



Maryland H2E News Round Up



Winter 2009

Maryland H2E Wins Green Leadership Award

On January 29th, MD H2E was recognized by the U.S. Green Building Council — Maryland Chapter — for **Green Leadership for a Non Profit**. There were seven awards total:



1. Green Leadership in Government: **Governor Martin O'Malley**
2. Green Homes: **Overlook at Clipper Mill**
3. Green Leadership for a Non-Profit: **MD H2E**
4. Green Leadership in Business: **General Motors**
5. Green Leadership in Business: **Lorax Partnerships**
6. Member of the Year: **Beverly Eisenberg**
7. Presidential award: **Mark Schaener**

The Maryland Chapter is a member of the U. S. Green Building Council, (USGBC), a non-profit organization committed to expanding sustainable building practices. Membership is composed of organizations and individuals from across the building industry that are working to advance structures that are environmentally responsible, profitable, and healthy places to live and work. Members includes building owners and end-users, real estate developers, facility managers, architects, designers, engineers, general contractors, subcontractors, product and building system manufacturers, government agencies, and non-profits.

The USGBC is dedicated to sustainable design and construction in Maryland — members are the primary point of contact for users, agencies, companies and individuals interested in green building, fostering cooperation and collaboration amongst organizations dedicated to environmental responsibility and sustainability.

For more information on the USGBC, see <http://chapters.usgbc.org/baltimore/about.html>

Revised *Green Guide for Health Care Operations* Section Released

The most significant revision to the *Green Guide for Health Care* Version 2.2 Operations section to date has been released, marking the completion of a rigorous development process including two public comment periods. The *Green Guide for Health Care*, a project of the Center for Maximum Potential Building Systems and Health Care Without Harm, is the first voluntary, best practices green building and operations toolkit customized for the health care sector.



"The revised Operations section heralds a new era in sustainable facility operations in health care," said Janet Brown, director of Sustainable Operations at Practice Greenhealth who, along with Cecilia DeLoach Lynn, Lorissa MacAllister, and Adele Houghton, led the revision of the Operations Section of the *Green Guide for Health Care*. "The expanded scope and revised organization around departmental work will appeal to operational facilities eager to establish their leadership in environmental excellence."

MedStar VP on Green Building Board



Frank Weinberg, Corporate AVP, Facilities, for MedStar Health was recently appointed to the Board of the Maryland Chapter of the U.S. Green Building Council (USGBC). Mr. Weinberg commented that "Making the connection between the operations of a facility and how a new or renovated facility is built is critical. It is useful to bring the collective wisdom of the region (from USGBC) and to harness the talent of green developers and constructors to assist hospitals and MD H2E in creating hospitals as a true place of health and healing." Mr. Weinberg also serves on the Advisory Board of MD H2E. Congratulations to Mr. Weinberg!

Green Goals for 2009

On January 22nd 2009, 50 people attended MD H2E's Green Goals for 2009 meeting at the Maryland Hospital Association. Representatives from hospitals across the state joined together with business representatives to learn about setting goals for the upcoming year. Featured hospital speakers included:

- ◆ Rachel DeMunda, Mercy Medical Center
- ◆ Kate Painter, Carroll Hospital Center
- ◆ Mike Dawson, Western MD Hospital System
- ◆ Chris Tamburo, University of MD Medical Ctr.

Power Point presentations for Rachel and Mike, along with Joan Plisko's Green Goals for 2009, can be found at:

<http://cms.h2e-online.org/stateprograms/current-programs/maryland-h2e/resources>

Green Goals for Veterans Administration (VA) Hospitals



Every VA Hospital across the country must develop an environmental management system. Using this process, each hospital must assess the environmental aspects and impacts of all operations at the facility and then rank them according to specific criteria. After ranking occurs, a facility can then develop goals and objectives for the upcoming year. Be on the lookout for an MD H2E meeting where a representative from the VA will present details on developing and implementing an environmental management system! Below are the top six goals for the VA (Baltimore and Perry Point) for the upcoming year:

Goal 1: Extend current pharmaceutical waste management program.

Goal 2: Establish green procurement policy for acquisition and purchase card holders.

Goal 3: Reduce regulated medical waste by 10%.

Goal 4: Insert environmental requirements into 90% of required PDs.

Goal 5: Establish a comprehensive, computer based training program for services environmental aspects.

