

# FOOD MATTERS

*What we eat impacts our health, the health of our community, and our environment.*

A healthy, sustainable food system is especially important for the health of pregnant women, infants, and children because good nutrition is an essential requirement of healthy human development.

The developing human is highly vulnerable to exposures to toxins in the environment.

The health impacts of adverse in-utero and early life exposures can perpetuate across an individual's lifespan. The creation of a healthier food system helps to ensure a healthier future.



A Program of Health Care  
Without Harm's Healthy Food in Health Care Initiative,  
in collaboration with the  
University of California's Program  
on Reproductive Health and the Environment

*The Food Matters program could not be possible without the generous support of:*

The Cedar Tree Foundation  
The Orchard Foundation  
The Rose Foundation  
Stonyfield Farm



[www.noharm.org](http://www.noharm.org)  
[www.healthyfoodinhealthcare.org](http://www.healthyfoodinhealthcare.org)

*The Food Matters trainings are being piloted in select locations, with anticipated national expansion. Please contact us for more information on participating in the programs.*

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## **The Clinician's role in the Food Matters: Healthcare Education & Advocacy Program**

The Food Matters program inspires clinicians to:

- *Provide anticipatory guidance to patients and families about the importance of healthy foods.*
- *Work within healthcare facilities to create a healthy food service model, purchasing and serving nutrient rich, chemical free and sustainably-grown foods.*
- *Work within the community, at a local, regional and national level, to promote policies that support the development of a healthy, accessible, and fair food system.*

Clinical professionals working with children and families can promote healthy food environments and behaviors, reducing the potential outcomes of illness and chronic disease.



***"Our national obesity epidemic is but a single symptom of a more serious illness: our unhealthy food system. In order to prescribe healthier food, we must rethink the entire system, from the farm to our children's mouths."***

***~ David Wallinga, MD***

The Food Matters program is a comprehensive package to encourage hospitals and healthcare professionals to become leaders and advocates for a food system that promotes public and environmental health.

The program includes:

- **CME accredited trainings** that explore the health and environmental implications of our industrialized food system from production to distribution, and linkages to chronic disease and the obesity epidemic. Programs will review current science around environmental exposures within our food system and the impacts of these exposures on pediatric, reproductive, and ecological health. Topics will include: pesticides, antibiotics, Bisphenol A (BPA) phthalates, mercury etc.
- **Advocacy training** to equip healthcare providers with the skills and information to lend their powerful voice to crucial food and health policy debates.
- **An innovative package** of materials for patient education including the Food Matters calendar and video feeds for hospital websites and other venues.

***The healthcare sector bears the burden of treating diseases associated with a broken food system.***

***Now is the time for healthcare professionals to come together to create a healthier, localized, vibrant and sustainable food system to feed our families.***

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& ADVOCACY PROGRAM**

