

January 31st, 2023

Webinar

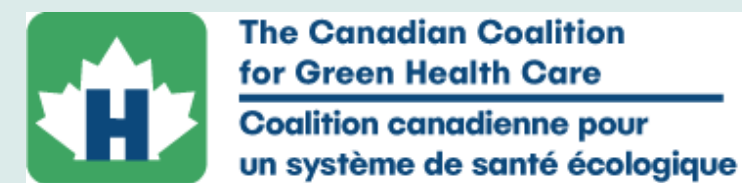
Planetary Health

Menus:

Implementing plant-rich diets for people and the planet

Presented by Elísabet

Brynjarsdóttir & Lindi Close



Land Acknowledgement

"Indigenous Traditional Knowledge systems have no clear separation between the health of the planet and the health of self or that of the community and ecosystem at large"

(Dr. Nicole Redvers, 2022)



Lindi Close
RN, BScN
MHLP



Elísabet Brynjarsdóttir
RN, BScN
MHLP



Agenda

- 1 Introduction and background
- 2 Methods
- 3 Results
- 4 Actionable steps
- 5 Resources

Chapter 1

*Introduction and
Background*



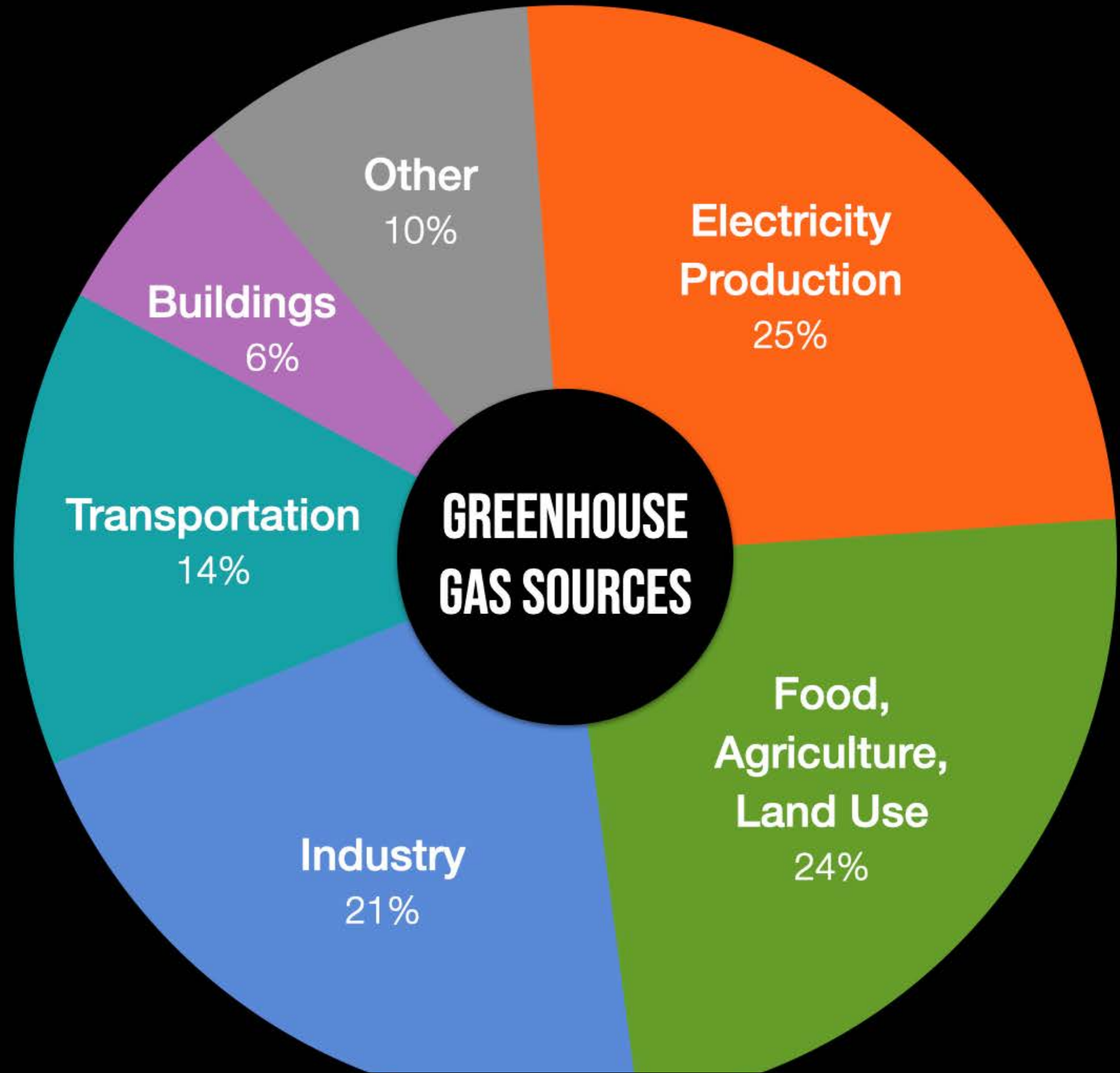
PHOTOGRAPH BY ROBB KENDRICK,
NAT GEO IMAGE COLLECTION

The healthcare industry plays a part

Collectively, we are responsible for:

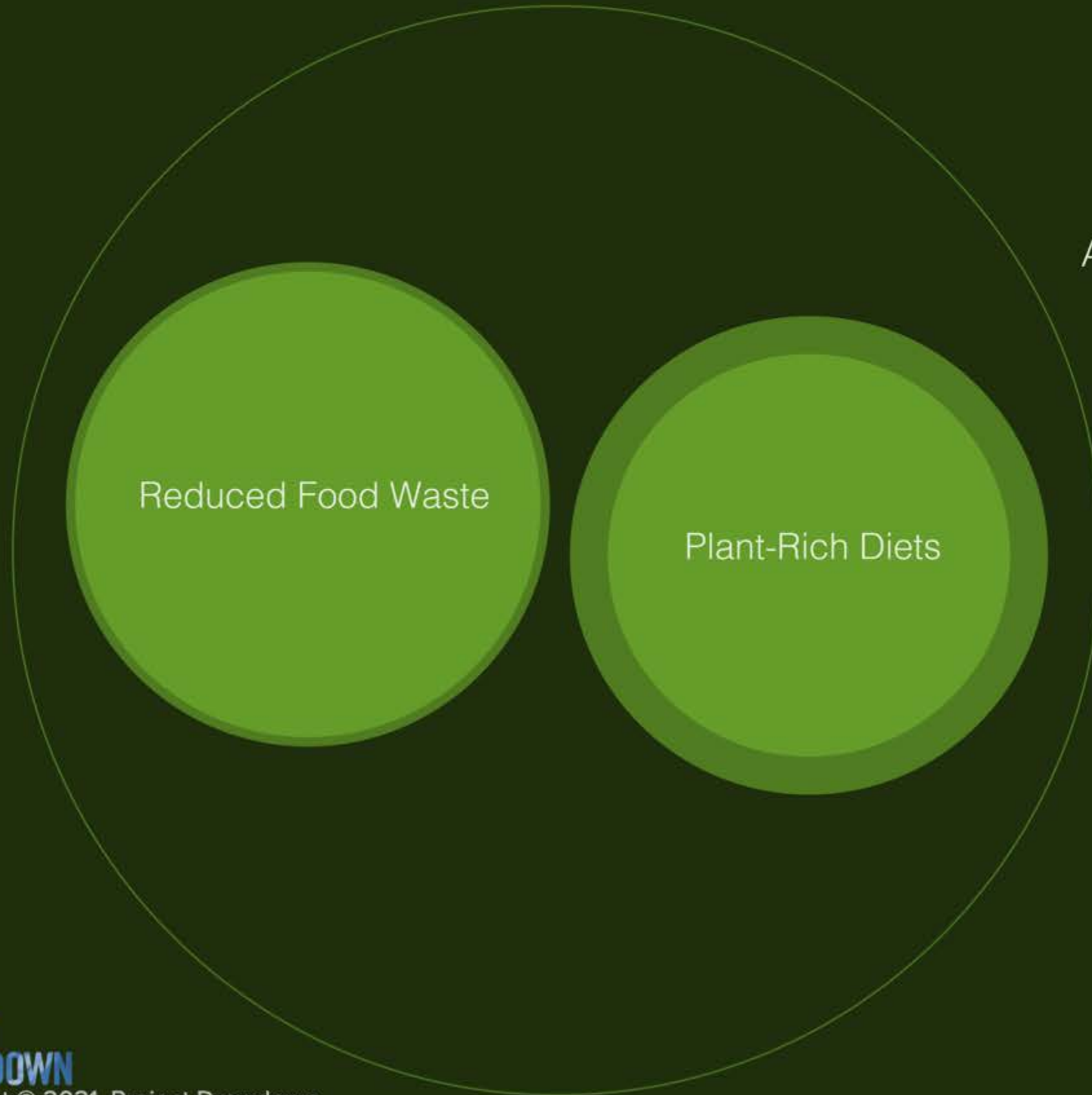
- 4.4% of global emissions of GHG
- 71% of those emissions stem from our **supply chain**

