Organic vs. Non-Organic

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Outline

• Issues
• Facts
• Driving Forces
• Restraining Forces
• Lewin’s Change Theory
  – Unfreezing
  – Moving to Change
  – Refreezing
• Conclusion
What is the Issue?

• Debate:
  – Is organic better for your health?
  – Is organic better for the environment?
  – Is it worth the extra cost?

• These are the current issues about organic vs. non-organic.
Organic farming relies on the following principles:

3. Use soil that can be used for many generations without non-organic fertilizers
4. Use soil organisms rather than pesticides
5. Use recycled livestock manure, organic materials, crop residue
6. Crop rotations to control weed growth
7. No tampering with animal genetics

Non-organic ways of farming use the following methods:

3. Pesticides & Herbicides
4. Contaminated sewage sludge
5. Hormones, Antibiotics, & remains of other animals
6. Irradiation
MORE FACTS...
Organic fruit and vegetables contained as much as 40% more antioxidants, which scientists believe can cut the risk of cancer and heart disease.

Levels of antioxidants in milk from organic herds were up to 90% higher than in milk from conventional herds.

Is likely to be contaminated with residues that often occur in potentially dangerous combinations.

Contain more water than organic produce, which contains more dry matter (on average, 20% more) for a given total weight.
Organic

Ban the use of artificial food additives such as hydrogenated fats, phosphoric acid, aspartame and monosodium glutamate, which have been linked to health problems as diverse as heart disease, osteoporosis, migraines and hyperactivity.

Non-Organic

The negative effects of pesticides on health include neurotoxicity, disruption of the endocrine system, carcinogenicity and immune system suppression.

Organic crops contained significantly more nutrients - vitamin C, iron, magnesium and phosphorus - and significantly less nitrates (a toxic compound) than conventional crops.
Organic farming practices are designed to benefit the environment by reducing pollution and conserving water and soil.

Limiting the pesticides, herbicides and other chemicals that get into the water and soil is certainly a good thing for protecting the delicate balance of nature.

If you can combine eating organics and eating locally produced foods, you're also limiting your carbon footprint, because your food didn't have to travel thousands of miles to get to you. Reducing carbon emissions helps protect the ozone layer and slow climate change.

Farmers who inhale the chemicals used on food tend to have more asthma and breathing problems. They can also be putting themselves at higher risk for developing cancer.
Driving Forces vs. Restraining Forces
Driving Forces

- These forces cause the person to move in the direction of change.
- In this case, from eating more organic/local produce and less of ready-made/processed foods.
Driving Forces

Organic
Advantages:
• Promotes reduction of pollution & conservation of water & soil

Non-organic
Disadvantages:
• Fruits & vegetables found to have some pesticide residue
Restraining Forces

- These forces cause the person to go against driving forces and oppose change.
- In this case, to continue with old eating habits.
Restraining Forces

Organic

Disadvantages:
• Higher price
• Organic fruits & vegetables spoil faster

Non-organic

Advantages:
• Affordable prices
• Lasts longer than organic products
Lewin’s Change Theory

- Unfreezing
- Moving to Change
- Refreezing
Unfreezing

- Letting go of old habits.
- Disconfirmation
- Induction of Guilt of Survival Anxiety
- Creation of Psychological Safety or Overcoming of Learned Anxiety
Frozen Behavior

- Shopping at local chain stores
- Buying quick and convenient

“Organic food items are approximately 40% more expensive than conventional food”
How nurses can promote change...

- Self-awareness
- Practice what you preach
- Create public awareness
  - Campaigns, Websites, Media ads
- Lobbying
  - Regulations on pesticides, ban steroid & Abx use
- Education on Nutrition
Moving to Change

• Attempting to try new habits.
What needs to Change?

- Decrease non-organic foods in grocery stores and increase organic foods:

- Importing and exporting regulations among different countries

- Guarantee that food is safe and free from toxic chemicals and sludge

- Buy organic food, and substitute for the food that is not organic

- Consumer participation

- Increase the number of organic farmers
How to buy Organic...

- **100% Organic**: Carries USDA
- **Organic**: At least 95% organic excluding water & salt
- **Made with Organic**: At least 70% organic
- **All Natural & Naturally Grown**: Healthy choice but not certified organic
- **Free Range**: Animals that are allowed to roam free appose to being “caged”

(Organic Trade Association, 2007)
Changing Behavior

Consumers

- Get into a routine of shopping at local dairy/farm markets and butchers for fresh foods
- Buy in bulk and freeze / jar
- In off-seasons, buy organic preserved foods (shop around for the best deals)
- Shops for sales and buy house brands

http://www.kqed.org/weblog/food/TemescalMarketBig.jpg
Changing Behavior

Suppliers

• Manual Weeding

• Rotational Growing Schemes

• Manage Surrounding Land & Crop Space

• Utilize Natural Resources
Changing Behavior

Set realistic goals and buy organic when possible
Refreezing

• Making the change a new habit.
• Focus on why the change was made in the first place.
• Therefore, prevent individual’s from going back to old habits.
Conclusion

• Beneficial to health
• Change takes time
• Driving forces need to outweigh restraining forces → People need/want to change
• Buy organic or shop locally
• Nurses are change agents
The End
Resources

Resources cont...


