

# Christina Schmidt

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

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## Webinar | Sustainable food is healthy food: Food strategies in healthcare

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# The Vienna Hospital Association ...

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

Is responsible for	<p>→ 9 hospitals: (incl. The General Hospital Medical University Campus → 7 residential nursing homes and 3 geriatric centers + the socio-therapeutic center in Ybbs</p>
Employees	<p>→ Approx. 30.000 people (coming from 70 Nations; approx. 72 % female)</p>
Provides service for about	<p>→ Approx. 395.000 inpatients per year → Approx. 3,2 mill. Outpatients per year</p>
Food Budget	<p>→ Approx.. 18 Mill. Euro → Approx.. 61% have been uniformly regulated</p>

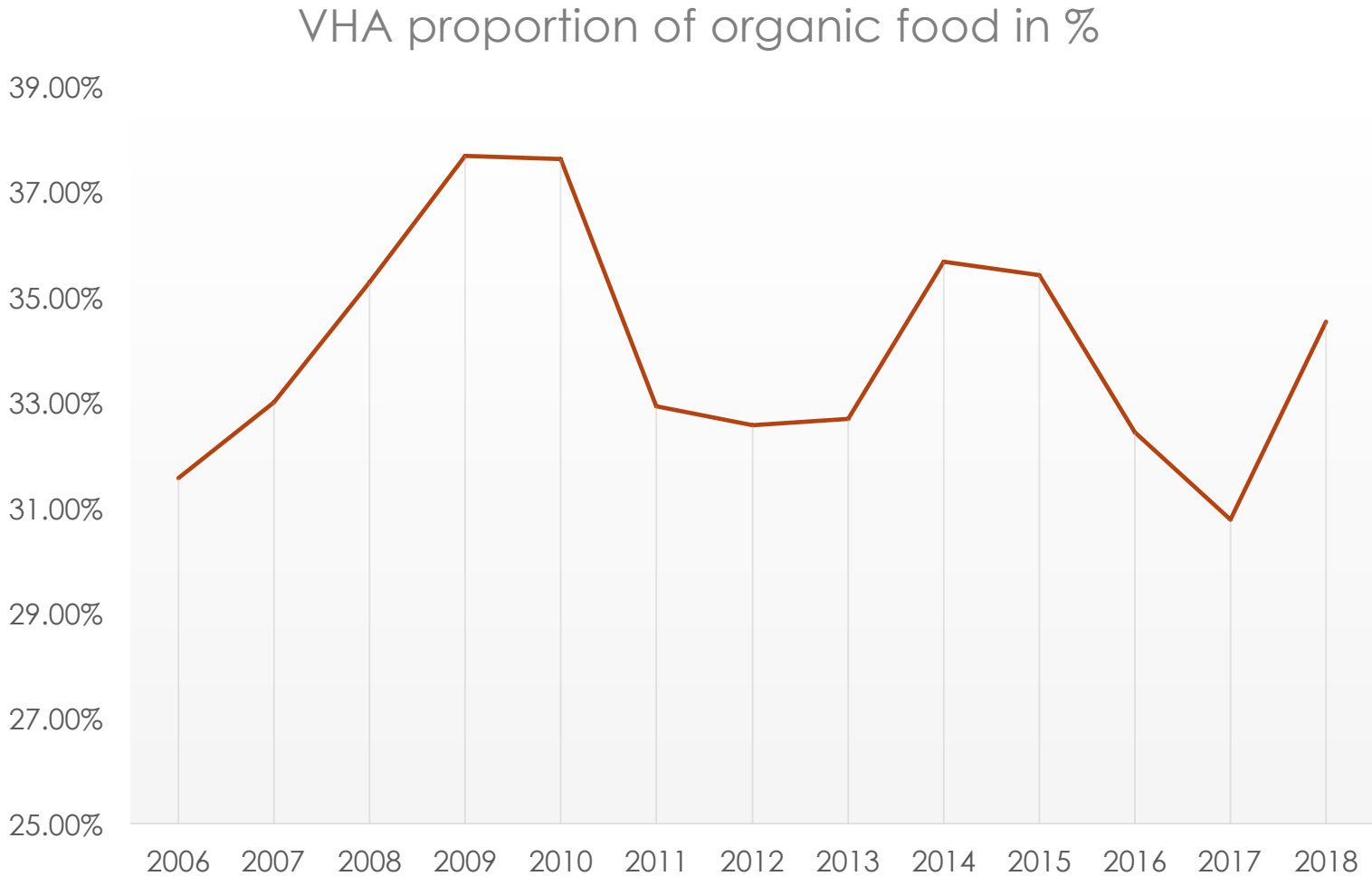
# Certification organic food

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



# VHA proportion of organic food in %

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# 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



# Our Nutrition Projects since 2002 - in Hospital Hietzing

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## Project Reduction of Food Waste – ongoing evaluation since 2002

<b>Project Biofair II (2005)</b>	Analysis of large-scale kitchens at the City of Vienna towards increasing the organic food share
<b>Project Möve I + II (2007)</b>	Options to reduce the amount of purchased food without decreasing supply quality in large-scale kitchens
<b>Project Vera I + II (2008)</b>	Evaluation of diet efficiency and its effect on the food waste generation at the Hietzing Hospital
<b>„natürlich gut! Teller“</b>	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.
<b>Project Umbesa (2012-2014)</b>	Sustainable Menus – Implementation of sustainability in large-scale kitchens with regard to regional, seasonal and organic food and freshly prepared meals