In Canada, the healthcare system alone produces 4.6% of annual GHG emissions

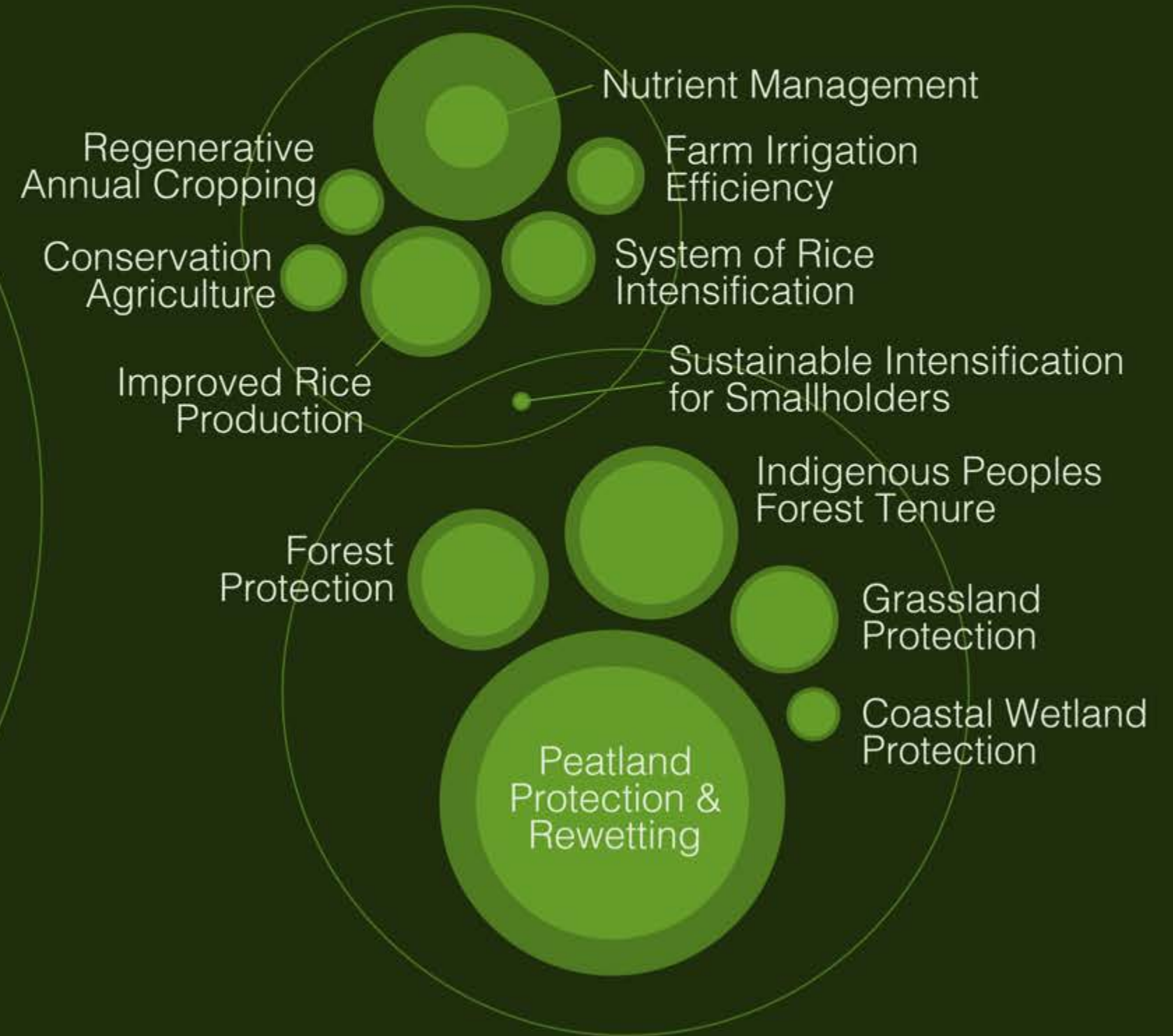


FOOD, AGRICULTURE, LAND USE SOLUTIONS

ADDRESS WASTE & DIETS



SHIFT AGRICULTURE PRACTICES

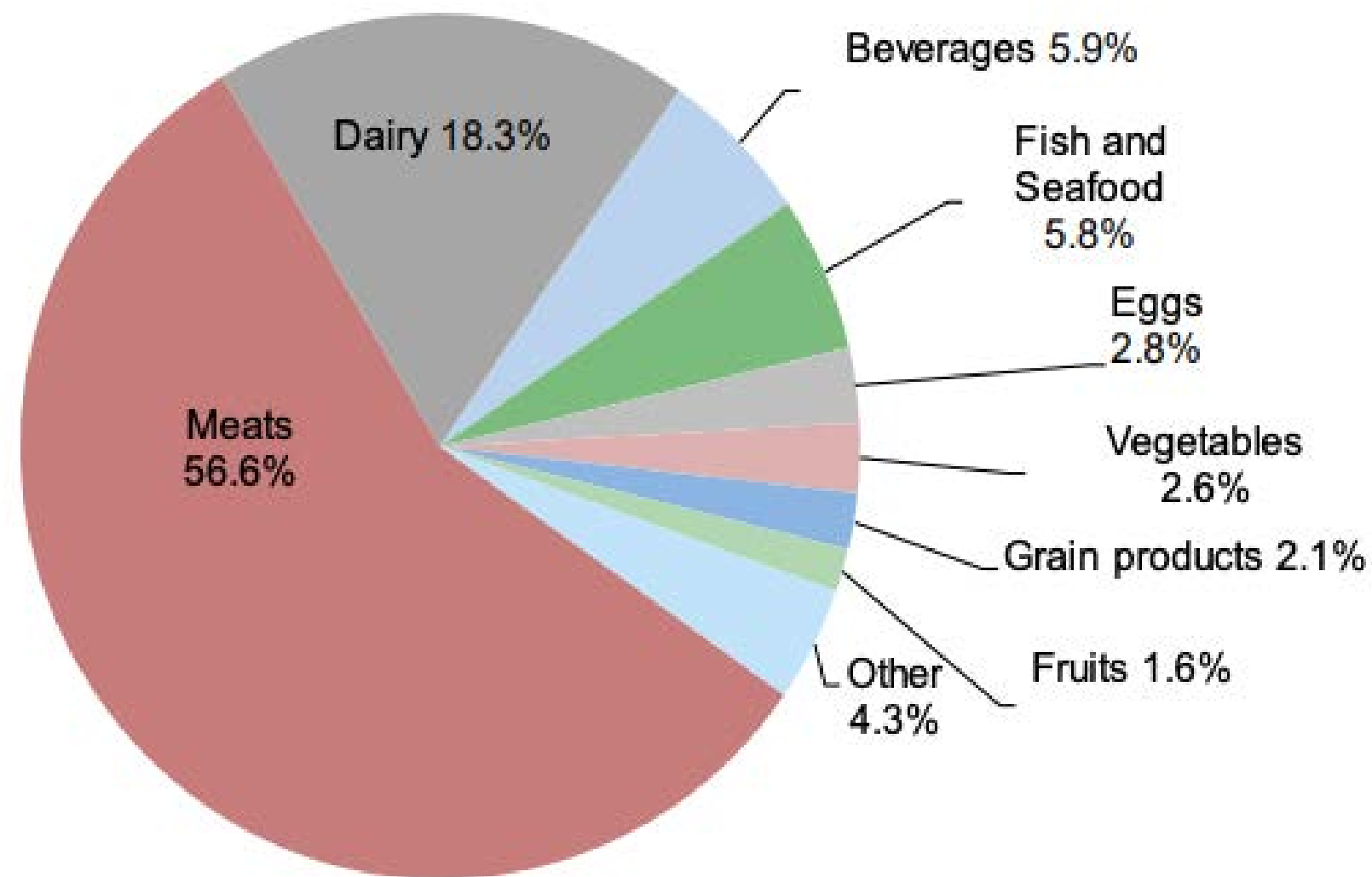


PROTECT ECOSYSTEMS

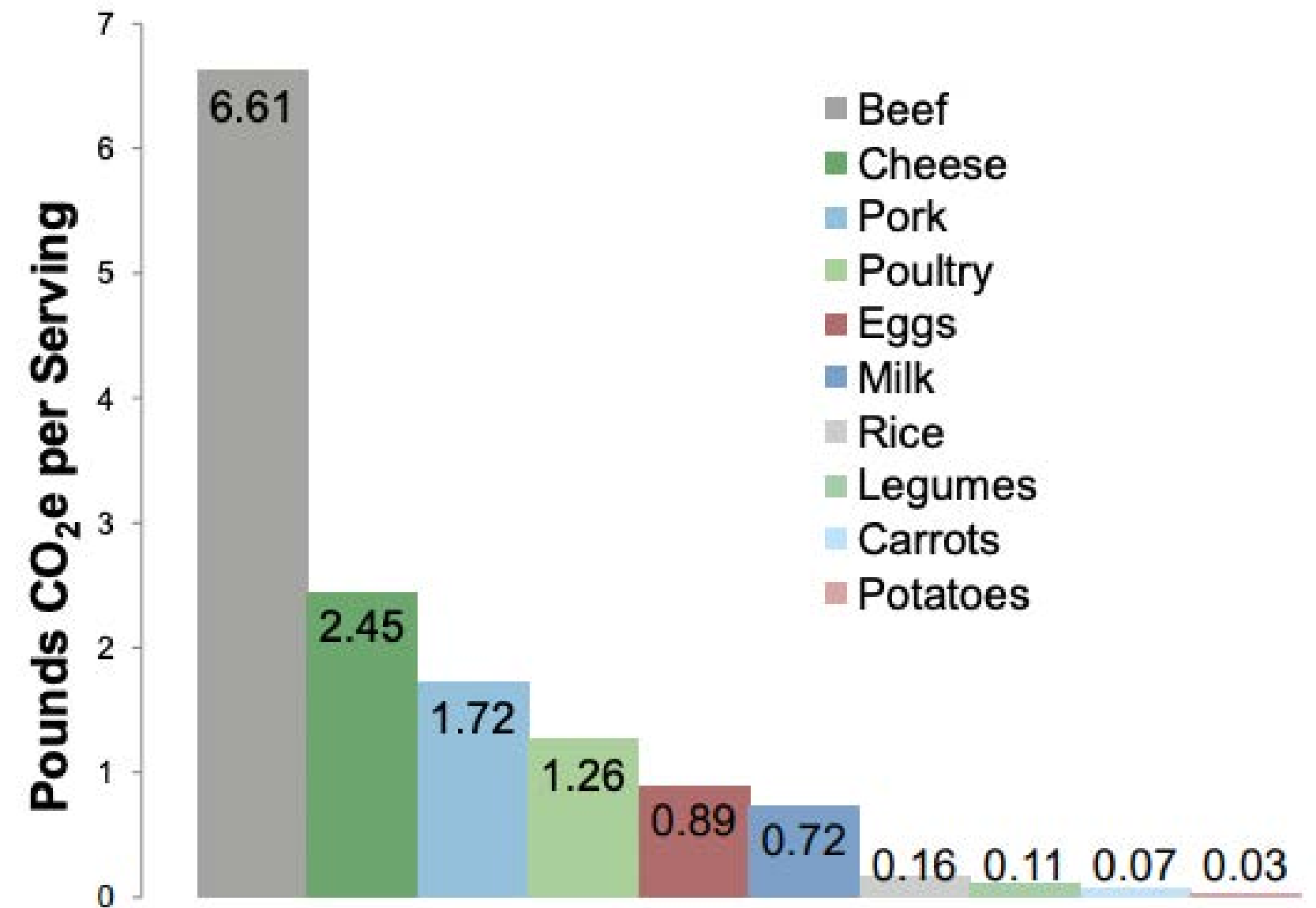
Source: Project Drawdown

GHG contribution by food

Greenhouse Gases Contribution by Food Type in Average Diet³



Pounds of CO₂e per Serving¹³
(4 oz. meat, 1/2 c. asparagus & carrots, 8 oz. liquids)



https://css.umich.edu/sites/default/files/carbon%20footprint_css09-05_e2021.pdf



Figure 1

An integrated agenda for food in the Anthropocene recognizes that food forms an inextricable link between human health and environmental sustainability. The global food system must operate within boundaries for human health and food production to ensure healthy diets from sustainable food systems for nearly 10 billion people by 2050.

