



February 2012

# Maryland H2E News Roundup



## Maryland Health Care Sustainability Leadership Council dives in

The Maryland Health Care Sustainability Leadership Council (HCSLC) came together this past month and established 4 workgroups to begin shaping the future of green healthcare in Maryland. The HCSLC, consisting of representatives from the majority of Maryland's hospitals and healthcare systems, is the first of its kind in the country. Nurses, supply chain directors, facilities managers, and other healthcare employees who address environmental sustainability at their own workplaces, are now taking their experience to a wider audience across the state. Although 3 organizational meetings took place in 2011, the January 26<sup>th</sup> session was the first since the election of the Chair: Colleen Cusick, The Johns Hopkins Medical Institute; Vice Chair, Lionel Weeks, LifeBridge Health; and Secretary, Sean Nelson, The Johns Hopkins Outpatient Center. Members created and immediately began running 4 workgroups: Knowledge/Best Practices, Education, Communication/Member Outreach, and Governance/Advocacy. It's not too late to get involved in this promising new organization! A representative from each Maryland hospital and health system are welcome to join. Contact Sean Nelson at [snelsona@jhmi.edu](mailto:snelsona@jhmi.edu).



## Trailblazer Education Series ENERGY CONSERVATION

University of Maryland Medical Center with  
BGE, March 1st, 9-11 am



Learn from UMMC staff on programmatic issues and hear from Baltimore Gas & Electric on available grants and rebates to implement energy conservation programs.

To find out more about UMMC's program, go to:  
<http://mdh2e.org/wp-content/uploads/2011/07/UMMCWeb.pdf>

**To register for this FREE event, please send your name, title, facility name, e-mail, and phone to [Englund@son.umaryland.edu](mailto:Englund@son.umaryland.edu).**

**Attendance is open to all. However, priority will be given to hospital and health care employees when limitations occur.**

*MD H2E annually gives its Trailblazer Award to Maryland hospitals that have shown leadership in advancing sustainability in a particular area or areas of their operations. The winners are all strong models for other hospitals, blazing the trail of sustainable health care by reducing their environmental footprint and raising the bar on achieving improved results. Each awarded hospital will host an educational event highlighting their sustainable successes. [Click here](#) to see the full Trailblazer Event Calendar.*

## Earth Day and Eco Hospital Jeopardy

**Hurry to page 8** for activities your facility can use for Earth Day! Earth Day is April 22nd this year, but no matter what day you celebrate it, MD H2E has ideas for games, campaigns, sales and swaps!

MD H2E has also developed an Eco Hospital Jeopardy game! Teams of employees can compete on issues like toxics, U R What you Eat, Waste Away, On the Homefront, and Carbon Footprint. Email Joan at [Plisko@son.umaryland.edu](mailto:Plisko@son.umaryland.edu) for a copy (make sure you reply in the form of a question!) .



## MedStar Harbor Hospital: new year, fresh start



MedStar Health

As of January 1, 2012 MedStar Harbor Hospital (formerly Harbor

Hospital) finished a 25 year contract with a vendor that treated all its waste as medical waste. Now, there are no limits to what the hospital can do with its waste: MedStar Harbor Hospital is transitioning from a comingled waste stream to a segregated one, and are jumpstarting a recycling program. New collection dumpsters have arrived and are already in use; one crusher captures non-regulated waste and another captures recyclables: cardboard, bottles, cans, saline bottles, and blue wrap. MedStar Harbor used to send all paper to confidential shredding, which can be quite expensive. Non-confidential paper recycling bins have now been put in place, allowing for greatly reduced fees.



One of the challenges of introducing a new recycling program is getting employees on board. But according to Brian Gray, Director of Clinical Engineering & Environment of Care at Harbor, "People are crazy excited about us doing the recycling. For years and years when the green team met or at the President's quarterly town meetings, everyone asked, 'When are we recycling?' We thought there would be pushback from people thinking it's too much work." While that has proved not to be the case, education was needed on what went where: is a Band-Aid with a drop of blood on it considered medical waste? (No) With those questions answered, employees have found it to be less work. Employee training will be finished by April, and Harbor's goal is to reduce its medical waste to 15% of its waste stream by the end of August.

