



“Food is important for health and well being”

Results from a hospital survey in Norway
with focus on organic food
and their implication for future research needs ©

Matthias Koesling
Bioforsk Organic; Norway
matthias.koesling@bioforsk.no

Liv Solemdal, Liv Birkeland

Healthy and sustainable Public Food Networks in Norden
Monday, 24th 2006



About the hospital

- St Olavs university hospital is placed in Trondheim, Norway.
- “Eat and be healthy!” is a national pilot project (since 2003) with the goal to introduce organic food in the hospital.
- The kitchen produces food for 1200 persons each day, distributed to 60 divisions.



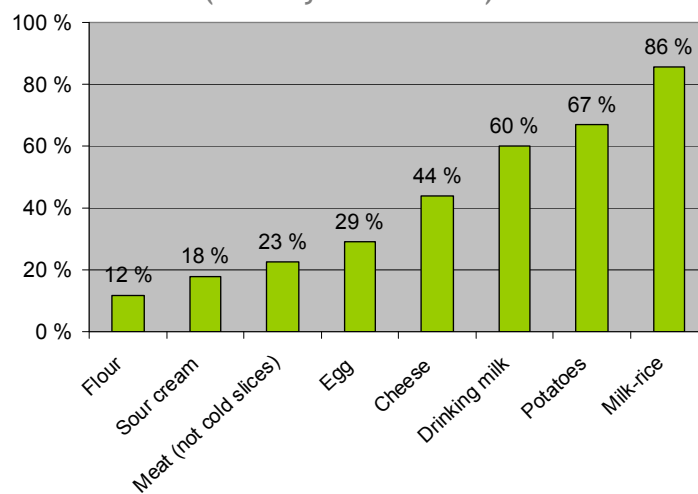
Regulations for kitchen



- **Organic meals**
- **Meals with organic products**
 - Clear declaration:
 - Which ingredients are organic
- **Advertising organic products requires inspection and certification**



Share of organic products (January - June 2005)



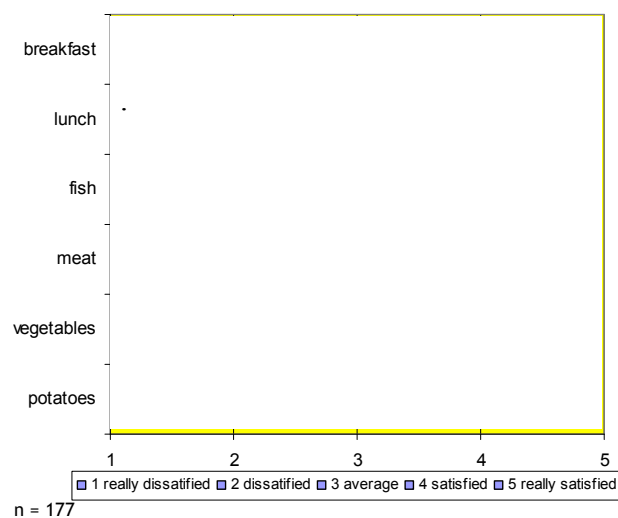


About the questionnaire

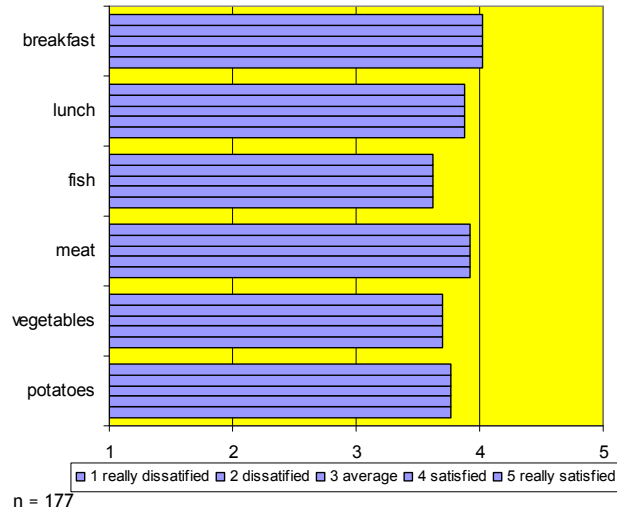
- In December 2005 a four page questionnaire was handed out to:
 - 370 patients and guests of the canteens (209 responding)
 - 200 nurses and male nurses (139 responding)
 - 60 to kitchen workers (35 responding)
 - 383 persons (60.8 %) have responded.
- Some of the questions were specified to the different target groups
 - All were asked about
 - Statements about organic farming
 - Opinion about organic food at the hospital
- Most of the questions were closed questions were statements had to be rated on a Lickert type scale



