Healthy Food in Health Care Work Group

Maine

NEW ENGLAND TEAM

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CORE PARTNERS

MOFGA
Mainstreaming Project
MaineHealth Food Service Task Force
Farm to Institution New England
Northwest Atlantic Marine Alliance
Healthier Hospitals Initiative
HCWH Global Climate Initiative
Farm to School Network
Real Food Challenge

Healthy Food in Health Care Program

Healthy Food in Health Care (HFHC) is a national initiative of Health Care Without Harm (HCWH), developed in conjunction with its member organizations. We harness the purchasing power and expertise of the health care sector to advance the development of a sustainable food system. Founded in 2005, the program provides education, tools, resources, and support for facilities to implement programs that explicitly connect all aspects of the food system with health. We catalyze sustainable procurement efforts, create clinician advocates, and inspire health care institutions to become leaders in shaping a food system that supports prevention-based health care. The HFHC program also helps to coordinate the Healthier Food Challenge of the Healthier Hospitals Initiative (HHI), a national sustainability initiative for the healthcare sector.

Maine Work Group

This is one of 7 health care food service learning collaboratives underway in New England. This workgroup is composed of representatives from statewide hospitals that are currently engaged in healthy food work and are considered leaders in the implementation of innovative healthy food and beverage strategies. Participating facilities will utilize this forum to identify opportunities to mobilize the groups' collective power and social influence to improve environmental and population health, support the local economy, and achieve the collective goals.

Maine Food Facts

- 28% of Maine adults, and 12% of Maine high school students, are obese *(America's Health Rankings, 2013) (Youth Risk Behavior Survey, 2013).*
- Only 18% of Maine middle and high school students eat the recommended five servings of fruits and vegetables each day *(Maine Integrated Youth Health Survey, 2013).*
- In Portland, 54% of the kids receive a free breakfast and lunch every day.

Maine has the most working farms of any New England state

- The total number of farms in Maine has gone up slightly, in contrast to the trend nationwide.
- From 1988 to 2013 the number of Certified Organic Farms rose from 41 to 440, a growth of 93%.
- Maine has gone from just over 9,000 acres in organic production in 2000 to just under 40,000 acres in 2011.

Return on Investment

As a result of the Affordable Care Act, ACO providers now have an incentive to promote population health. Activities of this work group aim to:

- Increase access to healthy food
- Create an environment of health for hospital staff and visitors
- Communicate demand to the supply chain to make healthy food affordable
- Reduce the overuse of antibiotics to impact the emergence of antibiotic resistant infections
- Reduce individual and community exposure to environmental toxins in our food system that promote chronic illness
- Promote disaster resilience by building a regional food system

By participating in this effort, your facility becomes a key player in prevention-based care. Healthier staff and community means lower health care costs.



Resource Needs

As a leader in this work, the path to success needs to be paved by champions in the sector. Time, money and support are the three key resources of success. The following is necessary for us to support your internal efforts:

Food Service Director Participation
Work group and sub-committee meetings are held on a quarterly basis and may require interim participation for follow up communication, information gathering, and shared strategies as agreed on by workgroup.

Hospital Leadership Support
Regular touch-base meetings are suggested for participants to connect with hospital leadership on progress and potential needs.

Support for compliance with contracted food service management companies or vendors

Budget Flexibility
Although many sustainability initiatives yield a cost savings, there are times when product shifts or new purchasing pathways require an initial investment. Working with your team to determine a manageable margin during this transition period will assist in shifting the broader market. By showcasing this demand, you are playing a critical role in shifting the food system towards increased accessibility and lower costs for healthy foods like local seafood and pesticide-free produce.

GETTING INVOLVED

FOOD SERVICE DIRECTORS & PURCHASING AGENTS
Contact Us to participate in Work Group activities.

CLINICIANS
Contact HCWH Senior Clinical Advisor to join the growing network of clinicians active in policy and supporting institutional change.

ADMINISTRATORS
Enroll in the MA Healthier Hospitals Initiative
www.healthierhospitals.org

Healthier Hospitals INITIATIVE

Learn more at:
healthyfoodinhealthcare.org