

Maryland H2E News Roundup



April 2011

Anne Arundel Medical Center Hosts LEED Event, Showcases New Green Building



Anne Arundel Medical Center led hospital peers, architects, and others on a journey through the hospital of the future March 23rd, an excursion to a place where green rooftops cool the building in warm weather and absorb rainwater (lessening storm water runoff), street lamps emit less light pollution and mindful plumbing reduces water use by a third. The program was *Journey to LEED Certification*, celebrating AAMC's decision to meet LEED standards on their new patient tower despite the challenging process. LEED (Leadership in Energy and Environmental Design) certification, given by the U.S. Green Building Council, of a Silver rating or higher is now required for new construction in Baltimore City, Howard County and Montgomery County.

Anne Arundel Medical Center's new patient tower (aiming for Silver or Gold), will be the first hospital in Maryland to receive LEED certification. For this effort, MD H2E awarded AMMC a Trailblazer Award.

The event began with warm welcomes by Victoria Bayless, President and COO, and Martin Doordan, CEO of AAMC. Charlotte Wallace, RN, who heads AAMC's E.A.R.T.H. green team, highlighted the sustainable successes that AAMC has achieved, while Carolyn Core, Sr. Vice-President, Corporate Services spoke with the LEED team about the journey to certification. Lorraine and Peter Doo of the U.S. Green Building Council (which recognized AAMC for "Leading the Way for Healthcare") also spoke about [LEED certification](#) and the [Green Guide for Health Care](#).



*Martin Doordan,
CEO of AAMC*

The day was topped off with a tour of the new building, slated to open its doors April 15th. The patient tower features 8 operating rooms, 50 private inpatient rooms, a new ER and pediatric ER. There are many exciting features of the new building, including a 3D, interactive educational wall for the public on going green. The tower also has two green rooftops, which help cool the building in warm weather and absorb rainwater, lessening storm water runoff. Eighty percent of the plants on the roof are locally grown. Reused and renewable materials were used in construction, and 92.6% of the waste generated by construction was recycled. By employing low-flow fixtures and dual-flush plumbing systems, water usage is expected to be reduced by 33%.



*Carolyn Core, Sr. VP, Corporate Services,
in the new Pediatric ER*

How employees and visitors get to AAMC has been given thoughtful attention, as well. Along with a convenient bus stop, the campus also boasts a bike path with a pervious surface (which will reduce storm water runoff), bike racks and parking spots reserved for hybrid cars.

Congratulations to Anne Arundel Medical Center on a trailblazing new tower, we look forward to hearing more as the building opens its doors this spring!

For a more detailed look at the ways AAMC made their building greener, go to:

<http://www.aahs.org/expansion/leed.php#home1>



MHA Offers "Green Index" Contract Directory*



Maryland Hospitals and other healthcare entities have the opportunity of tapping into "The Green Index" from the nation's largest group purchasing organization, MedAssets and their regional partner Prime, a division of the Maryland Hospital Association. The Green Index is a contract directory which provides a quick reference to environmentally responsible offerings available through the MedAssets program. There are more than 100 contracts addressing nearly 30 categories such as construction management & sustainable design, document management, flooring, food service, furniture, sharps management, reprocessing, waste management, take-back programs and more. All hospitals and many others automatically have access. If someone is not a member, they can easily become one with a couple signatures.

For more information, please contact Nicole Mazzei-Williams nmazzei-williams@mhaonline.org. For a copy of the index, go to <http://e-commons.org/mdh2e/files/2011/03/MHA-Green-Index.pdf>



*MD H2E does not endorse any particular vendor or service listed in the Green Index.

U.S. Green Building Council's LEED for Health Care

Lorraine Doo, Lorraine@dooconsulting.net

In November 2010, the US Green Building Council's membership passed the ballot for a new "green building" rating system specific to health care facilities. LEED – Leadership in Energy and Environmental Design – is a volunteer green rating system to assist the building design and construction industry to create high performance, environmentally responsible buildings. Health care facilities across the country and in Maryland have achieved LEED certification under the existing rating systems for New Construction, Core and Shell or Commercial Interiors. These success stories have a similar story in that they created an integrated team and partnered with knowledgeable sustainability consultants to address each element of design and construction.

