First, Do No Harm

Patient Health  Worker Health  Community Health
Healthy Food in Health Care

As places of healing, health care facilities have a natural incentive to provide food that’s healthy for people and the environment in which we live.
Not All Apples Are Created Equal

Environmental Nutrition Redefines What Constitutes Healthy Food

TRADITIONAL NUTRITION
Focuses on biochemical components of food and individual food consumption

Asks:
- How much Vitamin C?
- How many calories?
- How much fiber?

ENVIRONMENTAL NUTRITION
Accounts for social, political, economic, and environmental factors related to the food system as a whole

Also asks:
- Was it grown with harmful pesticides or synthetic fertilizers?
- What labor standards were used?
- Were toxic chemicals used in packaging?
Externalities of the Industrialized Food System

**HEALTH**
- Chronic diseases (cancer, diabetes, obesity)
- Antibiotic resistance & food-borne pathogens
- Pesticide exposure (cancer, reproductive, neuro-developmental, and endocrine impacts)
- Asthma and respiratory illness
- Food injustice (hunger, food deserts)

**SOCIETY**
- Local economic decline
- Labor issues
- Water and air quality

**ENVIRONMENT**
- Energy use and GHG emissions
- Loss of crop and biological diversity
- Soil erosion
Antimicrobial Resistance (AMR)

“It is not difficult to make microbes resistant to penicillin in the laboratory by exposing them to concentrations not sufficient to kill them, and the same thing has occasionally happened in the body. The time may come when penicillin can be bought by anyone in the shops. Then there is the danger that the ignorant man may easily underdose himself and by exposing his microbes to non-lethal quantities of the drug make them resistant.”

~Alexander Fleming, Nobel Prize Lecture, 1945
Antimicrobial Resistance (AMR)

Clostridium difficile
Photo Credit: CDC, Lois S. Wiggs, 2004
Examples of How Antibiotic Resistance Spreads

Animals get antibiotics and develop resistant bacteria in their guts. 

Drug-resistant bacteria can remain on meat from animals. When not handled or cooked properly, the bacteria can spread to humans.

Fertilizer or water containing animal feces and drug-resistant bacteria is used on food crops.

Drug-resistant bacteria in the animal feces can remain on crops and be eaten. These bacteria can remain in the human gut.

Resistant germs spread directly to other patients or indirectly on unclean hands of healthcare providers.

Resistant bacteria spread to other patients from surfaces within the healthcare facility.

George gets antibiotics and develops resistant bacteria in his gut.

George stays at home and in the general community. Spreads resistant bacteria.

George gets care at a hospital, nursing home or other inpatient care facility.

Simply using antibiotics creates resistance. These drugs should only be used to treat infections.

In the United States

80% of all antibiotics are used for industrial animal agriculture.
United Nations High-Level Meeting on Antimicrobial Resistance

“AMR is a problem not just in our hospitals, but on our farms and in our food, too. Agriculture must shoulder its share of responsibility, both by using antimicrobials more responsibly and by cutting down on the need to use them, through good farm hygiene.”

~Director-General of the Food and Agriculture Organization (FAO) of the United Nations, Dr. José Graziano da Silva
Less Meat, Better Meat

Image Credit: Ryan Thompson, United States Department of Agriculture
U.S. Strategies for Antimicrobial Stewardship
Market Transformation Strategy

Couscous crusted salmon served at UCLA Medical Center’s Food Day event

Executive Chef Chris Linaman prepares a Farm to Table lunch at Overlake Hospital.
Market Transformation Challenges

“The budget for food has actually gone down 3% and we’ve been able to incorporate all these great products, local farms, local beef, antibiotic free. We have been able to incorporate these products without raising our food budget. So it can be done!”

~Kurt Roessler, Director of Food and Nutrition at Huggins Hospital
Market Transformation Successes

Antibiotic-free Mushroom Turkey Burger (left) and Rosemary Chicken Breast (Right) served by hospitals as part of a Food Day Event.
“The ultimate root of the issue is overconsumption of meat, high demand, and an industrialized agriculture approach that leads to overuse and mismanagement of resources, including antibiotics. Clinicians and healthcare facilities [should] have more of a consistent voice in institutional policy, procurement by institutions, [and] public policy on the part of local, state, and even federal government [regarding antibiotic stewardship].”

~Dr. Saul Hymes, CCCAS Collaborative
Senate Bill No. 27

CHAPTER 758

An act to add Chapter 4.5 (commencing with Section 14400) to Division 7 of the Food and Agricultural Code, relating to livestock.

[ Approved by Governor October 10, 2015. Filed with Secretary of State October 10, 2015. ]

LEGISLATIVE COUNSEL’S DIGEST

For more information visit:
https://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201520160SB27
Guidance for Industry

New Animal Drugs and New Animal Drug Combination Products Administered in or on Medicated Feed or Drinking Water of Food-Producing Animals: Recommendations for Drug Sponsors for Voluntarily Aligning Product Use Conditions with GFI #209

Submit comments on this guidance at any time. Submit written comments to the Division of Dockets Management (HFA-305), Food and Drug Administration, 5630 Fishers Lane, Rm. 1061, Rockville, MD 20852. Submit electronic comments to http://www.regulations.gov. All written comments should be identified with the Docket No. FDA-2011-D-0889.

For more information, visit:
Get Smart About Antibiotics Week

November 14-20th 2016

Join the national conversation!

#GetSmartWeek

Clinician Stories About Antibiotic Resistance

Antibiotic Free Meat Purchases
(% of total meat purchases by weight)

25%
20%
15%
10%
5%
0%

2014  2015

Visit:
https://storify.com/HCWithoutHarm/get-smart-week
Antimicrobial Stewardship through Food Animal Agriculture Toolkit Module

Guidance for health care facilities and health professionals

January 2017

https://noharm-uscanada.org/documents/antibiotic-stewardship-beyond-clinical-care
Resources

Draft political declaration of the high-level meeting of the General Assembly on antimicrobial resistance:

World Health Organization Global Action Plan on Antimicrobial Resistance:
http://www.wpro.who.int/entity/drug_resistance/resources/global_action_plan_eng.pdf

Antimicrobial Stewardship Through Animal Agriculture Toolkit Module:
https://noharm-uscanada.org/documents/antibiotic-stewardship-beyond-clinical-care

Health Care Without Harm Europe- Reducing Antimicrobial Resistance: how health professionals can help:

Environmental Nutrition paper:
https://noharm-uscanada.org/environmentalnutritionwhitepaper2014