not meet Healthiest or Healthier Guidelines.

# NHLT: Standards Developed

## “Less Meat, Better Meat” Standards

Tier	Definition	Priority
<b>Tier 1</b>	Antibiotic-free meat	Step 1: Purchase meat and poultry options raised without antibiotics. These products are raised without antibiotics, but production practices may still include those that are industrial (e.g., feedlots, corn fed beef, etc.). These products may cost slightly more than conventional products.
<b>Tier 2</b>	Antibiotic-free and sustainable (e.g., no growth hormones, grass-fed) meat	Step 2: Purchase sustainable meat and poultry options raised without antibiotics. These products are raised without antibiotics and produced using methods that are healthy for farmers and farm workers, consumers, animals, and the land. These products may be identified by a third-party certification, such as Certified Human Raised and Handled, USDA Certified Organic, Animal Welfare Approved, American Grass-fed, etc. These products may cost significantly more than conventional products and be limited in availability.
<b>Tier 3</b>	Antibiotic-free, sustainable and local* meat	Step 3: Purchase local, sustainable meat and poultry options raised without antibiotics. These products include those that align with Tier 2 and are grown within the boundaries of the NHLT’s three-tiered local definition. These products offer the best health, environmental, and economic benefits. These products may cost significantly more than conventionally produced product. Product volumes, processing, and supply chains may not yet exist to make these items available to individual consumers and institutions.

## Local Produce Standards

<b>Local</b>	Grown or raised within San Diego County.
<b>Regional</b>	Grown or raised within 250 miles of the San Diego County border line in the State of California.
<b>California</b>	Grown or raised within California.

# NHLT: Accomplishments, Challenges

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## Accomplishments

- Baseline surveys (HCWH, HHES)
- Strategic Plan
  - HCWH Pledge- 37%
  - HHI Food Challenge- 27%
- Common definitions & standards:
  - Healthy beverages
  - Healthy vending
  - "Less meat, better meat" standards
  - Local produce definition (3-tier)
- CEO Roundtable

## Challenges

- Competing priorities
- All hospital buy-in
- *Adopting* common definitions
- Data tracking and evaluation
- Funding and resources

# NHLT: Member Activities

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## Healthy Food in Healthcare Snapshot

**Alvarado Hospital Medical Center**— daily vegetarian options, Meatless Mondays, and local product

**Kaiser Permanente San Diego**—Meatless Mondays, smaller juice sizes to patients and visitors, no fried foods, sugar sweetened beverages (SSB) upon special request only

**Palomar Health**— sustainable, local, and organic purchases (43 percent increase)

**Rady Children's Hospital**-- Rethink Your Drink campaign, SSB purchased down 25 percent

**Scripps Health**—employee wellness (improvements in employee health outcomes and employee healthcare costs)

**Tri-City Medical Center**— Meatless Mondays, healthy beverage promotion, employee wellness

**UC San Diego Health Systems**—scratch cooking (90 percent), fresh product (60 percent), local vendors, healthy product price-setting strategies

**Sharp HealthCare**— Meatless Mondays, local and sustainable foods, farmers' markets, on-site gardens, healthy vending, a wellness-focused menu

# NHLT: Multi-Sectoral Collaboration

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- First joint meeting of NHLT and San Diego County Farm to School Taskforce on March 20<sup>th</sup>, 2015.
- Shared local purchasing and educational/marketing campaigns:
  - Harvest of the Month (16 districts, at least 4 hospitals)
  - California Thursdays (future?)

# NHLT: Multi-Sectoral Collaboration

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- First joint meeting of NHLT and San Diego County Farm to School Taskforce on March 20<sup>th</sup>, 2015.
- Shared local purchasing and educational/marketing campaigns:
  - Harvest of the Month (16 districts, at least 4 hospitals)
  - California Thursdays (future?)
- And, an exciting new development...

# NHLT: Multi-Sectoral Collaboration



## Ed-Med Collaboration



**Draft Mission:** *Ed-Med builds relationships and aligns resources, knowledge, data, messaging, and procurement change efforts across institutional sectors to shift food system practices to be more healthful, regional, and sustainable and to increase equitable access to good food.*

- First focusing on institutional procurement of chicken (abx).
- San Diego selected as one of four CA pilot communities.
- Support for Ed-Med Collaborative provided by Kaiser Permanente.
- 3-year timeline: Planning in 2015, implementation in 2016-2017.
- Ed-Med Planning Summit in Oakland, CA: July 23-24.

Thank you!

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Colin Cureton, M.S., M.P.P.  
Food Systems Director, CHIP  
858-609-7962  
[ccureton@sdchip.org](mailto:ccureton@sdchip.org)