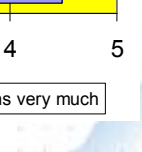
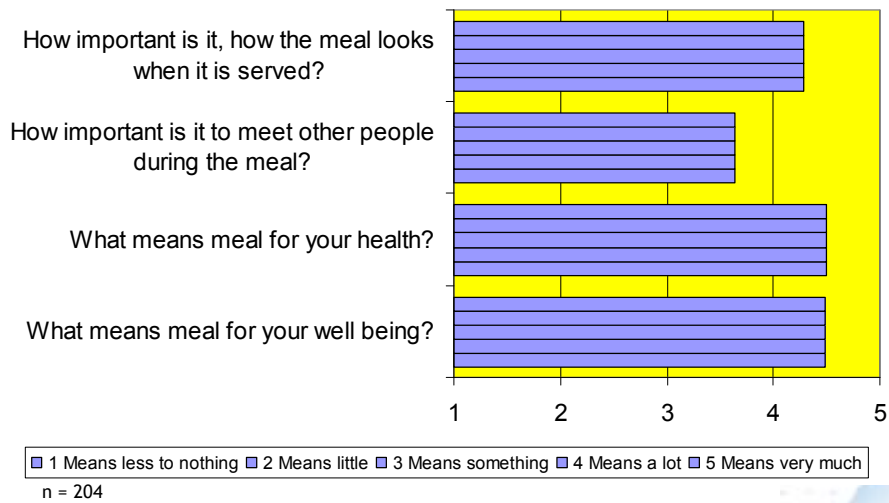
Contentment about food