The requirements under LEED for HealthCare are consistent with the other LEED rating systems for commercial buildings – and maintain the same credit categories: Sustainable Sites, Water Efficiency, Energy and Atmosphere, Materials and Resources, Indoor Environmental Quality and Innovation in Design. But the new health care rating system has some new credit opportunities specific to healing environments, including connection to the Natural World; water use reduction specific to building equipment, cooling towers and food waste systems; minimum energy performance; storage and collection of recyclables; source reduction for mercury, lead, cadmium and copper; and hazardous material removal.

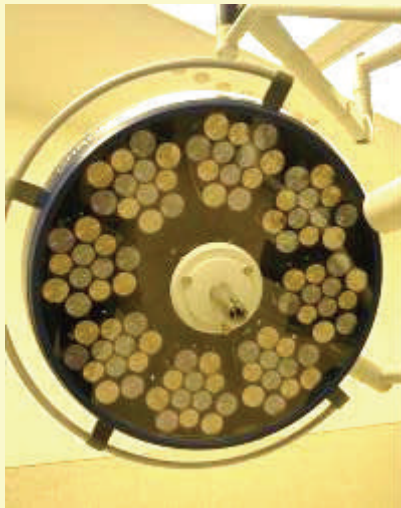


<http://www.usgbc.org/DisplayPage.aspx?CMSPageID=1765>

Later this year, the Maryland Chapter of the US Green Building Council will partner with MD H2E to do a full scale program on LEED for Health Care, including a review of the credits and their intent, and using case studies from the area to demonstrate how LEED certification can be achieved. For information about USGBC, visit the website at www.usgbcmd.org.

More from AAMC's New Tower

LED lights are used in the new ORs. >



< Work is being finished on the interactive educational wall.



Nature themes are used throughout the building.>

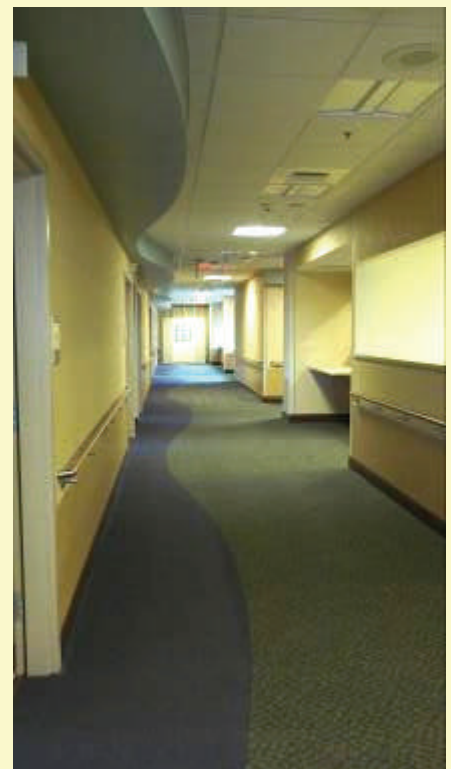


^ Streetlamps are designed to reduce light pollution



^ Carolyn Core leads a group tour.

The design is meant to evoke the Chesapeake Bay. >





Freedom to be Green

MD H2E Trailblazer Education Series

You are invited to attend LifeBridge Health's

LED Lighting and Waste Life Cycles

Come learn about LifeBridge Health's award-winning green initiatives!

On the menu:

LED Lighting

Composting

Greening the OR:

OR Waste Streams and Recycling

Fluid Management System

LED Lighting and Waste Life Cycles

Tuesday, April 19th

12–5 pm

Sinai Hospital of Baltimore

LifeBridge Health

2401 West Belvedere Avenue

Baltimore, MD 21215

Please RSVP to trailblazer@son.umaryland.edu by April 12th

Priority is given to employees from any hospital or health system.