Goal 6: Develop a single stream recycling program to divert 12% of solid waste by January 1, 2011.

Mercy Medical Center's FY 2009 Sustainability Goals

Rachel DeMunda, Director of Safety and Sustainability

At the January 22nd MD H2E meeting, Rachel discussed Mercy Medical Center's environmental initiatives and goals. At Mercy, goals are connected to the hospital's core values – excellence, stewardship, and justice. Mercy's program grew out of the need to close the on-site medical waste incinerator, which was dismantled to pave the way for a new Tower. For the full presentation go to: <http://www.h2e-online.org/docs/mdh2e/MercyMedCtr.ppt>

Goal 1: Establish a Mercury (Hg) Pollution Prevention Program by:

- Establishing realistic Hg pollution prevention goals and an implementation plan that is focused on source reduction.
- Establishing a Hg pollution prevention policy.

Goal 2: Advance the "Have Mercy on the Earth (HMOTE)" program by reducing the amount of waste being disposed of in the environment:

- Reduce regulated medical waste to 20% of the overall waste stream.
- Train 90% of staff on Waste Management.
- Increase recycling from the 19% baseline established in FY08.
- Convert from a disposable sharps container program to a reusable sharps container program.
- Expand the beverage container recycling program house-wide.
- Utilize the Practice GreenHealth web-based waste tracking system to track and trend waste volumes and costs.



Goal 3: Communicate "Have Mercy on the Earth" program successes and recognize the efforts of employees by:

- Convert the HMOTE web site to SharePoint and build content.
- Creating an annual newsletter to recognize employee and/or departmental achievements in support of the program.
- Investigating opportunities for an employee recognition, incentive, and rewards program.

Sample Environmental Goals

Sustainability Infrastructure

- ◆ Establish Sustainability Mission or Environmental Policy Statement
- ◆ Establish EPP, Hg Elimination, Haz Chem, IPM policies
- ◆ Sign Healthy Food in Health Care Pledge
- ◆ Establish Green Team with representatives from XX departments
- ◆ Develop logo and marketing materials
- ◆ Develop multimedia strategy environmental initiatives

Environmentally Preferable Purchasing

- ◆ Convert to non-DEHP tubing and IV bags in NICU, reducing exposure to XX neonates
- ◆ Purchase XX% of all computers using EPEAT
- ◆ Change XX cleaning products to less toxic products, eliminating XX pounds of toxics
- ◆ Convert XX% of paper products to XX% recycled content, saving XX trees

Mercury Elimination

- ◆ Replace 100% of Hg thermometers, sphygmomanometers, and clinical devices with non Hg alts.
- ◆ Recycle 100% of spent fluorescent lamps diverting XX pounds of mercury from disposal
- ◆ Implement battery recycling program to divert XX pounds of waste from disposal

Waste Minimization

- ◆ Decrease amount of RMW generated from XX% to XX%
- ◆ Convert to reusable sharps containers and save XX tons of plastic from disposal
- ◆ Utilize fluid management systems for suction canister waste, eliminating XX pounds of waste

Recycling

- ◆ Increase recycling rate from XX% to XX% with a stretch goal of XX%, diverting XX pounds
- ◆ Achieve a XX% of recycling for cardboard diverting XX pounds from disposal
- ◆ Compost XX% of pre-consumer food waste to eliminate XX pounds of waste going to disposal
- ◆ Increase computer recycling from XX% to XX% eliminating XX pounds of waste from disposal

Hazardous Material Reduction

- ◆ Divert XX pounds of pesticide from usage in facility
- ◆ Utilize GreenSeal or Ecologo-certified cleaning products for XX% products used in facility
- ◆ Implement solvent reprocessing programs for alcohol, xylene, and formalin, diverting XX gallons of waste from disposal

Energy and Water Conservation

- ◆ Conduct an energy audit and achieve XX% reduction in energy usage as compared to baseline
- ◆ Transition XX% of Exit Signs to LED lighting
- ◆ Purchase XX% of renewable energy, eliminating XX pounds of CO2 equivalents
- ◆ Conduct a water usage audit and achieve a XX% reduction in water usage

Sustainable Foods

- ◆ Purchase Fair Trade coffee and tea
- ◆ Purchase all rBGH free milk
- ◆ Reduce disposable food service ware by XX%
- ◆ Reduce food waste by XX%
- ◆ Buy XX items from local farmers
- ◆ Establish on-site farmers market, hosting XX farmers and local producers