But that's not all for Harbor: the hospital is also putting in a composting site on campus, where food waste and lint from the dryer units will be composted.

MD H2E looks forward to seeing the results of these impressive, comprehensive new initiatives! Congratulations to MedStar Harbor Hospital for its big leap forward!

## MedStar's system-wide Environmental Leadership Council

MedStar's Environmental Leadership Council (ELC) is a corporate initiative that began approximately five years ago. The ELC brings together representatives from the nine MedStar hospitals—Maryland's Franklin Square Hospital Center, Good Samaritan Hospital, Harbor Hospital, Montgomery Medical Center, St. Mary's Hospital, and Union Memorial Hospital; and DC's Georgetown University Hospital and National Rehabilitation Network—to discuss system-wide sustainability efforts.

At the corporate level, the MedStar system recently joined the [Healthier Hospitals Initiative](#) (HHI), "a coalition of major health systems and organizations around the country that are committed to improving sustainability and safety across the healthcare sector."

MedStar signed [a pledge](#) demonstrating its "support for a sector-wide approach to reducing the environmental footprint of health care." HHI is officially launching April 3<sup>rd</sup>, and its website will feature MedStar's story as a green healthcare leader.

At the February ELC meeting, the group focused on waste management. ELC Chair Jerry Adams, Director of Environmental and Safety Compliance for MedStar, reminded the group that while hospital laboratories annually review the chemicals used for a hazardous waste classification, other chemicals that are bought without a purchasing agreement – say, something bought by a maintenance employee at Home Depot – will still need to be reviewed annually to determine if it is hazardous and disposed of appropriately. Jerry proposed that he be notified when new chemicals are brought in, to review those first and reduce the workload done on an annual basis. Each facility is responsible for complying with proper disposal methods.

One ELC member brought an issue to the group for further consideration: how to reduce plastic waste from purchasing; the group decided to take this concern to their vendors, many of whom have their own sustainability programs.

**MedStar is a founding member of the Healthier Hospitals Initiative and signed [a pledge](#) demonstrating its "support for a sector-wide approach to reducing the environmental footprint of health care."**

*Continued on page 11*

## Spotlight on Civista

From Civista Medical Center's [green team webpage](#):



As Civista Medical Center's Green Team seeks to reduce toxins and provide a healthier, healing environment it has stepped up its efforts to increase awareness and participation in several initiatives designed to save energy and conserve resources. By taking up green practices, whether incrementally or from the ground up, they are managing to lower energy bills, reduce waste and achieve healthier indoor air. This makes good sense for the health of the entire community: patients, staff and visitors. Focus initiatives include:

- **Waste Reduction and Recycling** — Converting from single use to multiple use products. Recycling of cans, blue wrap, plastic, batteries, white paper, toners, cardboard, and waste. Regulated medical waste segregation and minimization. Reducing, reusing and recycling general waste, and furniture and equipment that are no longer needed. According to Cress, in the first month of the Green Team's efforts, over a ton of waste was taken out for recycling. Partnering with Verizon, cell phones and accessories are recycled and given to Civista's designated site -- the local women's shelter. Every department at Civista is involved in waste reduction and recycling. The use of paper handouts in meetings has been significantly reduced or eliminated, with increased use of computer Power Point documents instead.
- **Sustainable Foods** — Nutritional Services has been actively involved by providing more fresh, nutritious, organic, and local food choices for patients, while using hormone-free and/or antibiotic free products. Seafood is from a sustainable source. The use of Styrofoam products on patient trays has been eliminated. Using disposable serving items which are not cost prohibitive and are not environmentally hazardous is being explored. Refillable hot and cold drink mugs are now offered and the users can get reduced-price refills.
- **Energy Conservation** — Energy audits are being conducted, a Lights Out Campaign will be conducted and energy conserving light fixtures are being used. The Campaign focuses on rooms and areas where lights do not need to be on continually. Motion sensors have been installed in areas where lights need only be on when someone is in the room. This should result in substantial energy and cost saving with a facility as large as Civista Medical Center. Plumbing fixtures including toilets and sinks have been upgraded. Automatic doors have been analyzed and some are taken off automatic sensor, where and when appropriate, to conserve energy. A standard building temperature has been established, with the exception of patient rooms.
- **Environmentally Preferable Purchasing** — To prevent spread of infection in hospitals, it's important to reduce exposures to germs—especially for patients with compromised immune systems—but the use of harsh chemical cleaners can cause respiratory problems. Green products are now being used in environmental services and cleaning products. This has contributed to employee satisfaction due to the reduction of odors and the use of caustic chemicals. Carpeting which does not produce off-gassing has been installed. Mercury-free products and those made from recycled materials are being used; along with environmentally preferred packing.