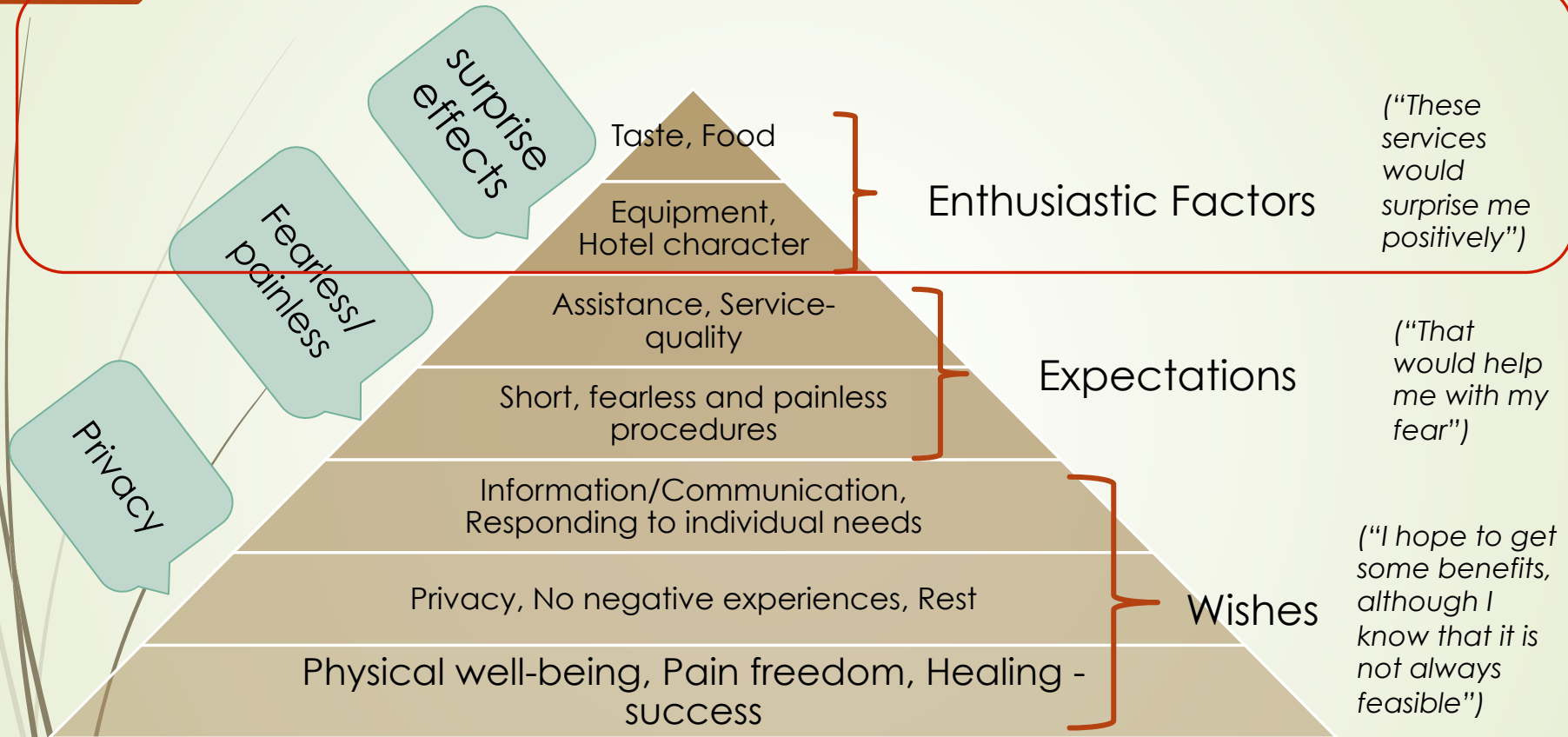
# Activities in our FOOD WASTE Projects



- ▶ 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

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



