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3 Title: Healthy Foods in Michigan Hospitals
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5 Introduced by: Nabiha Hashmi for the Medical Student Section
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7 Original Authors: Mark Botros, Anisah Hashmi, Joshika Money, and Manraj Sekhon
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9 Referred to: Reference Committee B
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11 House Action: **APPROVED AS AMENDED**
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13
14 Whereas, behavioral factors account for much of the burden of chronic disease in the United
15 States; of these, dietary risk factors account for the largest number of deaths and the highest percentage of
16 disability in the United States, estimating over 800,000 deaths annually¹, and
17

18 Whereas, in 2015 the International Agency for Research on Cancer (IARC) of the World Health
19 Organization assessed over 800 epidemiological studies, finding a statistically significant dose–response
20 relationship between meat consumption and colorectal cancer, with a 17 percent increased risk (95
21 percent CI 1.05–1.31) per 100 g per day of red meat and an 18 percent increase (95 percent CI 1.10–1.28)
22 per 50 g per day of processed meat², and
23

24 Whereas, the IARC categorizes processed meat as carcinogenic to humans (Group 1 carcinogen)
25 and red meat as likely carcinogenic to humans (Group 2A carcinogen), with the greatest positive
26 association linking processed meats to colorectal cancer², and
27

28 Whereas, cancer is the second leading cause of death in the State of Michigan, with colorectal
29 cancer projected to be the second highest number of cancer deaths for 2018^{3,4}, and
30

31 Whereas, nutrition prophylaxis is recommended during the “teachable moment” of hospitalization,
32 and could have positive implications for future disease burden, cost, and hospital readmission rates⁵, and
33

34 Whereas, the American Dietetic Association recognizes that vegetarian and vegan diets are
35 associated with lower low-density lipoprotein cholesterol levels, lower blood pressure, lower rates of
36 hypertension and type 2 diabetes, lower body mass index, and lower overall cancer rates⁶, and
37

38 Whereas, the American College of Cardiology has published guidelines for heart-healthy patient
39 menus that recommend plant-based main dishes, emphasis on fruits, vegetables, and whole-grains, and
40 elimination of processed meats and trans fats⁷, and
41

42 Whereas, the American Medical Association has previously resolved to encourage the availability
43 of healthful, plant-based foods in hospitals and the removal of processed meats from patient menus⁸, and
44

45 Whereas, hospitals around the country have begun taking steps towards implementing these
46 recommendations and serving as role models for wellness in their communities^{9,10}; therefore be it
47

48 RESOLVED: That MSMS actively support hospital policies that improve the health of patients, staff,
49 and visitors by working with Dieticians to remove processed meats from patient menus, to develop
50 nutritional menus and promote a message of health, including plant-based meals and meals that are low in
51 fat, sodium, and added sugars.
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54 WAYS AND MEANS COMMITTEE FISCAL NOTE: NONE

Relevant MSMS Policy: None

¹ Murray CJL. The State of US Health, 1990-2010. *Jama*. 2013;310(6):591. doi:10.1001/jama.2013.13805

² Bouvard V, Loomis D, Guyton KZ, et al. Carcinogenicity of consumption of red and processed meat. *The Lancet Oncology*. 2015;16(16):1599-1600. doi:10.1016/s1470-2045(15)00444-1.

³ Leading Causes of Death. <http://www.mdch.state.mi.us/osr/deaths/causrankcnty.asp>. Published 2015. Accessed February 22, 2018.

⁴ Michigan Cancer Facts & Statistics. <https://cancerstatisticscenter.cancer.org/#!/state/Michigan>. Published 2018. Accessed February 22, 2018.

⁵ Tuso P. Nutrition Reconciliation and Nutrition Prophylaxis: Toward Total Health. *The Permanente Journal*. 2015;19(2). doi:10.7812/tpp/14-081.

⁶ Position of the American Dietetic Association: Vegetarian Diets. *Journal of the American Dietetic Association*. 2009;109(7):1266-1282. doi:10.1016/j.jada.2009.05.027.

⁷ Planting a Seed: Heart-Healthy Food Recommendations for Hospitals. American College of Cardiology. <http://www.acc.org/membership/sections-and-councils/prevention-of-cardiovascular-disease-section/about-us/section-sub-groups/features/hospital-food-program>. Accessed February 22, 2018.

⁸ Healthy Food Options in Hospitals H-150.949. 2017. policysearch.ama-assn.org/policyfinder/detail/H-150.949?uri=/AMADoc/HOD.xml-0-627.xml. Accessed February 22, 2018.

⁹ Hartocollis A. Challenging the Reputation of Hospital Food on a Rooftop Farm. *The New York Times*. <http://www.nytimes.com/2012/10/19/nyregion/challenging-the-reputation-of-bland-hospital-food-on-a-rooftop-farm.html>. Published October 18, 2012. Accessed February 22, 2018.

¹⁰ Sullivan A. Vermont hospital shares good nutrition with the community. *WCax3 News*. <http://www.wcax.com/content/news/Vermont-hospital-shares-good-nutrition-with-the-community-441542423.html?platform=hootsuite>. Accessed February 22, 2018.