Nursing Update

New Nursing Coordinator Michaela Lindahl-Ackerman

Maryland Hospitals for a Healthy Environment would like to welcome our newest Nursing Outreach Coordinator. She comes to us from Oregon with a MPH and broad range experience in health promotion, disease prevention and community organization. She is currently a student in the Clinical Nurse Leader program at the University of Maryland School of Nursing. Previously, she worked for MD H2E looking at waste stream management in health care and for the state of Maryland. She is looking forward to connecting with nurses and green teams across the state to promote environmental sustainability in health care. Contact Michaela at 410-706-6832 or mlind006@umaryland.edu.



Sustainable Foods Update

Promote Local & Sustainable Foods during:

- ⇒ National Nutrition Month: March
- ⇒ Earth Day: April 22nd

Here are a few ideas:

- ◆ Host a lunchtime table with a local farmer
- ◆ Launch a CSA at your hospital
- ◆ Schedule a talk at your hospital by one of your distributor's local farmers to educate your staff about local foods
- ◆ Host an event using local foods
- ◆ Promote the sustainable foods You serve

List of Available Food: www.marylandsbest.net

Other Resources:

www.sustainabletable.org
www.localharvest.org
www.healthyfoodinhealthcare.org

Contact MD H2E:

410-706-1924; Lmitc001@son.umaryland.edu

Practice Green Health Webinars



February 13, 1 pm (Eastern)
Design and Construction Series: True Stories from LEED Healthcare Projects

February 20, 1 pm (Eastern)
Greening Operations Series: Making the Business Case for Energy Efficiency to your CFO

March 6, 1 pm (Eastern)
Getting Started with Practice Greenhealth FREE

To Register for Webinars, go to:

www.practicegreenhealth.org/tools/webinars/

Note: Access to Practice Greenhealth webinars is a fee-based service, and is one of many member benefits. You can learn more about the fees and benefits of membership by going to our website. See:

www.practicegreenhealth.org/community/membership/

Who is Maryland H2E?

Maryland H2E is a technical assistance and networking initiative that promotes environmental sustainability in healthcare. Participants include hospitals, clinics, nursing homes, and other ancillary health care providers in MD.



Our staff now includes:

- ◆ Joan Plisko, PhD, Technical Director
plisko@son.umaryland.edu
- ◆ Louise Mitchell, PT, Sustainable Foods Coordinator
Lmitc001@son.umaryland.edu
- ◆ Denise Choiniere, RN, Nursing Coordinator
dchoiniere@umm.edu
- ◆ Michaela Lindahl-Ackerman, MPH, Nursing Coordinator, mlind006@umaryland.edu

Two Great Events!



The Green Bag Lunch
Seminar Series Presents:

Greening the Cleaning

Featuring author Steve Ashkin
FREE ADMISSION



Monday Feb. 9th, 12:00 p.m.

*University of Maryland School of Nursing, Room 740
655 W. Lombard Street, Baltimore, MD 21201*

Bring your lunch and hear expert and author Steve Ashkin discuss how *to introduce green cleaning to your facility* — for healthier patients, staff, and community. Following the seminar, stay for a Q & A session specifically for hospitals.

To Register: www.peopleware.net/0216



Baltimore Buyer-Grower Meeting **Discuss Local Food Purchases for 2009**

Local farmers will meet with buyers from restaurants, hospitals, schools, hotels, grocery stores, universities and businesses to discuss local food purchases for 2009. You can also discuss new farm stands, farmers' markets & CSAs at businesses and institutions.

Be sure to list your business/farm in the 2009 Buyer-Grower Directory.

Wednesday, February 11th

9:00 am – 3:00 pm

Oregon Ridge Conference Center & Lodge

13401 Beaver Dam Road - Cockeysville, MD 21030

Food Service, Green Team Members, Nurses, EVS — All Are Invited!

Discuss Local Food Purchases & Farmers' Markets or CSAs with Farmers

FREE EVENT DELICIOUS LOCAL & SUSTAINABLE LUNCH INCLUDED

To Register or to List your Hospital in the Directory: www.mdh2e.org

More Info: 410-706-1924 or Lmitc001@son.umaryland.edu