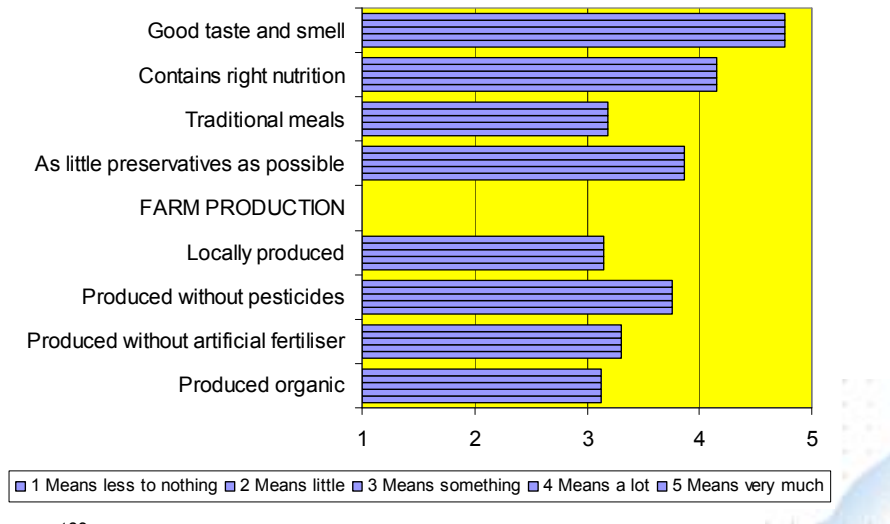
Contentment about food



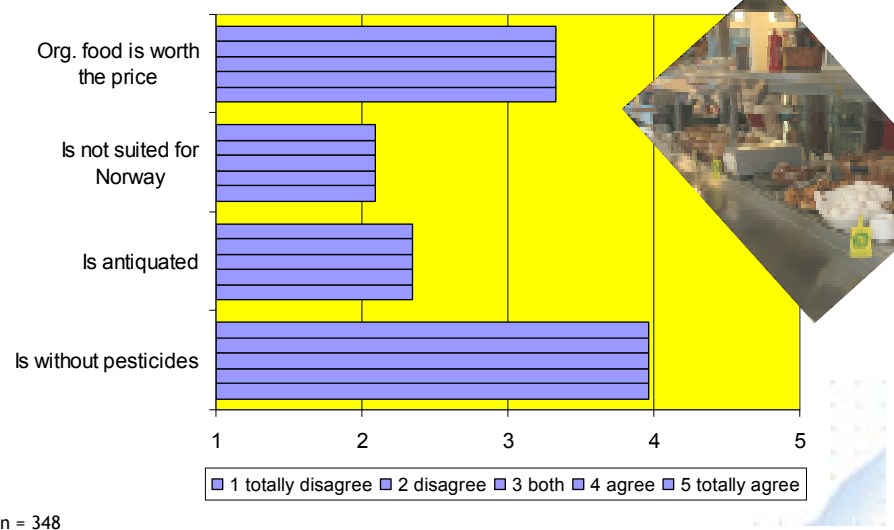
Opinion on meal at the hospital



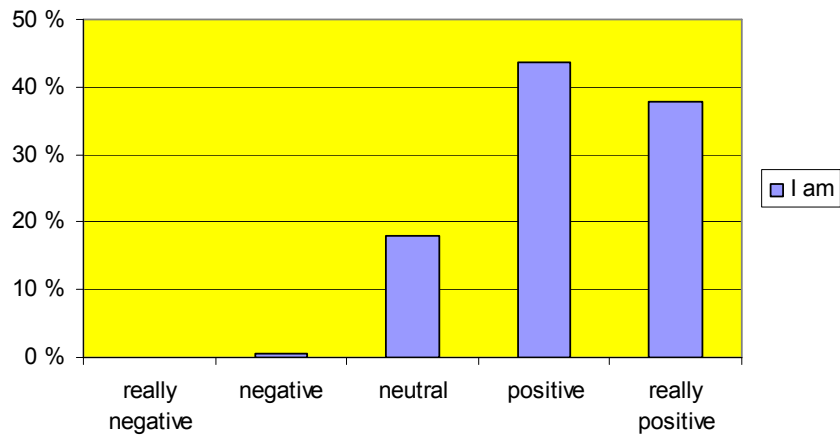
Ratings concerning the food and farm production



Statements about organic farming



Opinion about organic food at the hospital



n = 362

Results from the survey

- In relation to former questionnaires conducted at the hospital, patients and guests are much more satisfied with the food served, especially potatoes and vegetables.
- Patients and guest express that food is important for their health and well being.
- Good taste, appearance and right nutrition are understood as important qualities for food.
- The absence of pesticides, artificial fertilizers and preservatives in food were ranked as more important than organic production of food.
- About 80 % of the respondents were positive or really positive to the use of organic food at the hospital.

Implications for future research needs - Hospital

- Are the opinions about organic food representative for the whole population? - If not, what are facts which lead to be more positive to organic farming?
- Are the people asked just positive because they don't pay an extra price?
- Why is organic production not as important as production without pesticides and artificial fertilizer?
- Are medicines working more "as expected" when a patient eats organic?
- Sustainability, LCA



Implications for future research needs - Production

- Extension service: There is need for following up field trials. Not only focus on yield but quality on 'table'.
- How to deliver high quality all over the year?
- Find different sorts for different markets.
- Find products and processes to reduce the need for preservatives.
- Find form of cooperation for farmers to be attractive for the food chain.



Implications for future research needs - Consumer

- What are important factors for a consumer to mean that organic food is worth the price?
- Is it healthier to eat organic?
- What are factors leading a patient to eat (more) organic after visiting the hospital?
- “Quality is what the consumer (market) want’s.”
- How can a consumer learn about quality? How can we learn him?



Thank you for your attention.