# Reasons why patients do not eat

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## ➤ **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

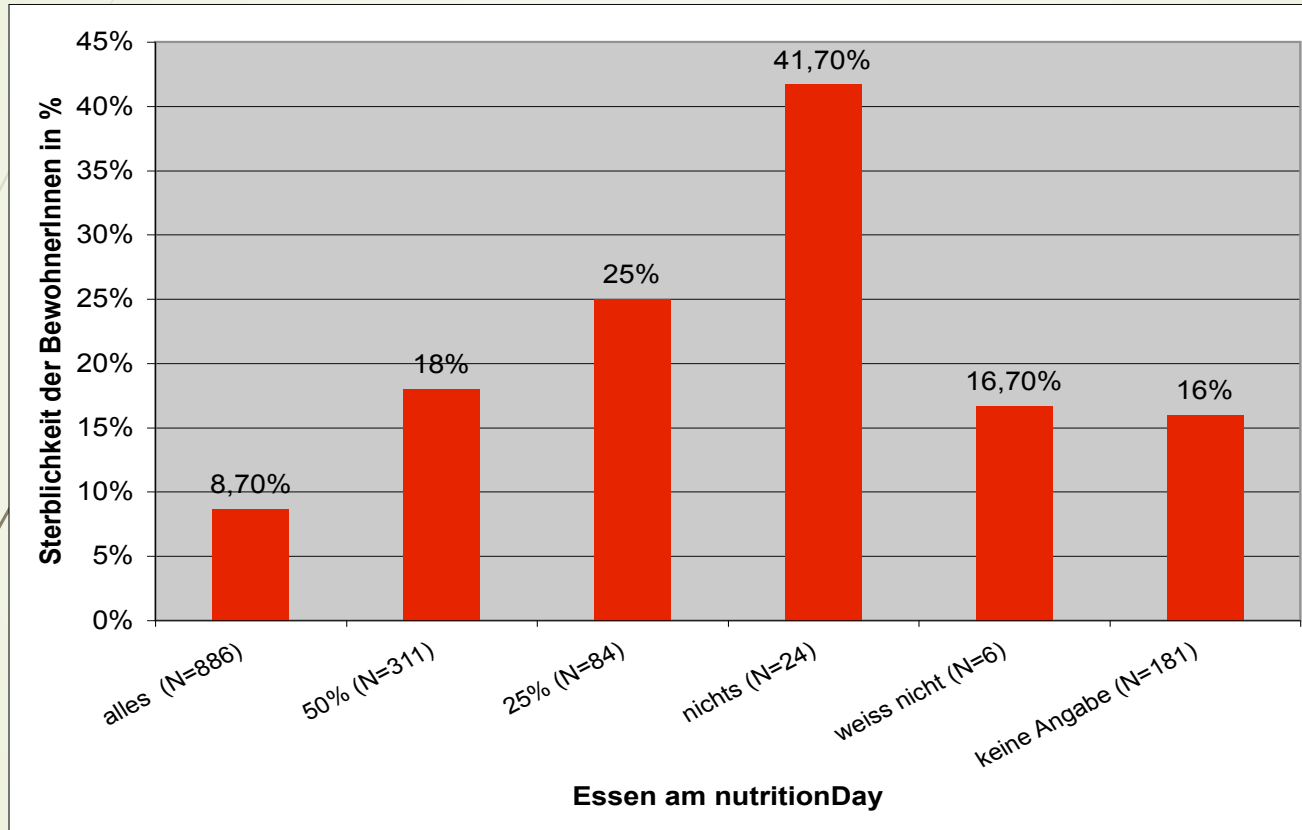
Daxbeck, Niedermayr, Fülöp, Neumayer: Projekt „Vera II“, November 2010