New York

November 2022: New York City is rolling out culturally diverse plant-based meals as the primary option for patients at its 11 public hospitals, citing scientific research which suggests plant-based eating offers improved nutritional and health outcomes against animal-based diets. This will expand on the plant-based lunch default program, launched in March 2022, which boasts a 95% satisfaction rate.

Traditional Indigenous Food

"Culturally sensitive menus can rebuild relationships, rebuild from trauma"

- Health care institutions need to recognize:
 - the importance of culturally relevant foods within the context of colonialism and reconciliation
 - the link between traditional Indigenous foods and Indigenous health



Traditional Indigenous Food

"Food is a pathway to reconciliation"

3 Ways to Integrate Indigenous Perspectives into Healthcare Food Systems:

1. Engage with Indigenous Elders and Knowledge Keepers when designing menus
2. Navigate barriers to wild game with policy development/reform
3. Educate healthcare professionals about Indigenous food, reconciliation, and healthcare





Chapter 2

Methods

Methods



Survey

A voluntary survey was sent to the food service sectors of hospitals and long-term care homes.



Literature review

At the request of our partners with Nourish, we completed a literature review of existing food waste practices and predominant practices around the globe.



Interviews

We interviewed a food service coordinator who has successfully transformed the menu of one Ontario hospital and another who was trying to make a change but faced various barriers.



Chapter 3

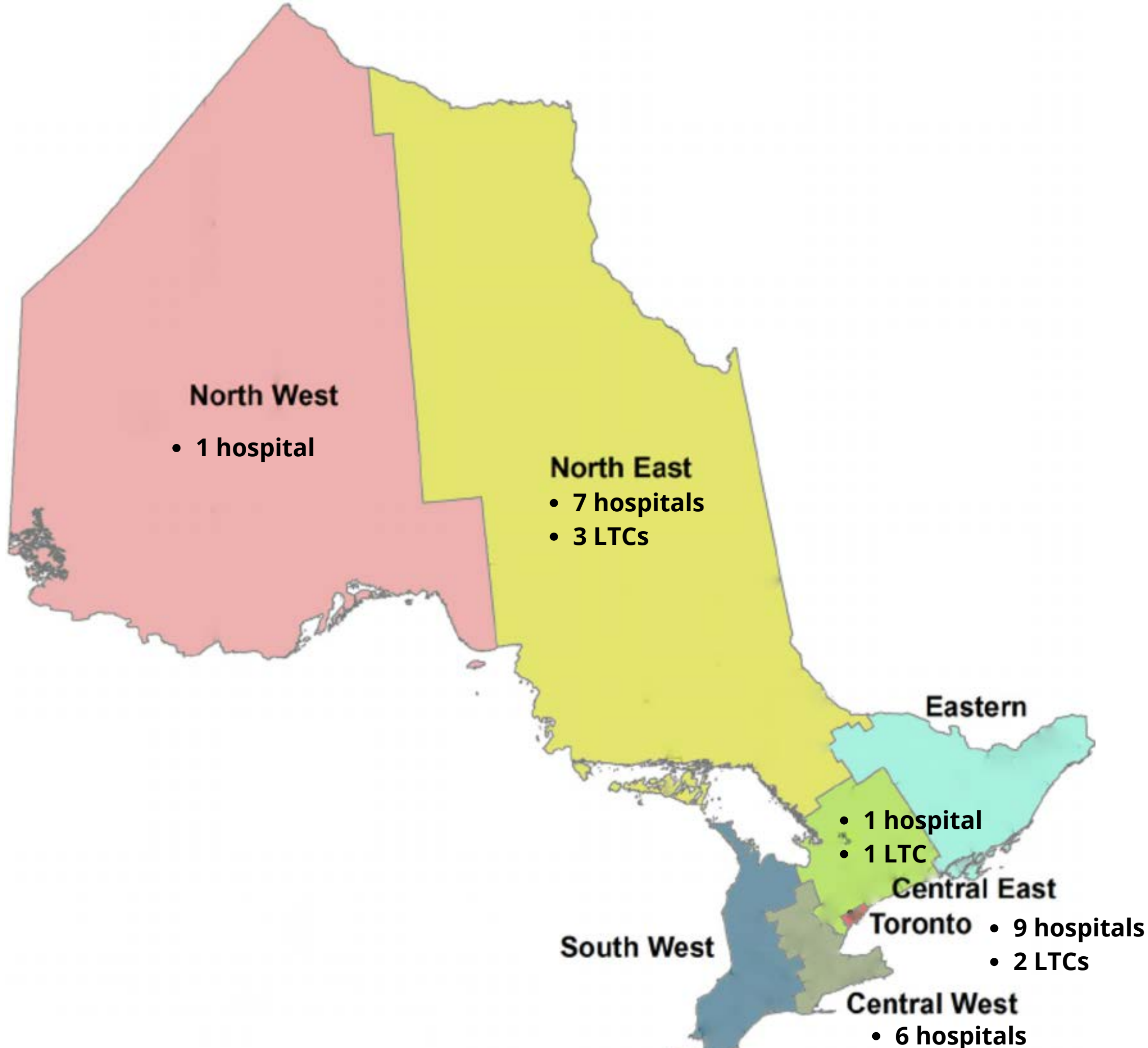
Results



Survey Results

Results - demographics

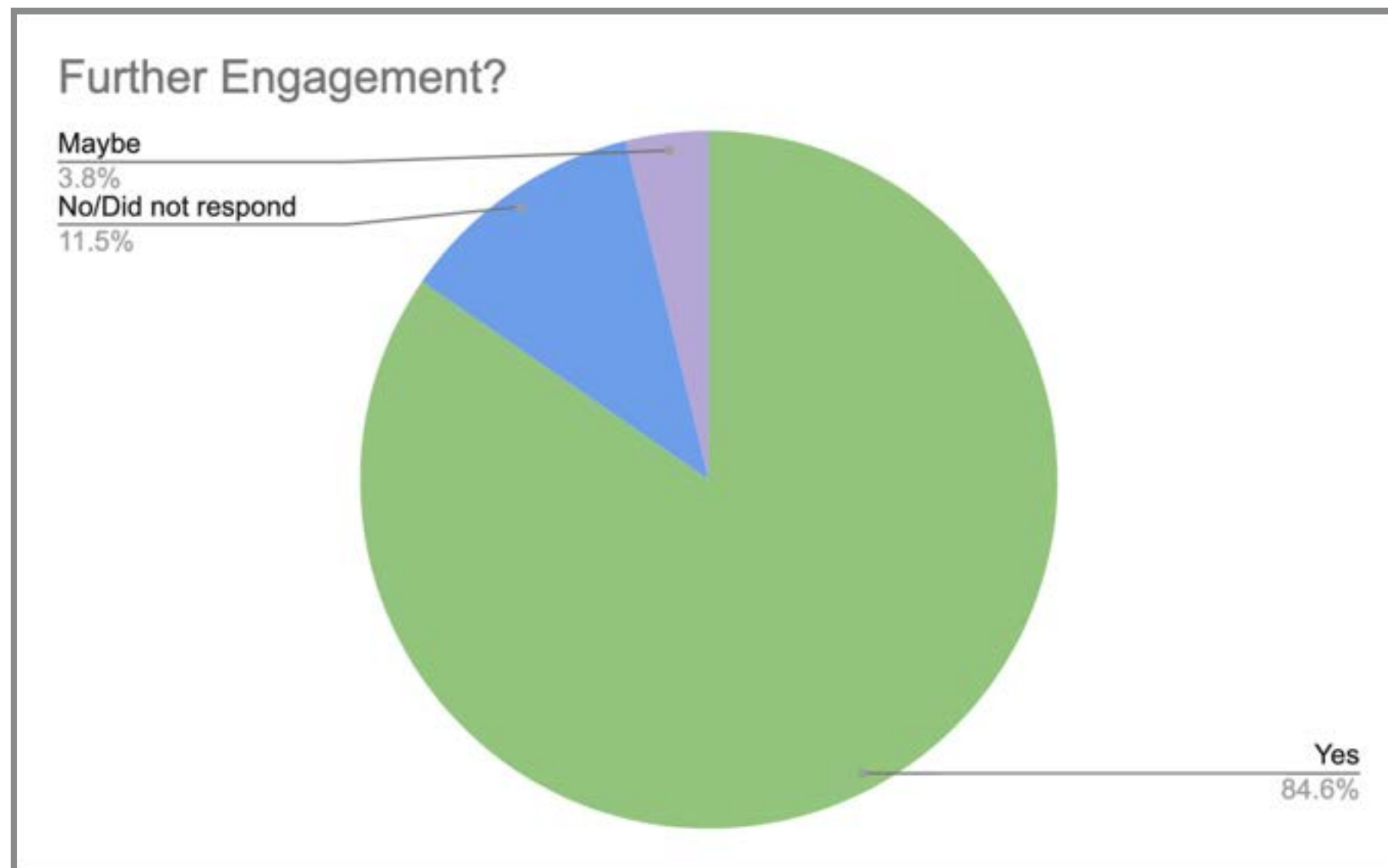
- 205 contacts received the survey
- Total respondents (who replied)
 - 24 hospitals
 - 13 LTC homes
- Geographical spread
 - North West Region = 1
 - North East Region = 10
 - Central East = 2
 - Toronto Region = 11
 - Central West Region = 13
 - South West Region = 0
 - Eastern Region = 0
- Those who answered cater to over 9,500 beds
 - 2,500 beds in LTC homes
 - 7,000 beds in hospitals