## Creating a culture of sustainability in healthcare

MD H2E's own technical director Joan Plisko, along with the principal/founder of JSR Associates, Jane Rohde, wrote an article featured in the January issue of Medical Tourism Magazine titled, "Creating a Culture of Sustainability in Healthcare." The article takes a look at how sustainability can be infused throughout a hospital environment with communication, action, follow-up, and benchmarking.

"On the journey to sustainability, helping individuals and groups make the connection between their everyday activities and the possibilities that are ahead is imperative."

[Creating a Culture of Sustainability in Health Care](#)

## Nurses handling chemotherapy drugs, sterilizing agents at doubled risk for miscarriage

A new survey from the National Institute for Occupational Health and Safety (NIOSH) has found that nurses handling chemotherapy drugs for an hour or more a day are twice as likely as their colleagues to miscarry during their first trimester. Two out of 10 nurses working with the drugs miscarried, compared to 1 out of 10 for other nurses, in line with the national average.



Nurses who come in prolonged contact with sterilizing agents like formaldehyde or ethylene oxide were at a doubled risk for miscarrying in the second trimester.

MD H2E's own Dr. Barbara Sattler is interviewed in Reuters' article, saying "It's important that nurses and their employers stick to safety guidelines, and that perhaps more strict enforcement of occupational regulations by the government might help protect workers."

<http://www.reuters.com/article/2012/01/13/us-nurses-miscarriages-idUSTRE80C1N720120113>

For more on the survey:

<http://www.sciencedirect.com/science/article/pii/S0002937811024707>

## Hospitals across America support sustainable farms

From the [National Young Farmers' Coalition](#):

"A new [study](#) by Health Care Without Harm, an international agency promoting sustainable practices in health care institutions, demonstrates that the majority of US hospitals are choosing to serve their patients fresh, local, healthy foods.

**9/10** hospitals served local food  
**80%** of hospitals host farmers' market  
**60%** bought food directly from local farmer

According to the study, more than nine out of 10 of hospitals surveyed served local food or beverages in their cafeterias and patient meals. About four out of five served sustainable dairy products. The involvement of hospitals in local agriculture has skyrocketed: About 80 percent of hospitals nationwide hosted a farmers' market or community-supported agriculture (CSA) program on-site, and about 60 percent bought food directly from a local farm. In addition, the report shows that there is an upward trend in the number of hospitals that have eliminated trans fats from their menus and have decreased the number of products served containing high-fructose corn syrup."

## Kaiser Permanente purchasing PVC- and DEHP-free IV bags



From [Environmental Leader](#):

**KAISER PERMANENTE®**

"Kaiser Permanente announced today that it is converting its IV medical equipment to alternatives free of PVC and DEHP, two industrial chemicals that the company says have been shown to harm human and environmental health.

Kaiser Permanente has agreed to purchase IV solution bags that are 100 percent PVC- and DEHP-free and intravenous tubing that is 100 percent free of DEHP. PVC (polyvinyl chloride) and DEHP (di-2-ethyl hexyl phthalate) are both widely used in medical products, the company says."