nutritionDay  
IN EUROPE

# Behavior and Mortality

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

[www.nutritionDay.org](http://www.nutritionDay.org)

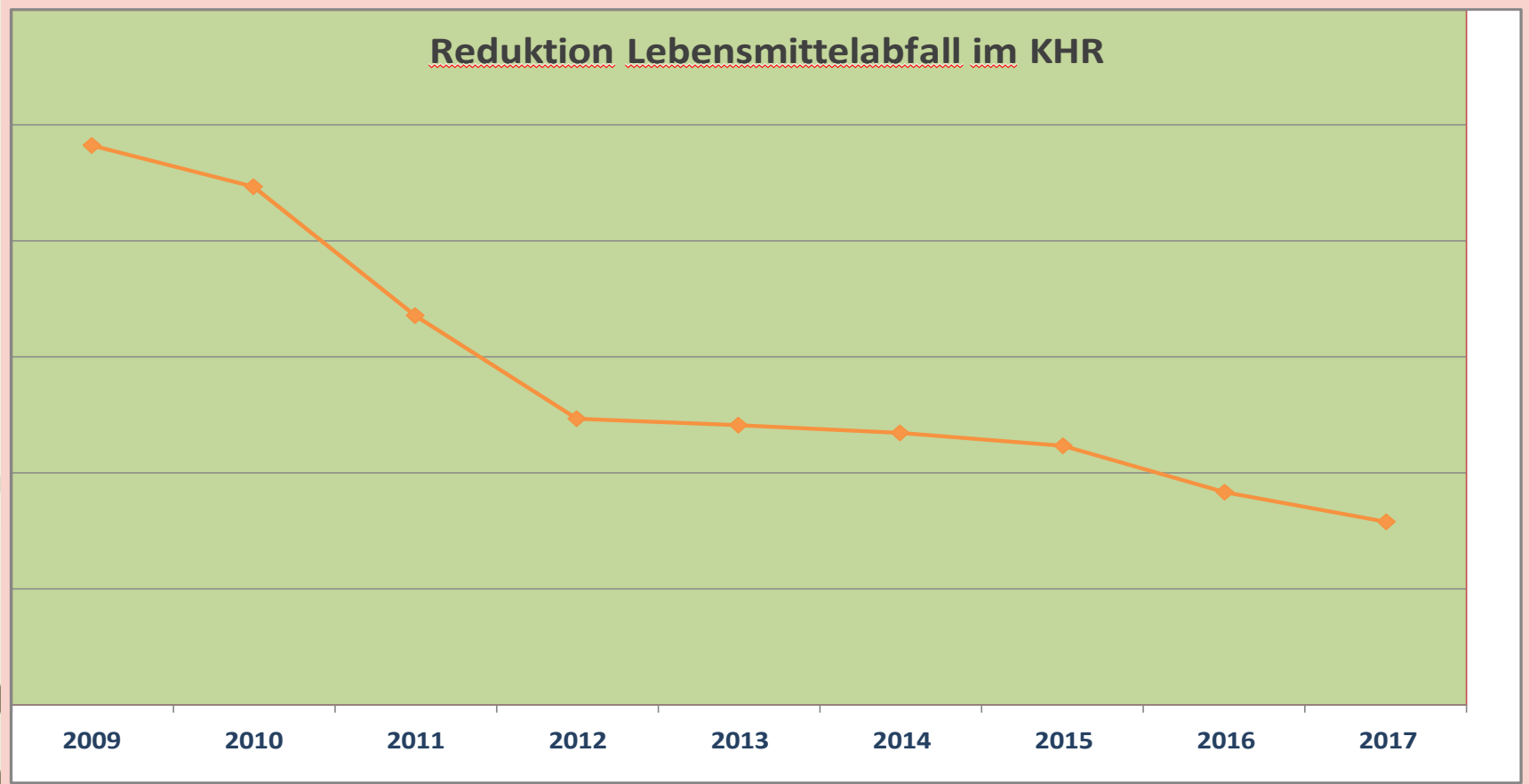
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# Reduction of food waste - Strategy at the Hospital Hietzing