Results

Overview

96% of respondents agreed that their organization's food service could contribute to patient and planetary health



Barriers:

- Geographic/remote location
- Pandemic-related issues, workplace culture, current HR crisis taking top priority within organizations
- Uptake in LTC vs Acute care

Following the survey, 85% wanted to engage further on the topic

Results

Alignment with the updated Canada's Food Guide

Examples of Changes:

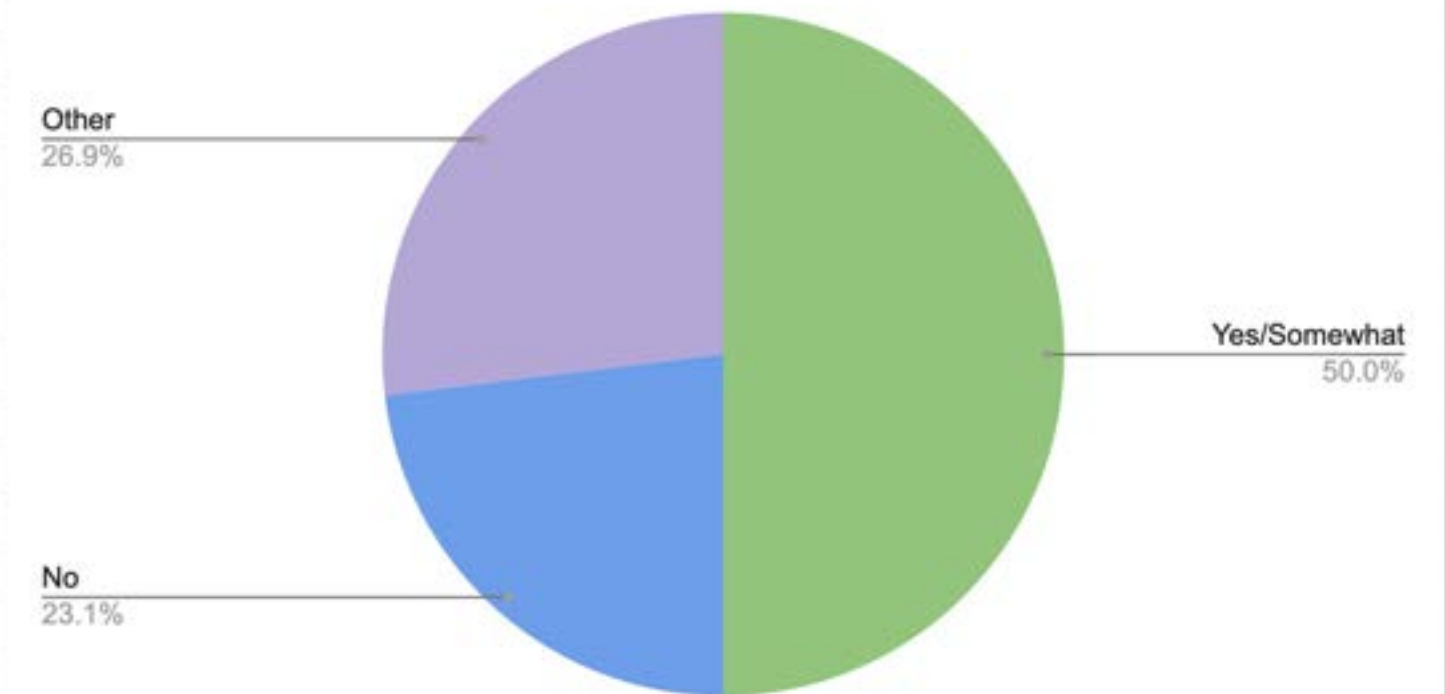
Adjusting produce portions, offering fruit at all meals, purchasing seasonal produce

Increased vegetarian options, (plus beans, legumes & whole grains) with fewer red meat options

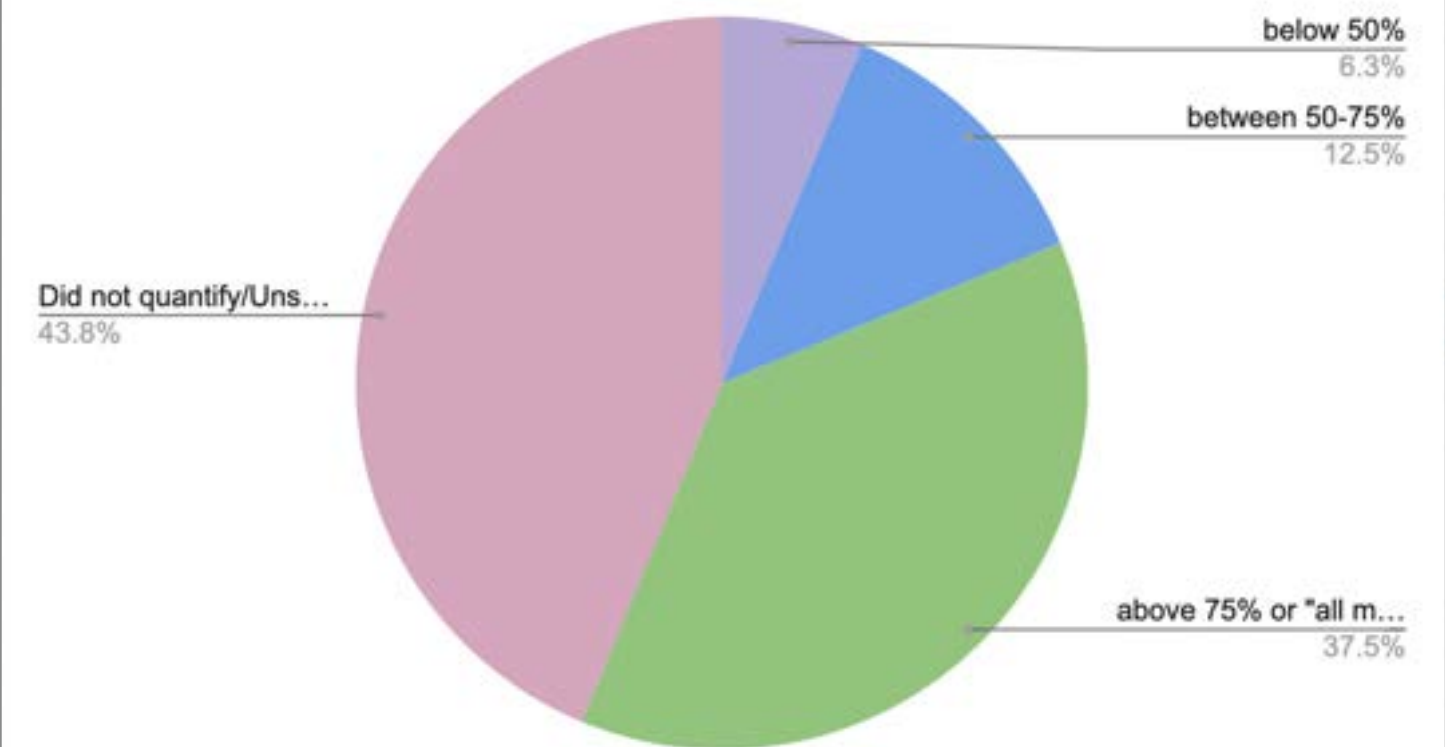
Eliminating milk and juice as automatic choices

Encouraging eating meals together

Has your facility adjusted dietary practices to align with the updated Canada's Food Guide?