Developing a Comprehensive Transportation Plan

An article by Janet Brown, director of sustainable operations and green building at Practice Greenhealth, in the March issue of Healthcare Design magazine highlights some interesting ideas about getting to the hospital and back.

Says Brown: "Transportation is often overlooked when identifying pollution sources and opportunities for improved environmental performance in healthcare, yet cars contribute to smog, poor visibility, and poor air quality, especially in congested areas...At the greatest risk are those with heart or respiratory disease. According to the Environmental Protection Agency (EPA), in 2008, 27% of greenhouse gases came from transportation sources, and those emissions are forecasted to dramatically increase."

Seattle Children's Medical Center is one of many hospitals no longer overlooking transportation as an opportunity for change. They have come up with a plan with the following levels:

1. Reduce single vehicle car use by commuting employees;
2. Invest in a transportation network, facilitating traffic flow;
3. Invest in infrastructure for cyclists and pedestrians; and
4. Develop the new campus so that bicycling, walking, and transit are the preferred way to arrive at work.

Brown points out that, "Healthcare employers can offer incentives for carpools, public transportation, biking and walking, and connecting how we get to work with health outcomes, also known as 'conscious commuting.'" Seattle Children's has already won 5 awards for their program!

[Click here for the full article and additional resources.](#)



Future SCMC rendering. *Stephanie Bower, Architectural Illustration.*



Green Pharmacy & PharmEcovigilance: Prescribing and the Planet

Below is a synopsis by Christian Daughton, Ph.D. of his recently published paper examining sustainability and the use of pharmaceuticals in health care.

Read the summary and full text at [Expert Review of Clinical Pharmacology, 2011, 4\(2\):211-232; doi: 10.1586/ecp.11.6.](#)

Christian Daughton, Ph.D., daughton.christian@epa.gov

Chief, Environmental Chemistry Branch (on detail) Environmental Sciences Division National Exposure Research Laboratory U.S. Environmental Protection Agency

One of the overarching objectives in our work on pharmaceuticals as environmental contaminants has been to forge clearer linkages between environmental integrity and human health, and to foster awareness, dialog, and debate within the healthcare communities regarding the intimate connections between the environment and the practice of medicine.

Our major message is that a more sustainable system of health care can evolve simply by focusing on redesign of any of numerous aspects of the delivery of health care that serve to reduce and optimize the overall use of medications.

The paper posits that any of the numerous actions, behaviors, and customs involved with the prescribing and dispensing of drugs can be altered to: (1) reduce the incidence of leftover medications (and thereby lessen the need for disposal – which is usually done by flushing to sewers or discarding in trash) and (2) reduce the quantities of unmetabolized residues excreted or washed into sewers. The second point is one that is almost always discounted as not feasible, but one that we maintain offers the greatest potential for minimizing the environmental burden of pharmaceutical ingredients.

Unfortunately, these are really not issues that have historically concerned most healthcare practitioners. But by using a systems-level approach, we believe a cogent and compelling argument can be advanced.

By taking actions to protect the environment, a broad spectrum of extremely important collateral benefits for health care can naturally emerge. These benefits involve systems-wide improvements in:

- (i) the quality of health care (e.g., improved therapeutic outcomes),
- (ii) reducing healthcare costs (from lessened usage of medications), and
- (iii) reducing drug diversion and unintended poisonings (because of fewer leftovers); the latter is a major problem in the US and a great concern to the White House ONDCP.

In the final analysis, we believe that the prudent prescribing and dispensing of drugs, coupled with an enlightened understanding between consumers and physicians with respect to medication utility and use, would minimize the incidence of leftover medications – thereby largely solving the current problems surrounding drug disposal and diversion.

Also, by reduced and prudent usage (coupled with the selection of those drugs with favorable pharmacokinetics), the entry of residues (via excretion and bathing) from the intended use of medications could also be reduced.

In essence, by attempting to protect the environment from exposure to medication residues, we believe that a rare win-win can be achieved — for consumers (patients), healthcare professionals, health insurers, and the pharmaceutical industry.

