

Putting Wellness and
Sustainability on the Menu

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Healthy Food in Healthcare
Healthcare Without Harm

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UCLA Medical Center Nutrition
Department to be Featured on
"Good Morning America"



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RONALD REAGAN UCLA MEDICAL CENTER

[VIDEO](#)



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CAFETERIA WELLNESS INITIATIVE

- No Trans Fats
- Promote Existing “Healthy” Items
- Posters
- Table Tents
- Green Apple Stickers
- Walking Maps

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Vending Goes Healthy



The UC System's Wellness Initiative at UCLA Medical Center and Center for Health Sciences Improves the Health of Its Vending!

As part of UCLA's Wellness Initiative, a pilot program that has been developed to improve the health of our students, faculty, staff, and visitors, an improved vending machine has been brought to the UCLA Medical Center, Center for Health Sciences.

This new vending machine, installed about two weeks ago, is a significant improvement over the old machine. It is a "Whole Foods" or "Trader Joe's" machine. Part of improving health is providing nutritious, delicious, and convenient options. The new machine is available between eight and 30 hours straight in the center of the building, allowing the staff an opportunity to take care of patients, do lab work, or even radiographs.

UCLA's Wellness Initiative is a part of the School of Public Health, reducing the vending in the workplace can truly affect productivity, well-being, and weight, all of which affect medical care costs.

The UCLA Wellness Initiative is trying to do its part to provide you with more healthy options by providing this new vending machine with all natural, organic, and delicious options. So, come try your own new good about eating.

HEALTHY OPTIONS



Dining Commons
 Presented on Thursday June 24th
Avocado Chicken Salad
 Created by Chef, Anne Marie Lee, Chef de Cuisine, Dining Commons. Salad includes Chicken, Avocado, Cherry Tomatoes, Hard Boiled Eggs, Cress, and Dressing with Fresh Chile Sauce.
 Served from 11:00am - 1:00pm
 \$6.70



HEALTHY OPTIONS

Continue



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UCLA WELLNESS WEB PAGE



<http://hr.healthcare.ucla.edu/wellness/index.html>

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SIGNATURE DINING

- Healthy, Fine Dining Hotel Style Room Service.
- Food & Service Similar to that in a 5 Star Hotel.
- Menu Featuring Over 45 Entrées.
- No Fried Foods.
- Green Apple Logo indicates food lower in Fat & Sodium and higher in Fiber.
- Upscale Service Tray, China and Cutlery.

Room Service Tray



UCLA Healthcare Nutrition Services SCOPE OF SERVICES

Patient Services

The Department of Nutrition provides Room Service for patients at both Ronald Reagan and Santa Monica UCLA Medical Center.

Signature Dining

Patients with room service similar to an upscale hotel so that patients can order meals any time between 6:45 am and 7:30 pm. Visitors to patient rooms can also order room service and enjoy a meal with a loved one.

Multiple Menus

Available depending on the patients individual needs and provide many food choices include vegetarian options and a wide selection ethnically diverse entrees. No fried foods are included in room service and no trans fats are used in any food preparation.

UCLA Healthcare Nutrition services SCOPE OF SERVICES Continue

Retail Operations

Three retail operations are located on three UCLA Healthcare campuses serving faculty, staff and visitors. Retail operations process over 7,000 transactions daily with an annual sales of \$12 million. Retail operations are composed of the Ronald Reagan UCLA Medical Center Dining Commons, the UCLA Center for Health Sciences Café Med and the Santa Monica UCLA Medical Center Café Med.

"At Your Service" Catering

UCLA Healthcare Nutrition Services also operates "At Your Service" catering, with annual sales of \$1.8 million. "At Your Service" serves the Medical Center, the UCLA campus as well as off-campus events with over 6,000 events per year.

WHAT HAPPENED TO THE FRIED CHICKEN?



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Choose Fresh Instead of Fried

choose
fresh
instead of fried

How much is our business affected? It really is much healthier choices to your diet. We're offering fresh, fast and healthy choices on food trays... you can do the same on your own diet. And don't forget to include fresh vegetables at every meal!

UCLA Health System | 800.451.1000 | www.uclahealth.com

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Switching to Whole Grains

switch to whole grains

100% WHOLE GRAIN

Make the change to fibers and grains! Your healthcare will have just as good an a whole wheat bread, your meal just as delicious with brown rice instead of white. A few small changes in your diet -- to fibers and whole grains -- can make a big difference in your health. Start today!

UCLA Health System | It helps with it | www.uclahd.com

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Going Green

bruin gold is going green

100% WHOLE GRAIN

Join us as we support sustainable practices campus-wide. As part of our Healthy Food Solutions, we're also introducing choices to make not just our bodies healthier but our planet too. Look for biodegradable coffee, water bottles and more! -- reuse and recycle.