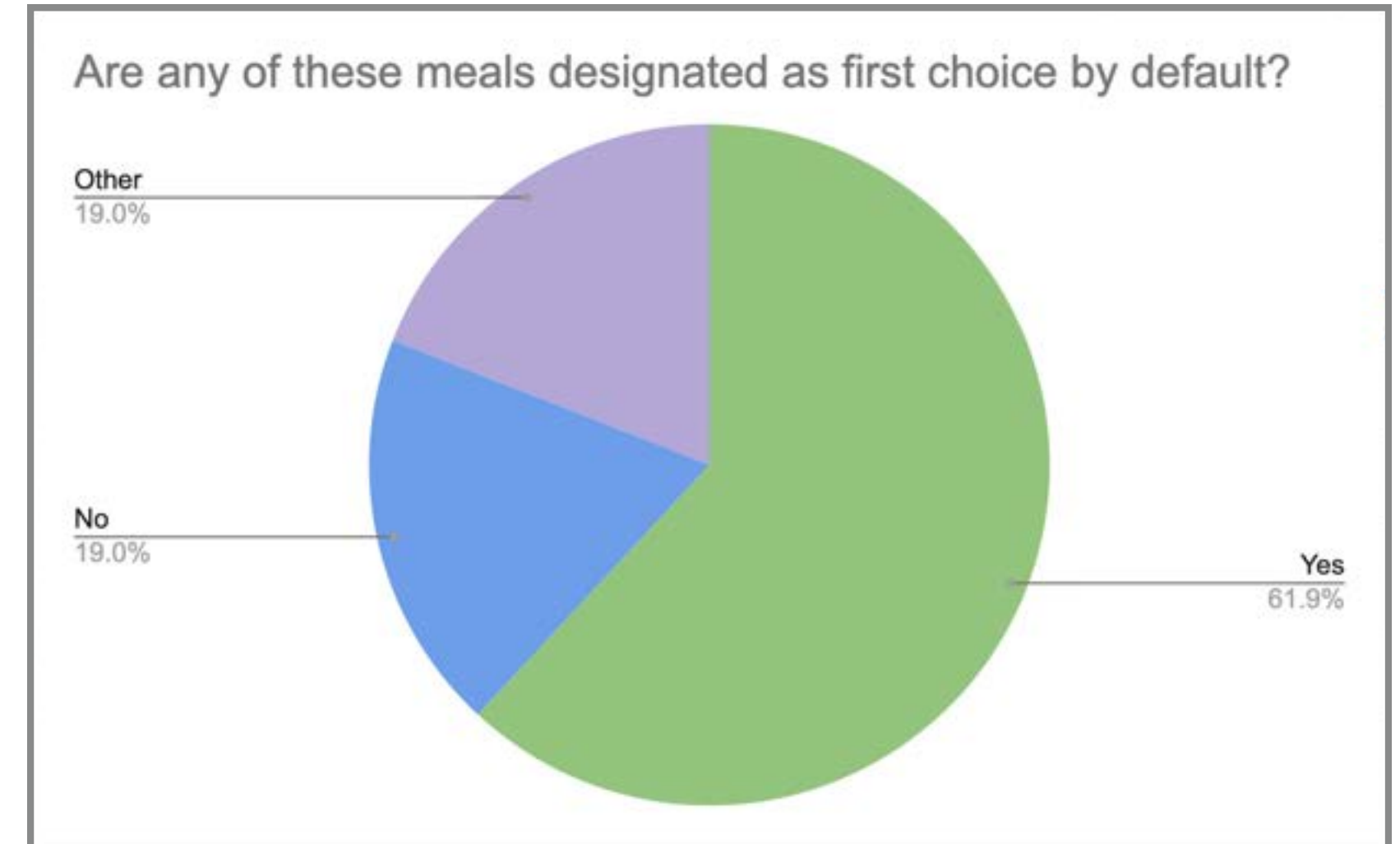
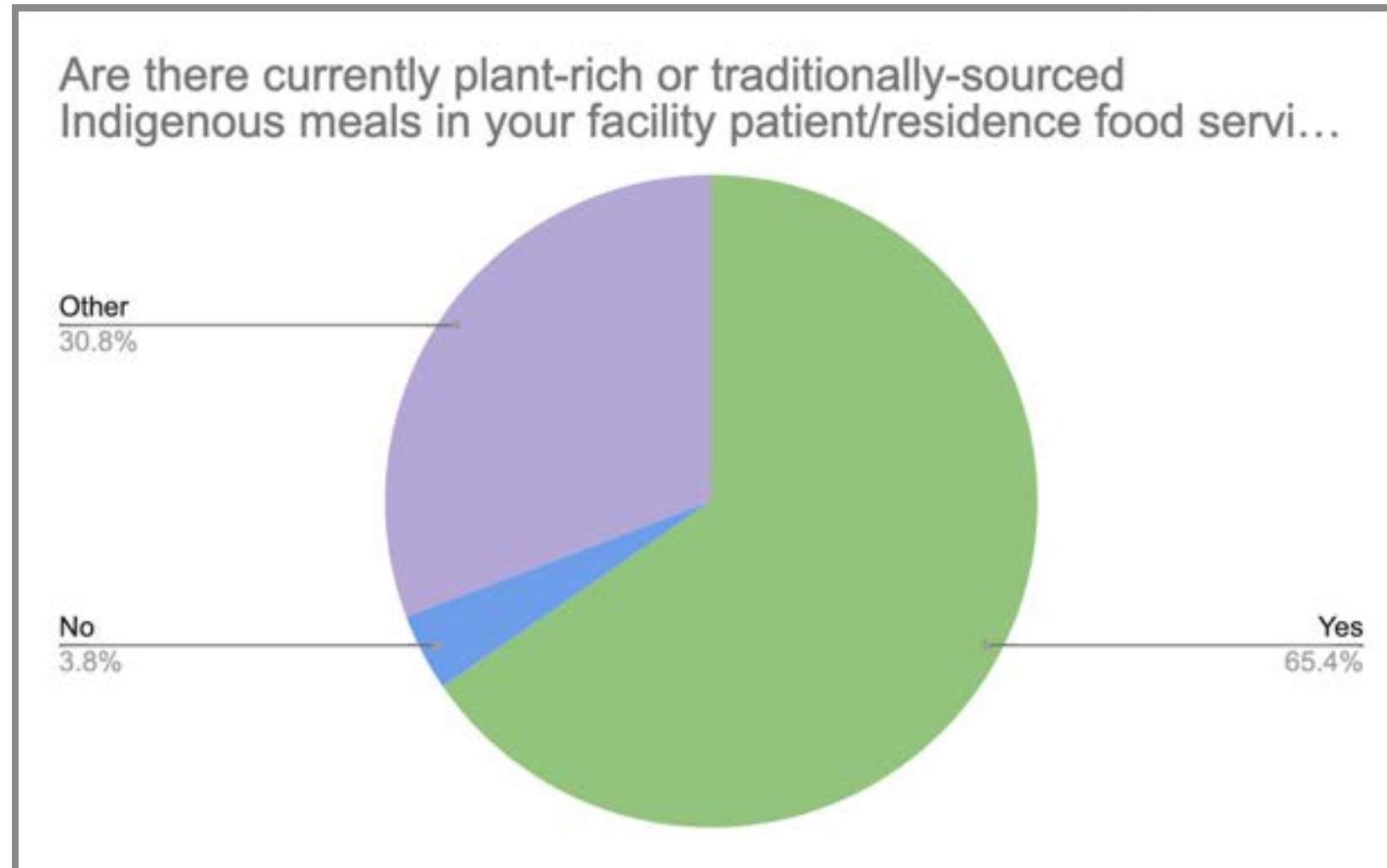


If "Yes" what % of meals meet the CFG recommendations?