Sustainable Foods Update

Chester River Health System Executive Launches Healthy Food Initiative

When Executive Vice President Scott Burleson discovered that over 66% of employees in the Chester River Health System were overweight or obese, which is the same as the [national average](#), he launched a multi-disciplinary "Healthy Food Committee" to identify ways they could change the hospital environment to make healthier foods more available, and unhealthy foods less available. They also called on MD H2E for support and input. The data that caught Burleson's attention came from a health risk assessment of their employees, conducted by *Get Healthy Kent*. Program Director Nicole Morris partnered with the health system on this employee wellness initiative of the Chronic Disease Prevention program at the Kent County Health Department.



Chester River Hospital Center signs the Healthy Food Pledge. L to R: Louise Mitchell, MD H2E; Nicole Morris, Chronic Disease Prevention, Kent County Health Department; Executive Chef Chris Finelli, Executive Vice President Scott Burleson; Sodexo District Manager Barry Perin.

The Chester River Healthy Food Committee started meeting weekly in the Fall of 2010 and by January 5, 2011, Chester River Hospital Center signed the *Healthy Food in Health Care* Pledge and launched the initiatives listed below. They now meet every 2 months to make additional changes to the hospital environment to support healthier behaviors and lifestyles. **Their Healthy Food Initiatives include:**

- Reduced portion sizes and 300 calorie entrees
- Low sodium / lower saturated fat options
- Improved salad bar selections with employee discount
- Detailed nutrition labeling of menu items
- More water dispensers, fewer vending machines
- Light cooking of vegetables to retain nutrients
- Increased local sustainable food purchasing
- Launching an on-site farmers' market



Anders Grant, RD, LDN, Clinical Dietitian at Carroll Hospital Center

Carroll Hospital Center Dietician Increases Local Sustainable Meat Purchasing

Clinical Dietitian Anders Grant, RD, LDN, says she and the food service team at Carroll Hospital Center kicked their commitment to purchasing more local sustainable meat and poultry into high gear in response to the MD H2E Food Leadership Council's challenge last fall to feature sustainably-raised local turkey for a holiday meal. While they've always purchased close to 50% of their beef from Bullock's Meats nearby, they've also started purchasing more chicken, turkey, beef and even bison, raised by local farmers without arsenic compounds, the routine use of antibiotics, or added growth hormones.

Grant started by calling many local farmers, creating a chart of farmers with sustainable turkey available for the holidays that all Food Leadership Council members could use. Carroll Hospital served Hillside Farm's turkey breast in their 2010 Thanksgiving meal to their patients and employees, which was a big hit! Grant also created a survey that over 200 employees filled out, revealing that 76% of respondents wanted more local sustainable foods on the menu and 44% were willing to pay more for them.

Grant then worked with the food service team to organize "Sustainable Thursdays" in the cafeteria at Carroll Hospital Center during National Nutrition Month, which included chicken from KCC Natural Farm in Forest Hill, MD, in addition to other local meat, poultry and produce. "We also served homemade chicken soup in our patient and cafeteria menus, using KCC's sustainable chicken to make the broth," said Grant. "Our goal is to feature their chicken more often, once the farm starts its new flock of chickens this spring and increases production to accommodate our hospital's needs."

Sustainable Foods Update

Local Sustainable Meat and Poultry: Making the Shift in Institutional Purchasing



Save the Date:

Thursday, May 5th

7:30 am — 3:00 pm



Ten Oaks Ballroom and Conference Center

5000 Signal Bell Lane
Clarksville, MD 21029

This conference will address the barriers, identify solutions and share best practices to establish new institutional purchasing practices for local sustainable meat and poultry.

Who Should Attend:

Open to anyone from Maryland, the District of Columbia, surrounding regions, and nationally.

