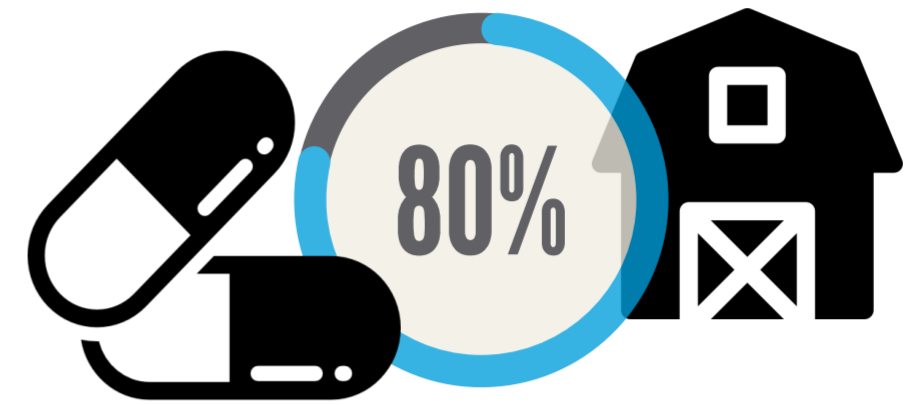


# What does my have to do with Antibiotic Resistance?

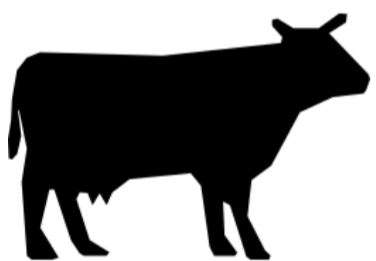
## Each year, antibiotic resistance costs<sup>1</sup>:

- The lives of 23,000 Americans
- The health of thousands more who endure longer, riskier, and more expensive hospital stays
- \$20 billion in excess direct health care costs
- Up to \$35 billion in productivity loss

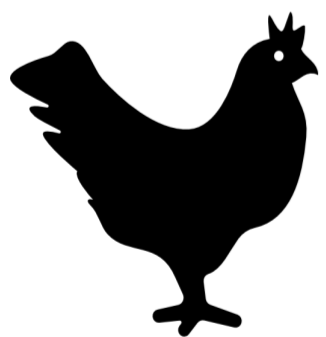


More than 80 percent of antibiotic use by weight is used in animal agriculture.

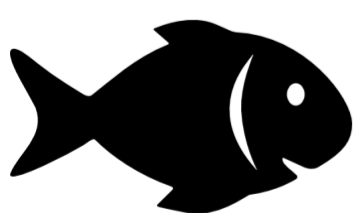
**By changing the food we purchase and eat at hospitals, we can help curb antibiotic overuse.**



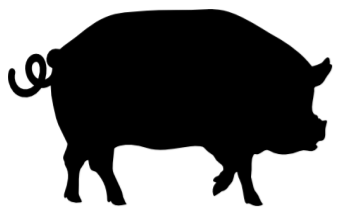
**Beef** - An estimated 97 percent of meat producing cattle are grain-fed in Animal Feeding Operations where animals are routinely given antibiotics in their food and water without diagnosed illness to compensate for crowded and unsanitary conditions.<sup>2</sup> Source beef that carries a third party certification such as **USDA Organic** or **American Grassfed Certified** to ensure that animals have been raised without the use of routine antibiotics.



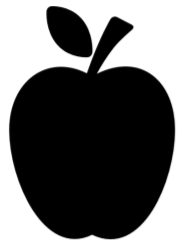
**Poultry** - Many chicken producers are reducing antibiotic use on their farms, but antibiotic use in turkey production is still higher than in chicken production. Look for **USDA Certified Organic**, or the **Certified Responsible Antibiotic Use (CRAU)** chicken standards on food labels, or the following USDA approved label claims: **“Raised without antibiotics,” “No antibiotics administered,”** or **“No Antibiotics Ever (NAE).”**



**Seafood** - The majority of our fish is sourced overseas with minimal regulation on antibiotic use including farmed seafood.<sup>3</sup> Eat a diversity of **wild fish** (including lesser known species) from **domestic waters** when possible, and connect with community seafood organizations to support smaller scale, local fishers who are focused on better stewardship of the ocean’s resources.



**Pork** - A study revealed that swine production workers and their family members were at higher risk of *Staphylococcus aureus* infections, including MRSA. Some of the participants in the study were not sick, but were carrying bacteria that could then be transferred to other people with whom they were in contact.<sup>4</sup> Little progress has been made in reducing the use of routine antibiotics in pork production. **When able, source pork with a [USDA Organic](#) or [Global Animal Partnership label](#), or if too expensive, opt for minimizing your purchase of pork products.**



**Plant-based** - Serving plant-based meals that do not include animal products can help reduce antibiotic use and reduce your environmental footprint. However, medically important antibiotics are sometimes used as pesticides in conventional fruit production, especially apples, pears, and oranges. **The impact of antibiotic use in crops contributing to antibiotic resistant infections in humans is unknown, but buying certified organic produce will ensure that antibiotics were not used.**

Our hospital is participating in the [Health Care Culinary Contest](#). Hospitals across the country are competing to reimagine hospital food. Our most creative, nutritious, and sustainable recipes will be judged in collaboration by Health Care Without Harm and Menus of Change, an initiative of the Culinary Institute of America and Harvard T.H. Chan School of Public Health.

**Our menu supports meat reduction and combats antibiotic resistance for human and environmental health.**

Join Health Care Without Harm and the Clinician Champions in Comprehensive Antibiotic Stewardship (CCCAS) Collaborative during [National Antibiotic Awareness Week Nov. 13-19, 2017](#) by selecting meals that support judicious antibiotic use.



#### References

1. Centers for Disease Control, Antibiotic resistance threats in the United States, 2013
2. Back to Grass, The Market Potential for U.S. Grassfed Beef
3. Choosing Seafood for Health Care
4. Livestock-Associated, Antibiotic-Resistant *Staphylococcus aureus* Nasal Carriage and Recent Skin and Soft Tissue Infection among Industrial Hog Operation Workers

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