UCLA Health System | It helps with it | www.uclahd.com

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SALAD BAR PROMOTION

These beverages provide a lot of vitamins, sugar and caffeine for an significant nutritional value!
 In addition, starting July 1, 2011, Canned Soups will be adjusted to promote healthier products:
 *Medium Portions, Soups of Canned Soups \$1.54
 *Large Portions Soups of Canned Soups \$1.94
 (all minimum drinkable plus tax)

Your Healthy Option!
 For a lower calorie option...
eat healthy... eat Salad!
 Delicious soup or eat calories is
 available for a lower price!
 Starting July 1, 2011,
Salad is available for a lower price per pound!

Healthy Price
\$4.99/lb
 Previous Price \$6.99/lb



fat less meat

Good for your body, your wallet and the planet

Going meatless once a week may reduce your risk of preventable diseases such as cancer, cardiovascular disease, diabetes and obesity. It may also help reduce your carbon footprint and save precious resources like fresh water and fossil fuel. If you do eat meat on other days, we strongly recommend grass-fed, hormone-free, locally-sourced options whenever possible.



Benefits of consuming less meat

- **Decreases saturated fat intake.** Decreasing consumption of saturated fat may be known to decrease the risk of obesity, heart disease, diabetes, and some cancers, particularly colorectal cancer.
- **Reduces cholesterol.** Meat and eggs, while protein, fruits and vegetables help decrease your body's cholesterol, and therefore makes it easier to control your weight over time.
- **Cost effective.** In general, meat is more expensive per pound than non-animal protein sources.
- **Decreases medical spending.** By reducing the risk of developing chronic diseases associated with the consumption of meat, you decrease medical expenses for treatment.
- **Increases efficiency in use of energy and water.** The grass one pound of beef requires 1,600-2,000 gallons of water. Moreover, all calories of food fat go into every calorie of food so beef in the U.S. consumes with 2.2 calories for every calorie protein.
- **Decreases land degradation.** Cattle overgrazing has led to a loss of topsoil, reseeded pastures, and erosion.
- **Decreases greenhouse gases.** Cattle produce one third the same amount of greenhouse gases as the form of livestock as does all the carbon monoxide produced by cars in North America.
- **Increases overall hunger.** Large production of cattle in the United States and elsewhere is linked to obesity. With an increase in obesity rates, more people are obese and more people can be grown to feed people, increasing world hunger.



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UCLA Medical Centers serving antibiotic-free meat

I'll have a burger with lettuce and tomatoes, hold the superbug. In an effort to stop the spread of antibiotic-resistant bacteria, UCLA Medical Center, Santa Monica (along with the Ronald Reagan UCLA Medical Center in Westwood) is now serving antibiotic-free chicken breasts, beef patties and ground beef. About 30 percent of the meat served at the hospitals is antibiotic-free, said Patricia Oliver, UCLA Health System's director of nutrition services. In the next three to six months she hopes half the meat will be without antibiotics. Farmers have been giving their animals antibiotics for years to boost their growth and prevent diseases but, said Dr. Daniel Usian, director of the antimicrobial stewardship program, they also contribute to bacteria's growing resistance to drugs.....




UCLA hospitals serve antibiotic-free meat in fight against superbugs

POSTED APR. 1, 2014

Visitors won't notice what's gone missing from the chili, hamburgers and chicken dishes they order in the dining hall. But by feeding antibiotic-free chicken breasts, beef patties and chicken breasts on the menus at the university's Ronald Reagan UCLA Medical Center and UCLA Medical Center in Santa Monica, hospital officials hope to strike a blow against so-called superbugs.

Feeding antibiotics to cows, chicken and pigs is a common practice that enhances growth in the animals but also contributes to the growing problem of antibiotic resistance: when microbes evolve to become impervious to antibiotics, making it more and more difficult for physicians to treat infections. Bacteria that are susceptible to treatment die off in the presence of antimicrobial medication, allowing other bacteria that are resistant to drugs to thrive -- and endanger patients. Scientists say the process is inevitable, but might be slowed by




A Santa Monica Adds New Menu Additions

POSTED APR. 6, 2014

Regan, UCLA Medical Center and UCLA Medical Center, Santa Monica can now enjoy a new version of the traditional and-frites lunch. The menu items now include antibiotic-free, hormone-free, and herb roasted beef as well as antibiotic-free chicken breasts.

As a result of these changes, the hospitals are leading the trend toward healthier, antibiotic-free food. This move is in line with initiatives instituted recently by the health system to promote a "zero antibiotic" community, including offering antibiotic-free chicken, beef, and pork on Mondays, and using antibiotic-free chicken and antibiotic-free breadable utensils and

Commitment to Sustainability

JCLA Healthcare Department of Nutrition Services is committed to meeting our mission, vision and the goals for the UCOP Policy on Sustainable Practices.



