Christina Schmidt
Coordinator for sustainable food management with uniform central monitoring of measures for Vienna hospital association

Kitchen Management Director Hospital Hietzing with Neurological Center Rosenhügel, Vienna

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The Vienna Hospital Association ...

- one of Europe's largest healthcare organisations and
- Austria's largest training facility for professional healthcare

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<tr>
<th>Is responsible for</th>
<th>→ 9 hospitals: (incl. The General Hospital Medical University Campus → 7 residential nursing homes and 3 geriatric centers + the socio-therapeutic center in Ybbs)</th>
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<tr>
<td>Employees</td>
<td>→ Approx. 30,000 people (coming from 70 Nations; approx. 72 % female)</td>
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<td>Provides service for about</td>
<td>→ Approx. 395,000 inpatients per year</td>
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<td>→ Approx. 3,2 mill. Outpatients per year</td>
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<tr>
<td>Food Budget</td>
<td>→ Approx.. 18 Mill. Euro</td>
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<td>→ Approx.. 61% have been uniformly regulated</td>
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Certification organic food

- All kitchens in hospitals of the Vienna Hospital Association have been certified by the Austria Bio Garantie, since 2008
VHA Sustainable strategy

- VHA's sustainability strategy includes a sustainable menu with a split into a summer and winter plan, a seasonal purchase of fruit and vegetables and a resource-saving use of meat.
- The SDGs 12 for food waste are taken into account
- Responsible, economical handling of high quality food is a necessary basis in large-scaled kitchens
- VHA has also been working for many years to reduce waste in bread and bakery products
<table>
<thead>
<tr>
<th>Project</th>
<th>Information</th>
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<tbody>
<tr>
<td>Project Reduction of Food Waste – ongoing evaluation since 2002</td>
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<td>Project Biofair II (2005)</td>
<td>Analysis of large-scale kitchens at the City of Vienna towards increasing the organic food share</td>
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<td>Project Möve I + II (2007)</td>
<td>Options to reduce the amount of purchased food without decreasing supply quality in large-scale kitchens</td>
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<td>Project Vera I + II (2008)</td>
<td>Evaluation of diet efficiency and its effect on the food waste generation at the Hietzing Hospital</td>
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<td>„natürlich gut! Teller“</td>
<td>A program from the City of Vienna for sustainable nutrition and reducing the greenhouse gas emissions. the Climate Protection Program at the City of Vienna, has been developed.</td>
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<td>Project Umbesa (2012-2014)</td>
<td>Sustainable Menus – Implementation of sustainability in large-scale kitchens with regard to regional, seasonal and organic food and freshly prepared meals</td>
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Activities in our FOOD WASTE Projects

- Monitoring: Recipe pool & Portion sizes: are periodic revised
- Cooking on demand (if possible)
- Compensation of production quantities in the employee canteen
- Black bread and wholegrain bread may be given to patients on the second day as "fresh"
- Range Optimizing: from 4 to 3 types by baked goods
- Ongoing optimization: Modify the menus
- Monitoring of Stations ordering
- Statistic- Information (periodic): about the consumption of breakfast ingredients, bread and pastries
- Communications project: Chefs routinely visit 1-2 / year each station
- Department meeting: Interdisciplinary discussion about the food (supply) with kitchen management, department head and the responsible dietitian
Hierarchy of Needs - Pyramid patients

Core needs of patients:
Freedom from anxiety and pain as well as intimacy

Taste, Food
Equipment, Hotel character
Assistance, Service-quality
Short, fearless and painless procedures
Information/Communication, Responding to individual needs
Privacy, No negative experiences, Rest
Physical well-being, Pain freedom, Healing - success

Enthusiastic Factors
(“These services would surprise me positively”)

Expectations
(“That would help me with my fear”)

Wishes
(“I hope to get some benefits, although I know that it is not always feasible”)

Privacy
Fearless/painless
Surprise effects

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Reasons why patients do not eat

**Medical reasons:**
- Because of nausea / vomiting
- Fatigue
- Deficit of appetite or loss
- Motoric restrictions (= support necessary)
- Dysphagia (= difficulty swallowing or disturbing)