For more, go to:

<http://www.environmentalleader.com/2012/01/19/kaiser-permanente-switches-to-pvc-and-dehp-free-iv-bags/>

## Sustainable hospital food featured on WUSA 9 News



MD H2E's Sustainable Foods Program Manager, Louise Mitchell, was featured on [One on One with JC Hayward on DC's WUSA Channel 9](#). Mitchell discussed her work bringing local sustainable

foods to Maryland's hospitals. Mitchell says, "We have 40 hospitals that have started to purchase more fresh fruits and vegetables from local farmers, either through their distributor or direct from the farmers themselves. We have hospitals that are purchasing certified organic food; food produced without pesticides; nine hospitals in the region are purchasing meat and poultry produced without antibiotics, without arsenic additives, without growth hormones, and are raised outside on pastures."

## Proposed Universal Waste rule for pharmaceuticals

From the [EPA's Universal Waste webpage](#):

### Status Update

As a result from comments received in response to the December 2, 2008 Proposed Rule, the Agency has decided to develop another proposal for healthcare facility-specific regulations for



the management of hazardous pharmaceutical wastes in order to provide a regulatory scheme that addresses the unique issues that hospitals, pharmacies and other healthcare-related facilities face. It is anticipated that the proposal will be available for public comment in Spring 2013.

### Background

EPA has proposed to add hazardous pharmaceutical wastes to the Universal Waste Rule in order to provide a system for disposing hazardous pharmaceutical wastes that is protective of public health and the environment. The proposed addition will make it easier for generators to collect and properly dispose of these items as hazardous wastes, resulting in a simpler and more streamlined waste management system.

This proposed rule applies to:

pharmacies, hospitals, physicians' offices, dentists' offices, outpatient care centers, ambulatory health care services, residential care facilities, veterinary clinics, and other facilities that generate hazardous pharmaceutical wastes.

The rule encourages generators to dispose of non-hazardous pharmaceutical waste as universal waste, thereby removing this unregulated waste from wastewater treatment plants and municipal solid waste landfills. The addition of hazardous pharmaceutical waste to the Universal Waste Rule will facilitate the collection of personal medications from the public at various facilities so that they can be more properly managed.

Currently the federal Universal Waste Rule includes batteries, pesticides, mercury-containing equipment, and lamps. Universal wastes are typically generated in a wide variety of settings including industrial settings and households, by many sectors of society, and may be present in significant volumes in non-hazardous waste management systems.



## Exit strategy

From [Healthcare Design, January 31, 2012](#)

Yes, a soiled utility room can be exciting—that is, if you oversee a facility's materials and waste program. Ask any healthcare sustainability lead about their challenges, and space will certainly be on the list. With the increased complexity of healthcare waste and best management practices, the configuration of the soiled utility room and back door storage areas can improve or impair a program.

Sustainability leads "make it work" with a given space, where it's likely multiple material segregation was not a reality during its design.

Hospitals are generating more than 26 pounds of waste material per bed per day, so they need an exit strategy.

How can designers plan for smoother waste material operations and make the case for equal time to back door management? How does a designer or facility manager demon-

strate the return on investment of smoother operations? After all, hospitals are generating more than 26 pounds of waste material per bed per day, according to the [Practice Greenhealth 2011 Sustainability Benchmark Report](#), so they need an exit strategy.

Designers will benefit from access to sector benchmarks on materials and wastes. And while sustainability leads may have a good understanding of the types and amounts of materials generated, collaboration with the design team can help identify healthier and more efficient solutions.

... Designers benefit from having knowledge of healthcare materials and wastes, including understanding:

- The types of materials generated;
- The volume of materials—how much of each type;
- The varying costs per unit for proper removal; and
- The best approach for each material stream.

[Click here](#) to keep reading.

## Nursing Updates

### MNA Environmental Health committee activities:

Join us for the next meeting, as we plan activities for 2012

#### MNA Environmental Health committee meeting

Tuesday, Feb 28th, 6:30-8:30 p.m.

