



 **food**
matters





Mission

Guided by the values and expertise of medicine and public health, Physicians for Social Responsibility works to protect human life from the gravest threats to health and survival. PSR is the medical and public health voice working to prevent the use or spread of nuclear weapons and to slow, stop and reverse global warming and toxic degradation of the environment.



Mission

To transform the health care industry worldwide, without compromising patient safety or care, so that it is ecologically sustainable and no longer a source of harm to public health and the environment.

Goals for the Day



- ❑ Identify trends in our current system of food production, processing and distribution.
- ❑ Identify health impacts associated with our food system, both in terms of the human lifecycle, with a focus on maternal and child health, as well as ecological health.
- ❑ Describe the clinician's role in developing a healthier food system through advocacy efforts with patients and their families, within health care facilities to create healthier food service operations, and within the community to promote policies that support the development of a healthy, fair and accessible food system.
- ❑ Describe the importance of the health care sector acting as a community model, with healthy foods as part of their healing mission.

Food Matters: A Healthcare Education and Advocacy Program



To inspire clinicians to:

- **Provide anticipatory guidance** to patients and families about the importance of healthy foods and a healthy food system.
- **Work within health care facilities** to create a healthy food service model that is recognized as integral to a preventive health agenda.
- **Work within the community at a local, regional and national level**, to promote policies that support the development of a healthy, accessible, and fair food system.



Components of the Food Matters Program



- **Establishment of clinical advisory group**
- **Clinical curriculum development and trainings** (pilots in Oakland, Philadelphia, Boston, Vermont... Pittsburgh, Michigan, Oregon)
- **Nationwide clinical network**
- **Maternal/Child health calendar**
- **Video for waiting rooms, clinics, exam rooms, community meetings**
- **Continued Healthy Foods in Hospitals national campaign work for more sustainable food service in healthcare facilities**



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Reproductive Health And The Industrialized Food System: A Point Of Intervention For Health Policy

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ABSTRACT What food is produced, and how, can have a critical impact on human nutrition and the environment, which in turn are key drivers of healthy human reproduction and development. The US food production system yields a large volume of food that is relatively low in cost for consumers but is often high in calories and low in nutritional value. In this article we examine the evidence that intensive use of pesticides, chemical fertilizers, hormones, antibiotics, and fossil fuel in food production, as well as chemicals in food packaging, are potentially harmful to human reproductive and developmental health. We conclude that policies to advance a healthy food system are necessary to prevent adverse reproductive health effects and avoid associated health costs among current and future generations. These policies include changes to the Farm Bill and the Toxic Substances Control Act, and greater involvement by the health care sector in supporting and sourcing food from urban agriculture programs, farmers' markets, and local food outlets, as well as increasing understanding by clinicians of the links between reproductive health and industrialized food production.

Public policies that have informed food production in the United States since the end of World War II have supported the growth of a highly concentrated and productive food production and distribution system.¹ Our “industrialized” food system is characterized by intensive application of petroleum-based pesticides and chemical fertilizers, which have taken

government regulators in a manner comparable to other industries.¹

The public, regulatory agencies, scientists, and health professionals have growing recognition of the need for a more complete accounting of the human and environmental health impact of an industrialized food system.¹⁻⁵ In this article, we first describe the relationship of the food system to reproductive health, which we define



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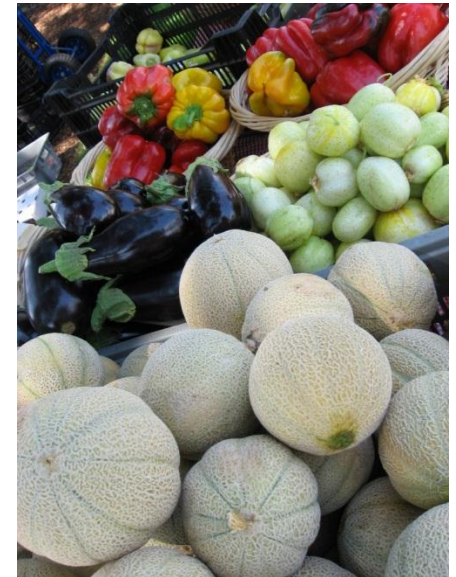
Healthy Food in Healthcare



National Initiative of **Health Care Without Harm** founded in 2005 to leverage the massive purchasing power and health authority of the healthcare sector to support healthy, sustainable food systems.

Health Care Foodservice Strategies

- Hospital Sustainable Food Policies/ Action Plans
- Sustainability & Nutrition Standards
- Purchasing – Local & Sustainably Produced foods
- Menu Changes (more nutritious and sustainable options)
- Farmers' markets
- Hospital gardens
- Healthy Vending and Retail
- Compost and Reduction of food waste



What Health Care Facilities Are Doing



- ✓ 350 hospitals have signed the Healthy Food in Health Care Pledge
- ✓ Growing food and/or hosting farmer's markets on-site
- ✓ Buying local, seasonal, and sustainably produced foods
- ✓ Buying hormone and antibiotic-free foods
- ✓ Implementing Healthy Beverage programs
- ✓ Preventing and composting waste in food services
- ✓ Increasing scratch cooking and healthy options
- ✓ 40 hospitals formally committed to reducing the amount of meat protein on menus

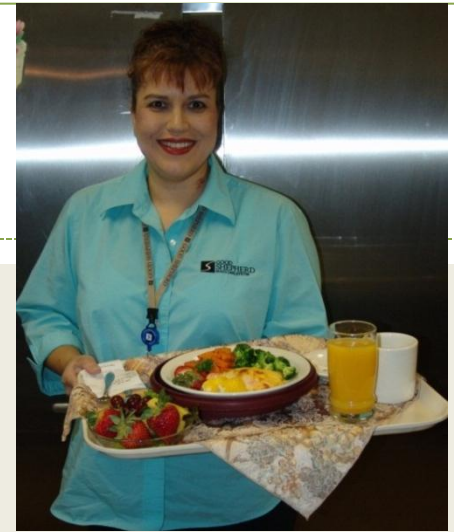




Hosting Hospital Farmers' Markets



Buying Local & Sustainable Products



Serving Healthy & Seasonal Meals

Oregon Hospitals are...

Recycling & Composting



Pledging Commitment & Setting Policies



Creating Innovative Retail Outlets





OREGON HOSPITAL GREEN CHEF CHALLENGE



Connection to Clinicians



Clinicians can make a huge impact in their facility's food service department by supporting healthy food projects.

What you can do:

- Introduce food service to HFHC community and resources
- Support health food work directly
- Generate administrative buy-in to support healthy food initiatives



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Upcoming Events



**4rd Annual
Northwest Environmental Health Conference**

February 10th , 2011

Portland State University, Portland OR

<http://www.oconline.org/nwehc>