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CURRENT BEST PRACTICE

UCLA Healthcare Department of Nutrition Services has implemented many sustainable practices in the areas of Procurement, Operations, Waste Reduction, Education and External Outreach.

Procurement

Summary of Current Sustainable Procurement Practices:

- High percentage of locally grown produce being purchased by the department.
- High percentage of local dairy being purchased by the department
- Purchase of Styrofoam has been eliminated
- High percentage of sustainable, renewable packaging and service ware products being purchased by the department.
- All pre-consumer and post-consumer waste in the Nutrition Department is divided into compost, recycle, and land field.

Somat Pulper

Does Your Food Travel More Than You

UCLA Health Wellness Initiative defines food & produce as “locally grown” if it travels less than, and grown within 250 miles of your home or campus location.



- 27 Miles » » » » » Downey, Ca
- 54 Miles » » » » » Oxnard, Ca
- 58 Miles » » » » » Ventura, Ca
- 65 Miles » » » » » Lancaster, Ca
- 107 Miles » » » » » Bakersfield, Ca
- 147 Miles » » » » » Coachella, Ca
- 151 Miles » » » » » Santa Maria, Ca
- 182 Miles » » » » » Kings Country, Ca
- 226 Miles » » » » » Fl. Centro, Ca

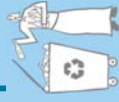
How far your food travels has serious consequences for your health and the climate.



Buying Local is Our Priority

PRODUCE	DISTANCE (in miles)	LOCATION	LOCAL (0 < 250 miles)
AVOCADOS	58	VENTURA, CA	€
BROCCOLI	151	SANTA MARIA, CA	€
CABBAGE	54	OXNARD, CA	€
CANTALOUPE	182	KINGS COUNTY, CA	€
CARROTS	107	BAKERSFIELD, CA	€
CUCUMBER	107	BAKERSFIELD, CA	€
CHEESE	27	DOWNNEY, CA	€
CHEESE	182	KINGS COUNTY, CA	€
CHEESE	58	VENTURA, CA	€
CHEESE	151	SANTA MARIA, CA	€
CHEESE	65	LANCASTER, CA	€
CHEESE	58	VENTURA, CA	€
CHEESE	147	COACHELLA, CA	€
CHEESE	54	OXNARD, CA	€
CHEESE	54	OXNARD, CA	€
CHEESE	324	WATSONVILLE, CA	€
CHEESE	5	LOS ANGELES	€
CHEESE	182	KINGS COUNTY, CA	€
CHEESE	54	OXNARD, CA	€
CHEESE	54	OXNARD, CA	€

WASTE MANAGEMENT



Summary of Waste Reduction Initiatives

- Complete elimination of Styrofoam usage and purchasing.
- Glass, plastic and aluminum recycling
- Over 90% of all disposable packaging and service ware products in the Department of Nutrition are Bagasse products.
- Use china for all patients services
- **Currently sending out all pre-consumer and post-consumer waste for composting.**



RECYCLE, COMPOST, LANDFILL



Community, Culture and Education

Summary of Community and Education Programs

A Healthcare Department of Nutrition spearheaded a "Green Apple" program as part of the larger employee wellness initiative to help encourage employees, faculty and staff to make healthy food selections. Healthiest options are highlighted on menus and in the cafeteria with a tiny green apple icon.

No fried foods are included in the room service menu and no trans fats are used in food preparation in our area of service.

Educational signage providing UCLA Healthy Choices information so patrons can make informed food choices.

Nutritional information on retail food products posted on the UCLA Wellness website, sample portion sized posted on the salad bar for salads and dressing.

Dietetic Internship Program.



II Healthier Food Challenge

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.

HFHC works with hospitals across the country to help improve the health and sustainability of their food services.

Key Strategies:

- Sustainable Food Policies and Action Plans
- Purchasing locally and sustainably-produced food
- Menu changes to support whole, seasonal, meat-reduced meals
- Farmers' markets/ Farm stands/ CSA's
- Hospital Gardens
- Healthy vending and healthy beverage programs

Healthier Food Challenge

Objective: Sign Health Care Without Harm's *Healthy Food in Health Care Pledge* or adopt a sustainable food policy.

Objective 1 to 3 objectives:

1. Make the Balanced Menus Challenge (Less Meat, Better Meat)

2. Increase Purchases of Healthy Beverages

3. Increase Procurement of Local and/or Sustainable Foods

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Standards of Professional Performance
(OPP) for Registered Dietitian Nutritionists
(RDN) in Sustainable, Resilient, and Healthy
Food & Water Systems

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