Results

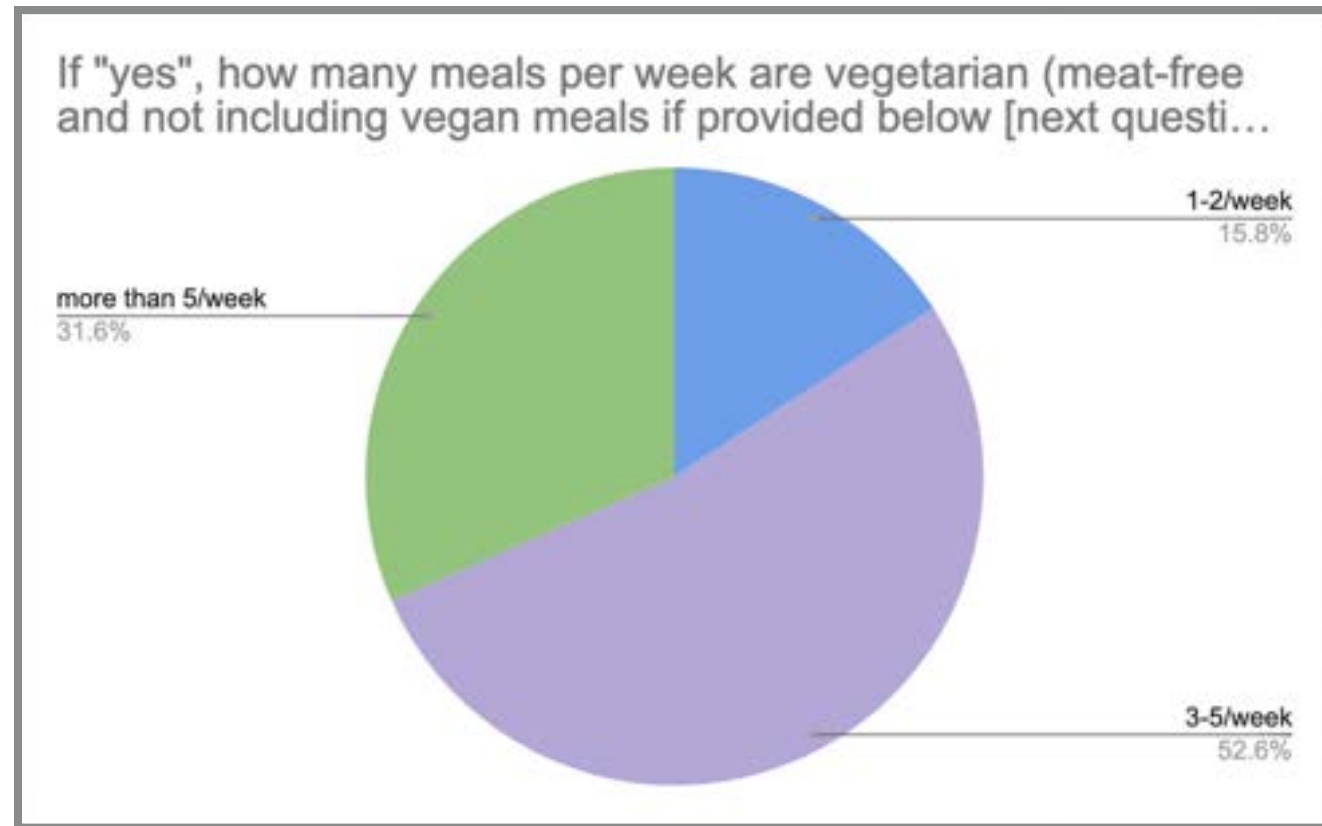
Plant-Based Menu Options



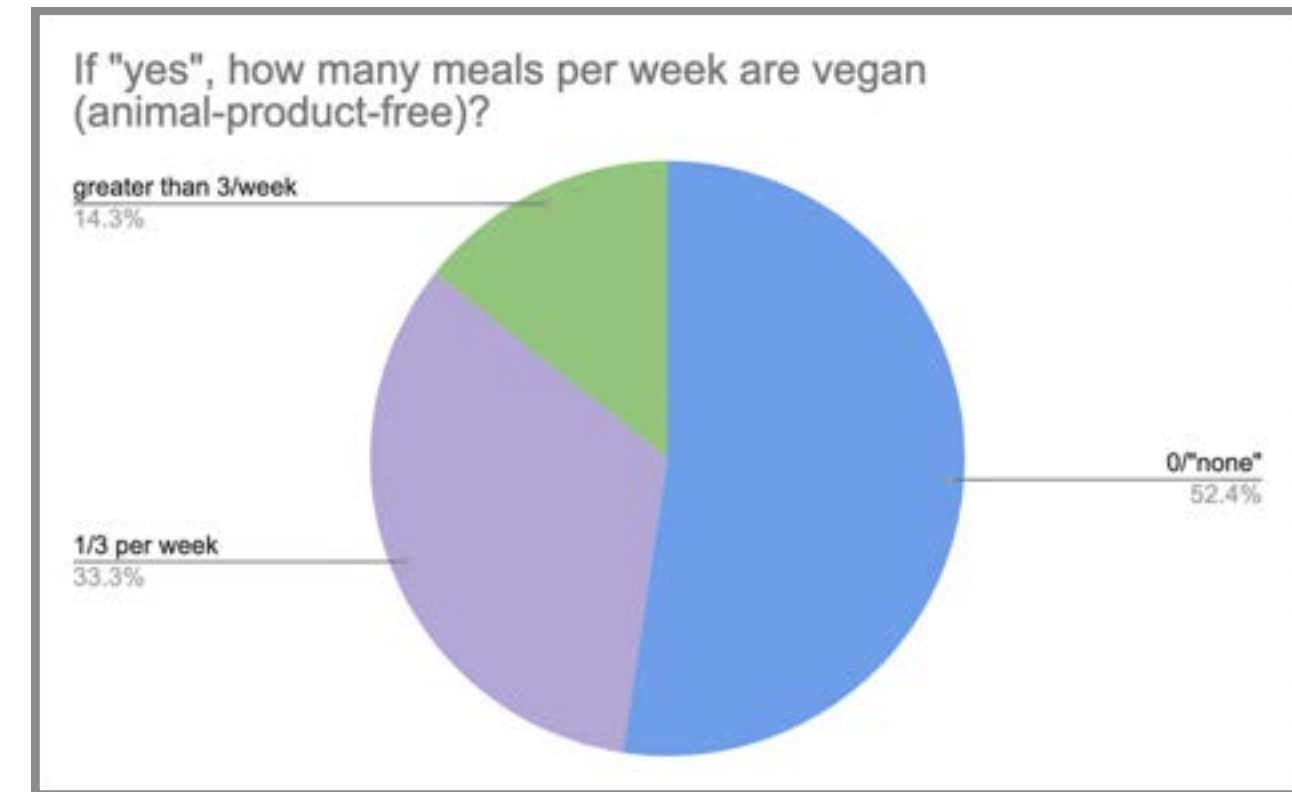
Results

Plant-Based Menu Options

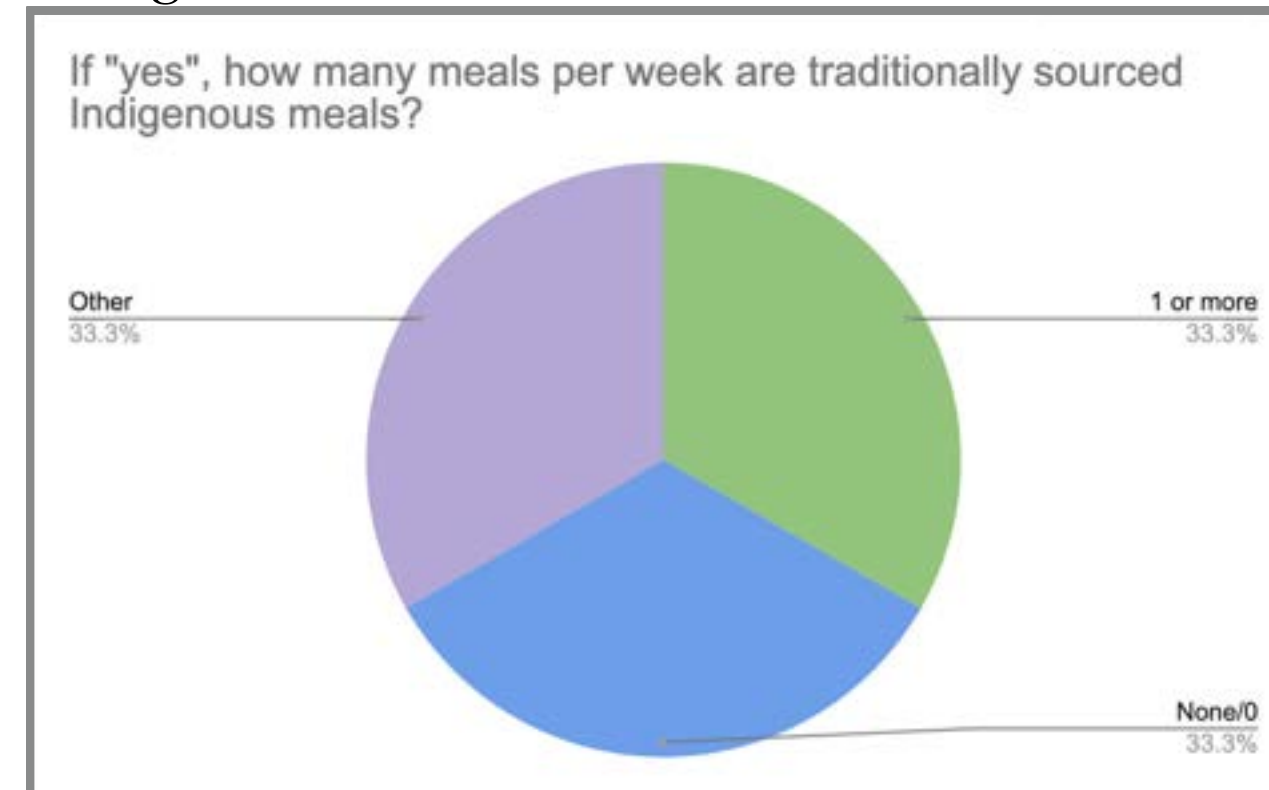
Vegetarian



Vegan



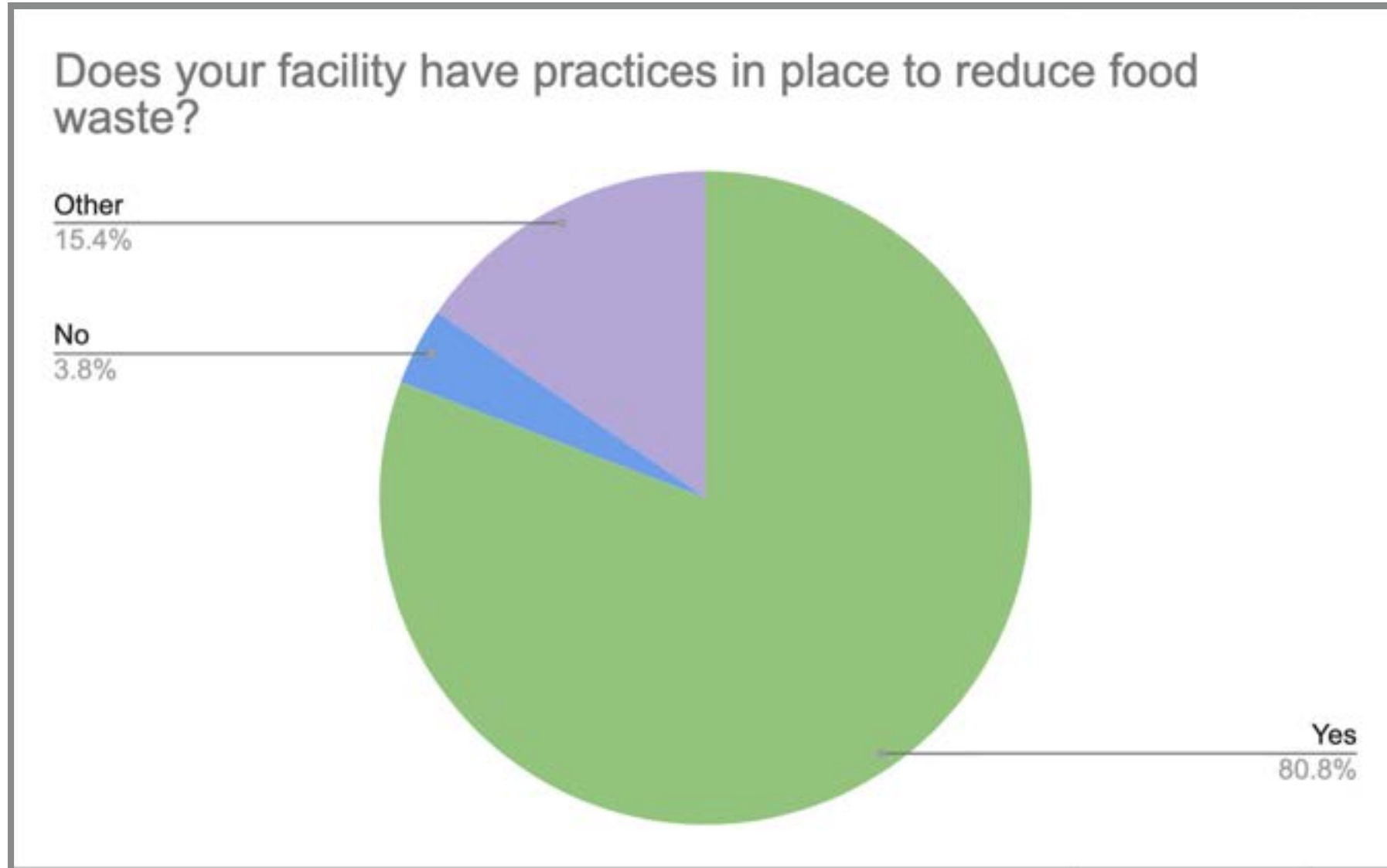
Indigenous



- Further engagement is needed; respondents were inquisitive and curious to learn more

Results

Food Waste Practices



Examples of Practices:

Switching to room service models

Waste Audits, food forecasting/popularity index to anticipate uptake of food options