Maryland Nurses Association 21 Governor's Court

Suite 195 Baltimore, MD 21244

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

Please RSVP to Karin Russ, committee co-chair at:

[kruss003@son.umaryland.edu](mailto:kruss003@son.umaryland.edu)



### Nurses needed for testimony on House Resolution in support of the Safer Chemicals Act

Joint resolution [HJ2](#) has been submitted by Del Hubbard, to express that the state of Maryland supports a reform of the federal 1976 Toxic Substances Control Act. The MNA legislative committee has asked for our help in drafting written testimony, and possibly providing oral testimony to the state House. The timing will likely be later in the legislative session.

### Educational opportunities and updates:

#### Baltimore's Women of the World event- Environmental Health panel

Join us on March 3rd for this exciting event, sponsored by BSO Director Marin Alsop. [WOW](#) is based on a similar event in England, designed to inspire, inform and celebrate revolutionary women providing a 3 day festival of speakers and exhibits at an incredibly low price = \$10 per day or \$20 for the 3 day event!! Speakers will include, Karin Russ, RN, MNA Environmental health Committee, Katie Huffling, RN, CNM, Alliance of Nurses for Healthy Environments, Priya Saha, RN, Maryland Hospitals for a Healthy Environment, and Charlotte Wallace, RN, Anne Arundel Medical Center.

#### Green Choices Alliance meeting & presentation on Fracking

Mark your calendars for the next Green Choices Alliance meeting. This meeting will include a presentation on the adverse health effects of the process of natural gas extraction from deep shale, better known as [fracking](#). We are pleased to have Nina Kaktins, MS, RN join us to present. Nina earned her undergraduate studies in geology before turning to nursing as her second career. She is currently a faculty member in the Department of Nursing and Allied Professions at Indiana University of Pennsylvania.

*Presented by:*

Nina Kaktins, MS, RN

Department of Nursing and Allied Professions

Indiana University of Pennsylvania

**Date:** Wednesday, March 7, 2012

**Time:** 12:00 – 1:00pm EST

**Call-In:** 800-550-2579 ID 6389

**Meeting URL:** <http://PPFANYMEET01.ppfa.org/m/1EC19FF64F2083DFBB000CE409013C0AL1>

#### Summary of Maryland Environmental Legislative Summit

On Jan 24, over 400 people gathered in Annapolis for the 18th annual [Maryland Environmental Legislative Summit](#). Bills before the legislature this session include off shore wind power, removing arsenic from chicken feed, and establishing a reporting system for pesticides and fertilizers. Nurses can be instrumental in educating the legislators on the health benefits of enacting these measures.

## Sustainable Foods Update

**Sign the pledge here!**

### Promote Healthier Beverages in Health Care

*For your health & the environment*

*In the past 30 years, U.S. obesity rates have doubled among adults and tripled among children.*

*The consumption of sugar sweetened beverages is associated with the development of obesity, type 2 diabetes, heart disease, metabolic syndrome, and gout.*

## Sign the Pledge

*help us get **500** signatures by National Nutrition Month (**March 31**)*

**STOP. RETHINK YOUR DRINK. GO ON GREEN.**

*A typical 20-ounce soda contains about 16 teaspoons of sugar and 250 calories*

healthyfoodinhealthcare.org



**Health Care says NO to Sugar-Sweetened Beverages**

*Between 2000 and 2010 an average of 2.55 million acres of corn, roughly 2.5 times the size of the state of Rhode Island, were grown each year just to produce high fructose corn syrup.*

*Banned in the European Union, Atrazine, a harmful herbicide, is used in corn production in the US – 65 million lbs/ year.*

*Atrazine is linked to feminization in male frogs and fetal growth and development issues in humans.*