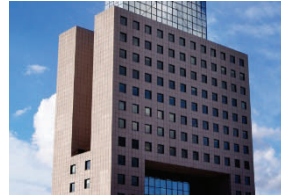
- Food service professionals
 - » Food service directors
 - » Chefs
 - » Production managers
 - » Purchasing managers
 - » Dietitians
- Local producers of beef, pork and poultry who use sustainable agricultural practices
- Meat and poultry processors
- Distributors
- Food service contractors
- Group purchasing organizations
- Food safety regulators
- Institutions
 - » Hospitals, nursing homes
 - » Universities, schools
 - » Hotels, businesses
 - » Assisted living, correctional facilities
- Government agencies
- Agricultural development specialists
- Economic development specialists
- Non-profit organizations

To Sponsor or Exhibit: sustainablefoods@son.umaryland.edu or 410-706-1924

For more information, visit:

<http://e-commons.org/mdh2e/sustainable-foods/may5conference-localsustainablemeat/>

Join us for the April meeting of
Maryland Nurses Association
Environmental Health Committee



Tuesday, April 26nd, 2011
6:00-8:00 p.m.
Maryland Nurses Association
21 Governor's Court, Suite 195
Baltimore, MD 21244

The Environmental Health Committee is a community of nurses interested in making positive changes for the environment and health. Join us for a lively discussion of ways nurses can make health care safer for patients, staff and the community.

Your input is needed as plans are formulated for the future direction of the committee. Current ideas include:

- Patient education on environmental issues**
- Professional education for nurses on environmental health**
- Legislative review of policies related to environmental exposures**

Teleconference option: 1 (800) 351-4871 Pass code: 19886970#

(Membership in the MNA is not required to attend this event)

RSVP to Karin Russ, Nursing Outreach Coordinator at: kruss003@son.umaryland.edu

Anne Arundel Medical Center to Begin New Sustainability Program



Anne Arundel Medical Center is pleased to announce the inception of its latest sustainability program. The existing facility and the new patient tower will be undertaking a new waste separation and recycling program that aims to significantly reduce Regulated Medical Waste (RMW) while increasing recycling output over the next three years. AAMC is aiming for a 26 percent reduction in RMW and an 11 percent increase recycling in the first year

of the program.

This February, Anne Arundel Medical Center began the assessment and creation of the program, with the hopes of having it fully operational toward the end of the year.

Mt. Washington Pediatric Hospital's Green Team is Full Speed Ahead

In a spacious room overlooking a wooded area in North Baltimore, MD H2E met with the green team of Mt. Washington Pediatric Center Tuesday, March 29th. Sheldon Stein, MWPC's CEO, was also in attendance. The team is getting some great momentum; their first initiative is focusing on reducing red bag waste. The team hopes that the money saved from that program can then be invested in other green initiatives. MWPC also has an array of activities planned for Earth Day, including a poster session to educate the employees on red bag waste, reusing and recycling, and energy conservation. There will also be reusable water bottles for sale, and fun giveaways and quiz games! We look forward to hearing more from the energetic group in Mt. Washington!



What is Maryland H2E?

Maryland H2E is a technical assistance and networking initiative that promotes environmental sustainability in health care. 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, 410-706-2107
- Louise Mitchell, PT, Sustainable Foods Program Manager, lmitc001@son.umaryland.edu, 410-706-1924
- Karin Russ, MS, RN, Nursing Outreach Coordinator, kruss003@son.umaryland.edu, 410-706-1389
- Molly Englund, Communications Coordinator englund@son.umaryland.edu, 410-706-6832
- Priya Saha, Sustainable Foods Coordinator saha@son.umaryland.edu 410-706-3077

Practice Greenhealth Webinars



April 12 & 14, 1 pm (Eastern)
**Climate Change and the Role of the Health Care Professional:
 Education, Mitigation and Adaptation.**

April 15, 1 pm (Eastern)
**Kaiser Permanente's Sustainability Scorecard for
 Medical Products—Generation II**

April 27, 2 pm (Eastern)
**Green Design & Construction Series:
 Regulatory Impact on Healthcare Greening**

To Register and Purchase Webinars, go to:
www.practicegreenhealth.org/tools/webinars/
 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:
<http://www.practicegreenhealth.org/community/>