Composting, dehydrating, freezing unserved food

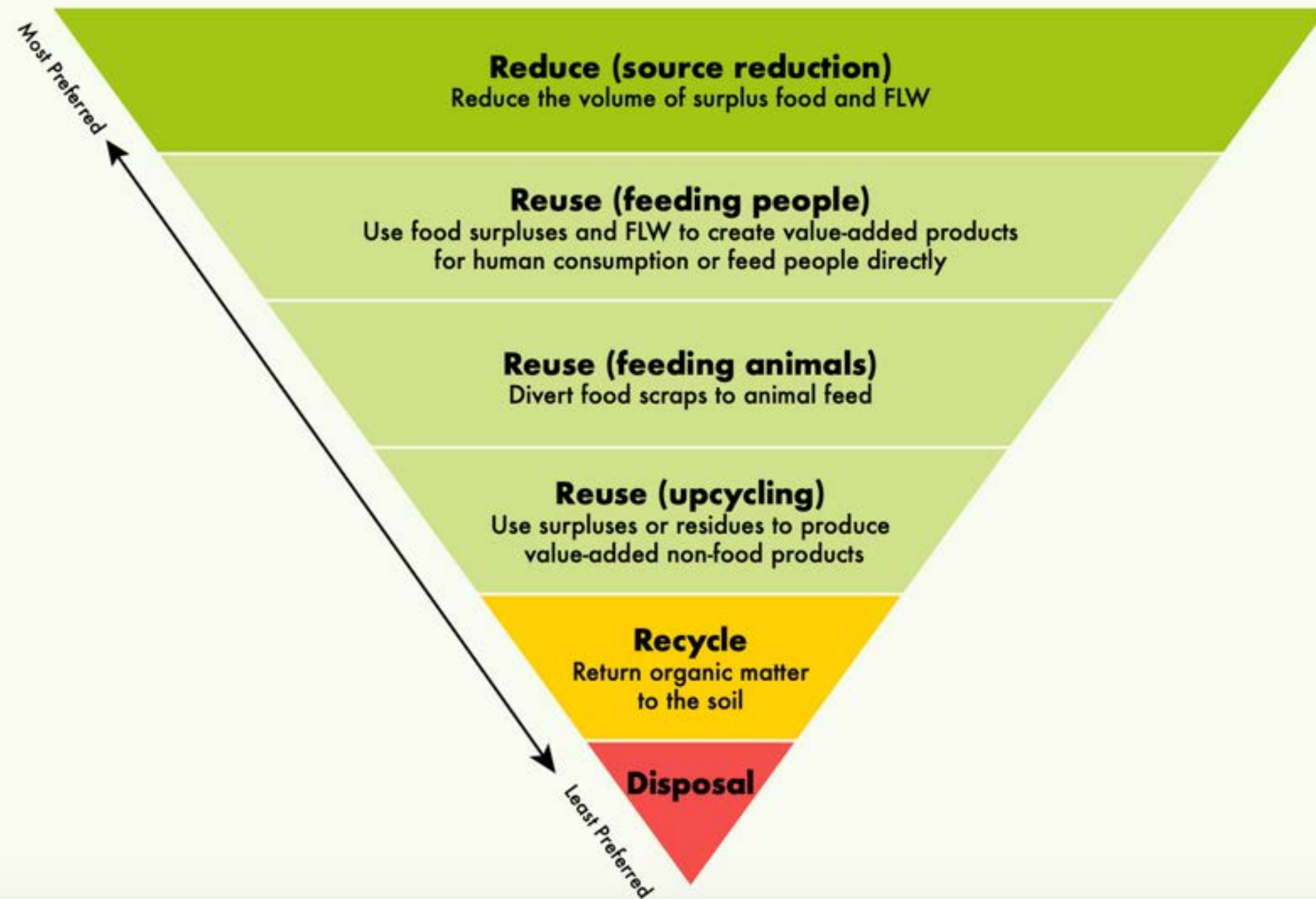
Cold plated/retherm tray service model or warming ovens

Separating waste streams

"Food Management Fundamentals" program

Literature review

Figure 4-1: 4R-D Waste Hierarchy



RECYC-QUÉBEC (2022)

- Avoid waste in the first place (evidence-based strategies)
- Simultaneously divert waste from landfill using the most preferred strategies where possible.
- Regulations and legislations are key barriers which must be overcome before reusing food within a hospital is possible.

What are the current food waste management practices in Canadian Healthcare and around the world?



- **Most Effective Solution:** Foodservice models that decrease waste **PRE-CONSUMPTION** (ex: room service)
- **Strategies provided:**
 - patient choice
 - reduced time between ordering and eating
- **Important:** raise awareness of measuring and monitoring food waste to promote action
- **More research is needed for post-consumption waste management**



**What did we
learn?**



Chapter 4

Actionable steps

Ready to make change?

3 steps towards embracing plant-forward menu options at your organization:

01

Engagement

Find the other passionate people who want to help. Identify folks such as **dietitians, foodservice coordinators, procurement specialists**, and even **frontline staff** who value the connection between food, patient health outcomes, and climate change.

02

Start Small

Where are there opportunities for simple changes that have impact? What is the low-hanging fruit? Is more education needed? Or can we stop using single use plastics everywhere?

03

Seek Feedback

Collaborate with key partners; what is the patient feedback of the small changes? What is the staff feedback? Are these changes scalable for widespread implementation? Whether or not it's a success, what lessons were learned?

There has never been a better opportunity for change than right now!

Chapter 5

*Resources and
References*

Resources

[Health Care Without Harm: Plant-Based Food Guidelines for Healthcare](#)

[Health Care Without Harm: Global Roadmap for Healthcare Decarbonization](#)

[World Resources Institute Cool Food Pledge](#)

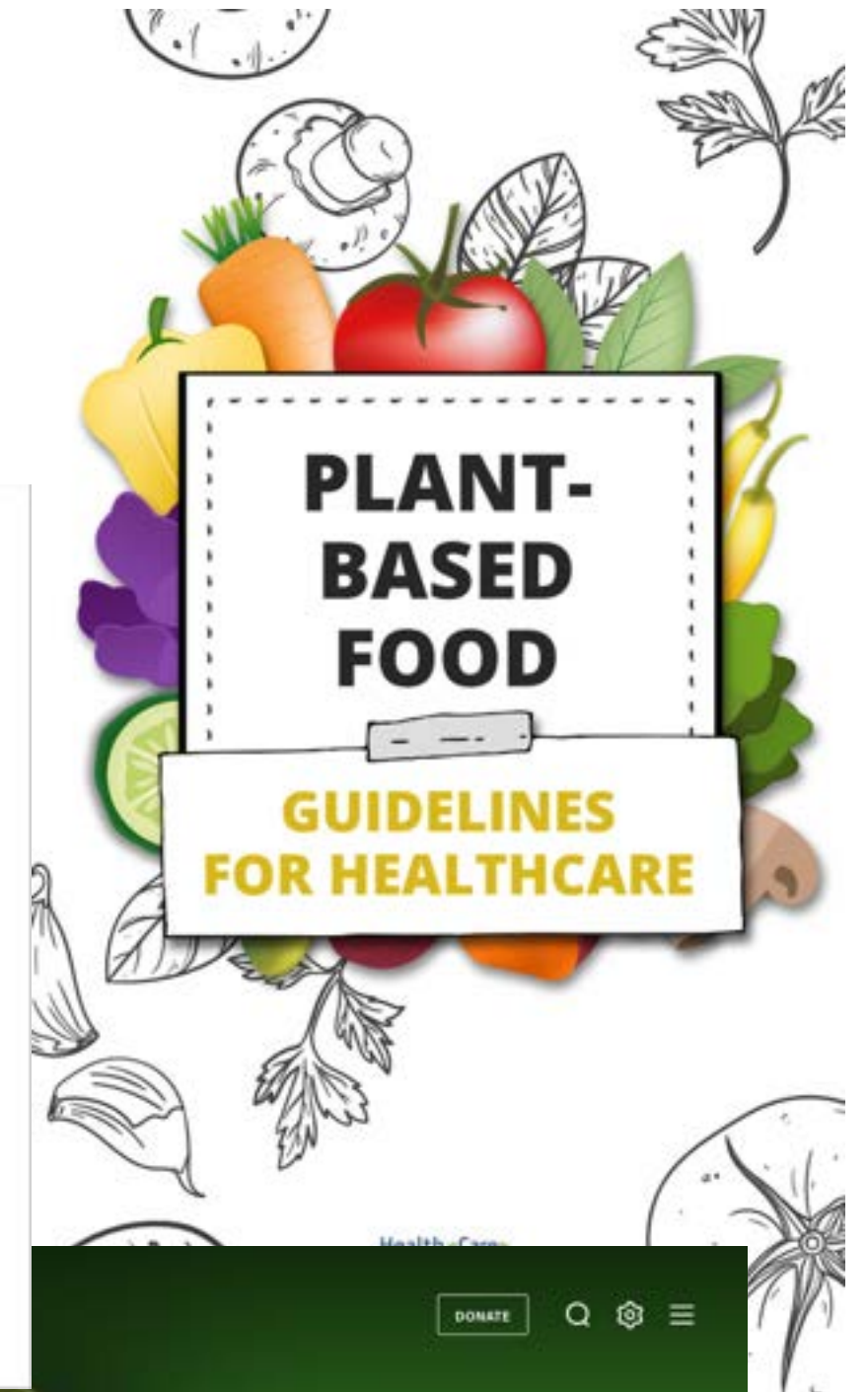
[Creation of an Inpatient Plant-Based Program](#)

[PEACH Health Ontario](#)

[Nourish Leadership: Food Is Our Medicine](#)

[Nourish Leadership: Planetary Health Menus](#)

[Summary of the Commission Food in The Anthropocene: the EAT-Lancet Commission on Healthy Diets From Sustainable Food Systems.](#)



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Planetary Health Menus: Implementing plant-rich diets for people and the planet

Sharing the Halton Healthcare Experience



Halton Healthcare – Who we are

Three community hospitals serving the growing urban and rural communities of Halton Hills, Milton, Oakville

Our hospitals - Georgetown Hospital, Milton District Hospital and Oakville Trafalgar Memorial Hospital - are part of Halton's rich history and have a long-standing tradition of providing quality care to many generations of area families.

Together, we serve a population of almost 500,000 residents



Food Services at Halton Healthcare

- Food Services operates at all three hospital locations
 - Various meal delivery models including our award winning Call to Order Room Service Model
 - Centralized production & procurement at the Oakville Trafalgar Memorial Hospital
- Food shipped 7 days per week from Oakville to Milton and Georgetown, in house production of several soups and entrees with local ingredients, plant based proteins
- Distributor Partner – Gordon Food Service

Transforming the Patient Meal Experience - One Step at a time.....