**Type of food distribution:**
- Portion size (too much on the plate)
- Food was too hot / cold

**Aesthetics / personal feelings:**
- Optics
- Taste
- Smell

**Administrative reasons:**
- Medical examination: Meal failed
- Disturbance by visit, instructions and suchlike
- Surgical preparation

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Daxbeck, Niedermayr, Fülöp, Neumayer: Projekt „Vera II“, November 2010
Behavior and Mortality

Sterblichkeit der BewohnerInnen in %

- alles (N=886): 8,70%
- 50% (N=311): 18%
- 25% (N=84): 25%
- nichts (N=24): 41,70%
- weiß nicht (N=6): 16,70%
- keine Angabe (N=181): 16%

n = 1492
$X^2 = 56,3$
p < 0,0001

www.nutritionDay.org

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Reduction of food waste - Strategy at the Hospital Hietzing

Reduktion Lebensmittelabfall im KHR

Why do we need a monitoring system for food waste?

- **Milan Urban Food Policy Pact:**
  - Convene food system actors to assess and monitor food loss and waste reduction at all stages of the city region food supply chain,
  - Raise awareness of food loss and waste through targeted events and campaigns.

- **UN-Agenda 2030 Sustainable Development Goals:**
  - By 2030, halve per capita global food waste at the retail and consumer levels and reduce food losses along production and supply chains, including post-harvest losses.

- **VHA Sustainability strategy:**
  - Resource conservation, Ethics, Sustainability, Economy
Savings effects on the Environmental impact

» Previously proven savings:
  » 177,000 kg food waste = ca. 400 Tonnen CO2
  » Only through permanent monitoring of food waste at a total of 42 comparison locations 2017 to 2018
  » -50% food waste by 2030 would lead to the following savings in the GV (about 3,000 locations):

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<td>4,8 Milliards Liter water</td>
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<td>6,300 Hectares of land use</td>
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City of Vienna
Vienna is special.
27.03.19
Waste monitoring for large-scale kitchens: How it works!

- Unique capture of detailed profile data
- Continuous entry of monthly output and waste quantities
- Only evaluation of existing data, no strenuous-waste sorting!
- Regular evaluation by branch comparison
- Derivation of the need for action per location
- Implementation of escalation steps for waste reduction
- Self-evaluation

Trainings & Workshops

Coaching
Procurement of food - according to “ÖkoKauf”-criteria

- Project “ÖkoKauf Wien” (www.oekokauf.wien.at):
  - It develops standards for sustainable procurement, in all Municipal Departments of Vienna, since 1998

- One of them is the Working group “Food”: their Members develop criteria (“tools”) for purchase of sustainable produced food - in public institutions of the City of Vienna

- Targets Working group “Food”
  - Food supply in High-quality
    - kindergartens, schools, hospitals, senior & nursing homes,
    - as well as for their employees (up to 100.000 persons daily)

- Internal and external promotion of healthy nutrition
- All the activities support: Protection of Climate and Environment

Origin: B. Kromp, bioforschung Austria
Indirect impact of “ÖkoKauf” work: Propagation of healthy & sustainable nutrition for Viennese people

Wrong nutrition & lack of movement leads to:

- Increasing overweight of
  - School kids
  - Teenagers:
    - Adults: 40% overweight,
    - AND 12% obese;

The Austrians still eat:

- **Too little** vegetables, fruits & cereal products (whole grain)
- **Too much** meat and meat products, sugar & salt,
Actual consumption of food in comparison with the Austrian food pyramid

Most of them feed as follows ⇒ (men on the left, women on the average on the right):

www.lhpv.at/pages/viewpage.action?pagId=25002010
Overview of current activities VHA

- Sustainable food plan in all hospitals
- Medium term: increase Implementation of plant-based dishes
- Presentation and information of our activities:
  - inside (employees and patients) and
  - externally (relatives, outpatients, public)
- Process management for the food supply
- Development of an emergency management within the framework of non-clinical risk management
- .....to be continued

These individual activities and projects aim to strengthen the food supply and support the Sustainability, but nevertheless, as a public institution, we have the task to handle the tax money economically and carefully.
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