*Greater Baltimore Medical Center education table*



## MDA's annual farmers' market conference

Tuesday February 28—Wednesday February 29

Tuesday -

### Market Manager Day

- Federal Nutrition Program Benefits
- Maryland Health and Food Regulations
- Marketing (Social Media)
- Incentive Programs
- Keynote by Bernadine Prince on national trends and the Farm Bill

Wednesday-

### Market Farmer Day

- Training for Maryland Farmers' Market Nutrition Program
- Fruit and Vegetable Checks
- Good Agricultural Practices (GAP)

For more information contact Amy Crone at 410-841-5770

Register online at: [www.marylandsbest.net](http://www.marylandsbest.net) before February 24

## Gear up for National Nutrition Month!

March 2012

Use these useful resources for display table items during the month of March!

- Environmental Working Group's [Guide to Pesticide Free Produce](#) to use while shopping for your groceries!
- [Amazing Grazing Directory](#)
- [Seafood Watch Wallet Card](#)

Tools and Resources for Implementing a Healthy Beverage Program

- [Postcards](#)
- [Brochure](#)
- [Toolkit](#)
- [Fact Sheet](#)
- [Poster](#)



## You asked for it, so here it is...a list of fun and educational activities you can host at your hospital's Earth Day celebration!

### Hospital Earth Day Activities

Compiled by MD H2E

February 2012

#### Have Fun and Learn!

- Host a team game of Eco Hospital Jeopardy (contact [Plisko@son.umaryland.edu](mailto:Plisko@son.umaryland.edu) for a free copy)!!!
- Create an online Eco Trivia Quiz.
- Play “Know Where to Throw” bean bag toss game.
- Hold a Blue Wrap Fashion Show.
- Collect from staff “Acts of Greenness”
- Conduct a Blind Taste Test of Tap vs. Bottle Water.
- Host a 2-4 hour Farmers Market with local organic produce.
- Make a Video! ([Click here](#) to view a hospital Earth Day video!)
- Have eco-friendly experts provide topical presentations.\*
- Sponsor a “Lunch-and-Learn” to inform staff of the successes that your hospital has accomplished in the area of “going green” over the past year.
- Show a movie such as [Story of Stuff](#), [Food Inc.](#) or [Human Footprint](#).
- Place “Table Tents” on Patient Trays and in Dining Services areas to share sustainability message.
- Develop educational posters on topics such as the effects of plastics on the environment; national pharmaceutical take back program; public transportation opportunities; green building.
- Hold an Eco Prayer Service to encourage environmental stewardship.

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#### Eco-friendly products demonstrations and recycling education booths or Earth Day Fest/Fair. Booth ideas include:

- Recycle/Compost training
- Community Supported Agriculture (CSA) sign up
- Build a plastic bottle mini-greenhouse
- Sign the living green pledge
- Organic food cooking demonstration
- Reiki massage
- Light bulb exchange
- Green cleaning demonstration
- Healthy eating by registered dieticians
- 2-Liter plastic bottle collection to build a plastic bottle greenhouse
- Fair Trade coffee samples
- Serve local sustainable beef



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## Hospital Earth Day Activities (pg. 2)

Compiled by MD H2E

February 2012

### Announce a new campaign or program:

- Turn Off the Lights
  - Power Down
  - Quiet Down
  - Bike to Work
  - Hospital Garden
  - Composting Program
  - Low Carbon Diet Day
  - Healthy Food in Health Care Pledge
  - Recycling Program
  - Announce 5K run for 2013 (get planning now!)
- 

### Collect items for recycling:

- Used eyeglasses: donate them to a program where given to individuals in need at no cost
  - Confidential paper shredding: event for employees to shred personal documents which will then be sent for recycling
  - Electronic waste: recycle
  - Cell phones: donate to women's shelter or recycle
  - Pens, highlighters, correction tape, and pen/pencil packaging material: recycle
  - Batteries: recycle
  - Greeting cards
- 

### Hold trade in or swaps:

- Provide CFLs for traditional bulbs
  - Provide efficient shower heads for older less efficient ones
  - Scrub swap
  - Office supply swap to share no longer needed office supplies
  - Provide non-mercuric thermometers for mercury containing ones
  - Book swap
- 