# 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:

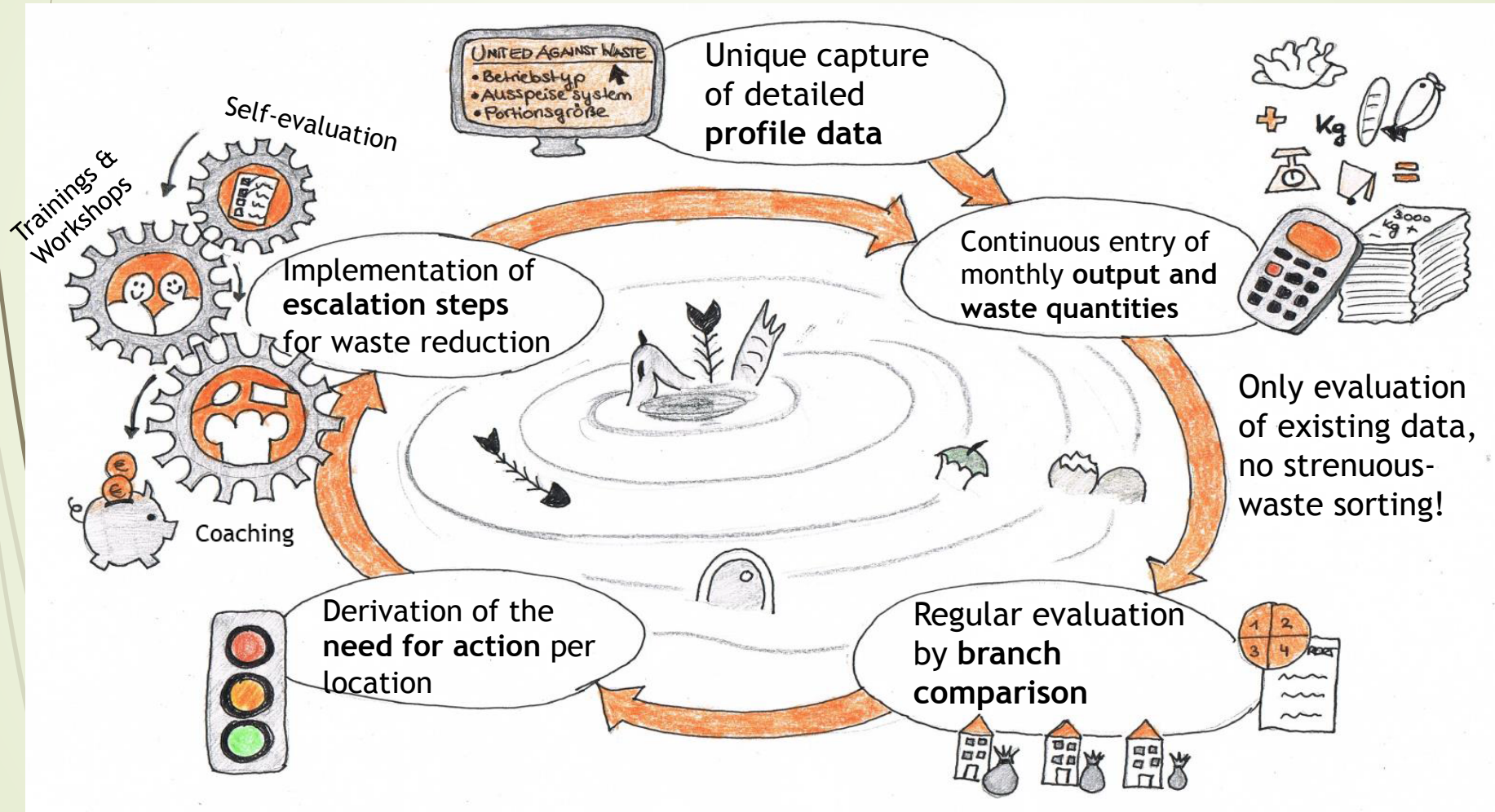
- Resource conservation, Ethics, Sustainability, Economy