Plant Based Food Items – The What

- Black Bean Burgers
- Impossible Chicken Nuggets
- Vegetarian Bean Chili
- Vegetarian Shepherd's Pie
- Curried Garbanzo Vegetable Stew
- Curried Madras Tofu/Rice
- Falafels
- Impossible Sausage Patty
- Vegetable Based Rotini Pasta
- Plant Based Yogurt

Plant Based Food Items – The Why

- Understanding that healthy, flavorful food and a positive food experience contribute to increased patient satisfaction
- Patients value food, want to be healthier, and want some control over their meal experience (fresh food, choice to select meals, more options to select from, etc.)
- Initiative to introduce plant based items started in 2022
- Need was identified to accommodate our vegetarian/vegan diets; supply chain issues forced us to explore alternate “protein” items
- Changes to Canada’s Food Guide supported our initiative; general population is more knowledgeable about plant based items (familiar with various meatless options)
- Serving local food & plant based options offers a fresher, healthier option, that also gives patients the option to choose positive environmental and community impacts

Plant Based Food Items – The How

- Taste Panels organized to review new plant based items (needed to work in all meal delivery models)
- Patient/Family Advisors part of menu committee and attend taste panels to provide feedback
- We have three diverse communities we serve so plant based items were added as a “choice” for patients to select from
- Patient feedback gathered through Patient Satisfaction Surveys

Anecdotal Feedback:

“I didn’t think I would like a vegetarian chicken nugget....but, the taste is good.You would never know it isn’t meat”

“Vegetable pasta tastes like real pasta”

Plant Based Food Items – The Challenges

- Nutritional Analysis & Ingredients
 - Sodium
 - Fillers/Additives
 - Allergens
- Not a lot of options for Healthcare – especially those who are not “cooking” in house
- Can be more expensive – low demand
- Manufacturers – very few in the market
- Patients are still hesitant to chose plant based items

Closing Thoughts

- Start Small --- Engage your stakeholders ---- seek feedback
- Hospitals have the procurement power to move this change forward
- Need to engage manufacturer partners to develop more items suitable for healthcare (clean ingredients, better nutritional analysis)
- Great opportunity to introduce change for people that will have a lasting impact on their lifestyle and our environment
- Offer the choice to patients – understand what patients want
- Change is not easy, but with every challenge there is an opportunity
- Become a systems transformational leader! Commit to knowledge transfer – challenge the system.....

Contact Info:

Marianne Katusin
Director, Support Services
Halton Healthcare

mkatusin@haltonhealthcare.com






NOURISH

Planetary Health Menus at your facility

Hayley Lapalme
Co-Executive Director
Nourish

January 31, 2023

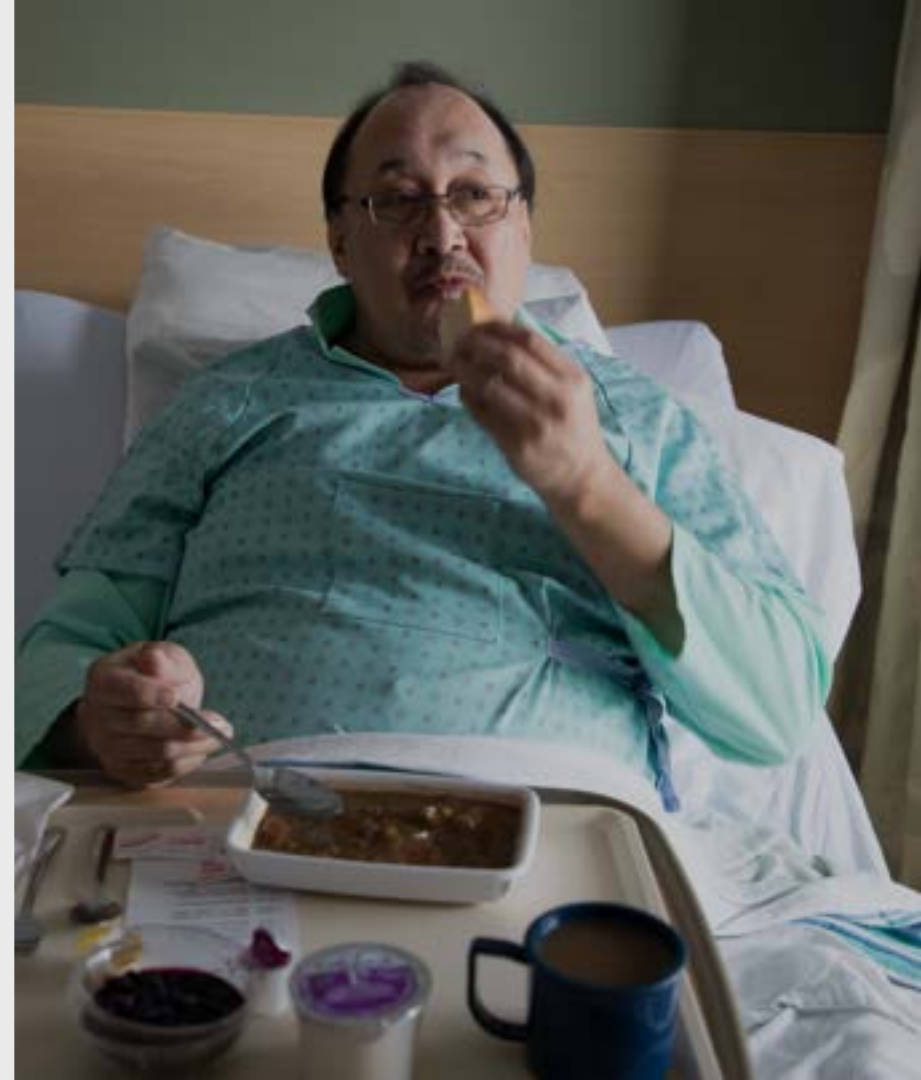


Food in health care is an annual \$4 billion opportunity for sustainability and preventative health

Nourish is a non-profit that works with leaders, organizations, and communities, equipping them to see food as a powerful way to build health for both people and the planet.

Food is an opportunity to address pain points in the health system

- Diet-related disease
- Malnutrition in hospital > impacting length of stay, readmission rates
- Surgery recovery time
- Patient satisfaction
- Staff wellness and burnout
- Trust and cultural competency
- Truth and Reconciliation Commission Calls to Action
- Sustainable Development Goals
- Climate Change



Food systems significant driver of climate change

1/3

Globally, our food systems are responsible for one-third of anthropogenic GHG emissions

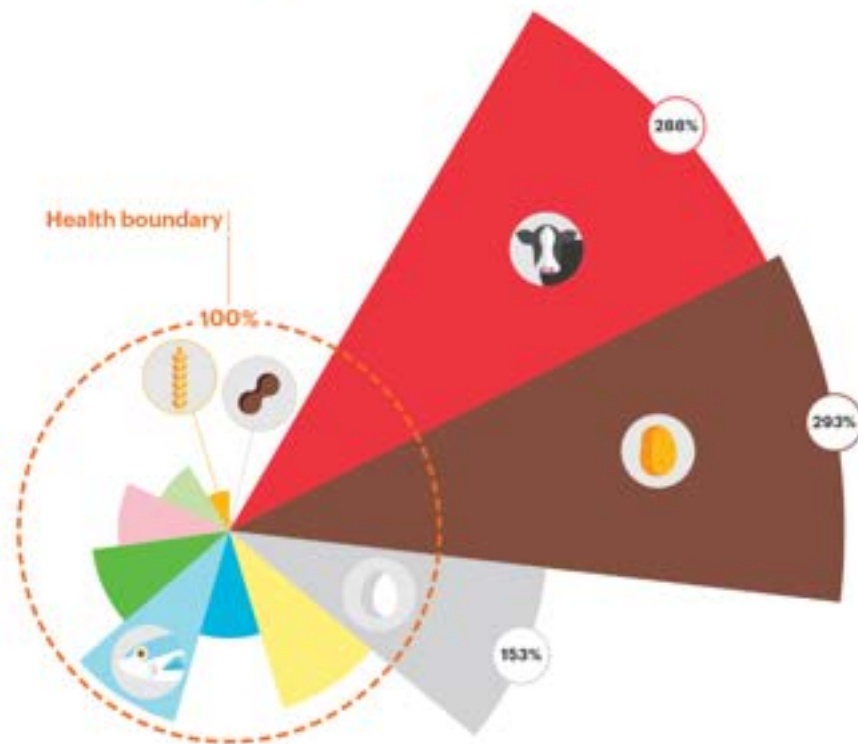
Climate change is a risk amplifier for health

5%

Globally, the health care sector itself is responsible for 5% of global emissions (Lancet Countdown, 2021)

Current Diets vs Planetary Health Diet

Global



Nourish Planetary Health Menus

It's time for hospital trays and cafeterias to not only fulfill nutritional requirements, but also impact climate:





Visit Nourish's website and sign up for Planetary Health Menus:

Spring 2023 Launch of Action Learning Program: Connect with peers and tools to help you transform menus and sourcing, becoming a sustainability leader in your health care organization.

Webinar on sustainable procurement

Thursday March 30, 11:00 am - 12:00 pm ET

Dan Munshaw, Manager, Supply Management, City of Thunder Bay

Wendy Smith, Senior Contract Specialist, MEALsource, Mohawk MEDbuy

Amy Ford, Food and Nutrition Services Specialist

- Healthcare food purchasers can build the health of their patients and the planet through the food they buy
- The **Values-Based Procurement (VBP) Primer** is a tool to support health care food service and procurement teams
- One of the offerings of Nourish's climate leadership **Planetary Health Menus** action learning program
- Primer includes: a readiness scan, baseline information gathering, and goal setting, feasible next steps, links to supportive resources
- See link in chat to register or go to <https://www.nourishleadership.ca/blog>



Food for Health Symposium

September 19-22, 2023

Saskatoon, SK



Inviting health care, community, Indigenous, government, business, philanthropic, and academic leaders to come together for experiential learning, panel discussions, and hands-on workshops with peers from across the country.

Save the date and sign up for our newsletter to access registration when it opens!



QUESTIONS?

hlapalme@nourishleadership.ca

[@hayleylapalme](https://www.instagram.com/hayleylapalme)