# 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):**

↓		<b>70.000 tons global warming potential (Co2 equivalents)</b>
↓		4,8 Milliarden Liter water
↓		6,300 Hectares of land use

# Waste monitoring for large-scale kitchens : How it works!



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

- Project “ÖkoKauf Wien” ([www.oekokauf.wien.at](http://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

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- **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,



Ernährungspyramide des BMG © Bundesministerium für Gesundheit

# Actual consumption of food in comparison with the Austrian food pyramid

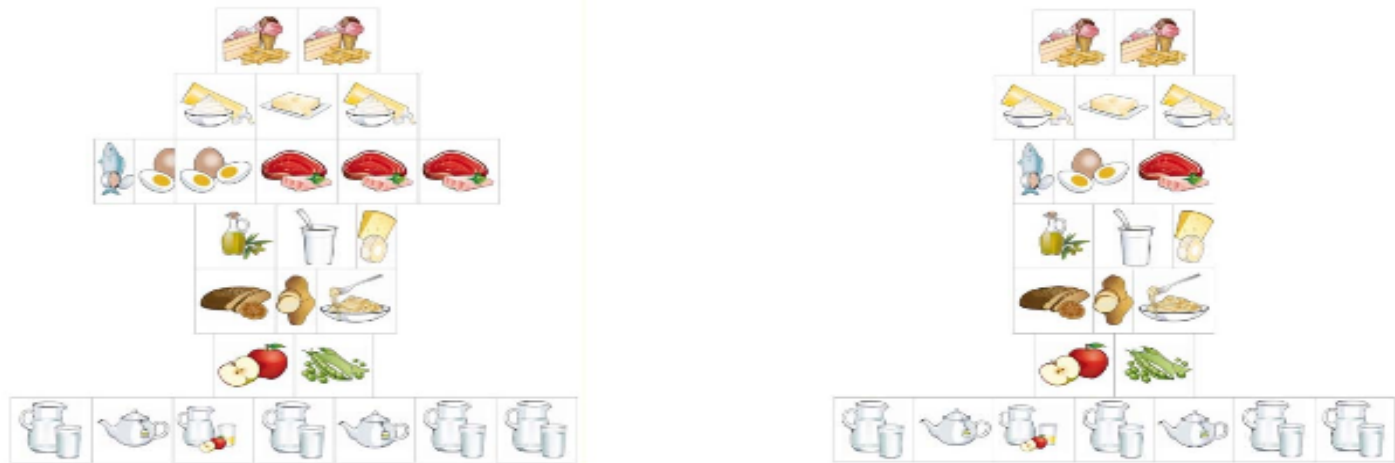
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**Most of them feed as follows** ⇨

(men on the left, women on the average on the right):

[www.lhpv.at/pages/viewpage.action?pagelId=25002010](http://www.lhpv.at/pages/viewpage.action?pagelId=25002010)

## Tatsächlicher Verzehr von Lebensmitteln im Vergleich mit der Österreichischen Ernährungspyramide



# Overview of current activities VHA

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- 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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