### Hold collection events:

- Pharmaceuticals
  - Car seats
  - Clean Sweep (Spring cleaning, de-cluttering for TJC survey, items go to storage or are donated)
- 

### Alternative transportation:

- Sponsor free bike tune up
- Host a cycling town hall meeting for staff
- Share commuting options and ride sharing program; announce a new car pool initiative of preferred parking for parties of 3 or more

## Hospital Earth Day Activities (pg. 3)

Compiled by MD H2E

February 2012

### Give-Aways and Sales:

- Distribute reusable coffee mugs to employees in order to minimize landfill waste created through the use of disposable cups
- Have a tree raffle (or giveaway) -- raffle winners can plant the tree in their own yard or donate it to a park or school
- Sell gently used scrubs (i.e., \$1 each)
- Have a plant sale
- Host a food garden seed giveaway

### With the Community:

- With Habitat for Humanity, build homes and provide planting trees and shrubbery
- Have community "clean up" events targeting areas around healthcare facilities
- Project Clean Stream
- Rx take back program
- Mercury thermometer collection

### \*Select Local Eco Experts

- Bike Maryland, Carol Silldorff, 410-960-6493, [carol@bikemd.org](mailto:carol@bikemd.org), [bikemd.org](http://bikemd.org)
- Future Harvest, 410-549-7878, [futureharvestcasa@gmail.com](mailto:futureharvestcasa@gmail.com), [futureharvestcasa.org](http://futureharvestcasa.org)
- Maryland Pesticide Network, Ruth Berlin, 410-849-3909, [mpnberlin@gmail.com](mailto:mpnberlin@gmail.com), [mdpestnet.org](http://mdpestnet.org)
- Maryland PIRG, Jenny Levin, 410-467-9389, [marylandpirg.org](http://marylandpirg.org)
- Master Gardeners, Larry Kloze, 410-367-2946, [klozes@gmail.com](mailto:klozes@gmail.com)
- Parks and People Foundation, Katie Dix, 410-448-5663, [katie.dix@parksandpeople.org](mailto:katie.dix@parksandpeople.org)
- U.S. Green Building Council – Maryland, Lorraine Doo, 410-207-0682, [lorraine@dooconsulting.net](mailto:lorraine@dooconsulting.net), [usgbcmd.org](http://usgbcmd.org)

### Sustainable Food Resources:

- Amazing Grazing Directory: [futureharvestcasa.org/publications](http://futureharvestcasa.org/publications)
- How to Start a Garden: [growit.umd.edu/](http://growit.umd.edu/)
- Maryland Farmers Market Directory: [mda.state.md.us/md\\_products/farmers\\_market\\_dir.php](http://mda.state.md.us/md_products/farmers_market_dir.php)
- What's Ripe Now? – Maryland Harvest Chart: [marylandsbest.net/tips.php](http://marylandsbest.net/tips.php)
- The Maryland Food System Mapping Resource: [jhsph.edu/clf/programs/food\\_mapping/](http://jhsph.edu/clf/programs/food_mapping/)
- Shoppers Guide to Pesticides in Produce - Pocket Guides: [mdh2e.org/wp-content/uploads/2012/02/2011-EWG-Pesticide-Cards-4-per-page-COPY-THESE-IN-BLACK-WHITE.pdf](http://mdh2e.org/wp-content/uploads/2012/02/2011-EWG-Pesticide-Cards-4-per-page-COPY-THESE-IN-BLACK-WHITE.pdf)
- Seafood Watch Pocket Guide: [www.seafoodwatch.org](http://www.seafoodwatch.org)

For a list of vendors that have exhibited at MD H2E's 2011 Environmental Excellence in Health Care Conference, [click here](#).

For a national listing of hospital earth day events and downloadable posters, visit Practice Green Health's website, by [clicking here](#).

## Health Care Without Harm announces call for 2012 nursing awards nominations

January 19, 2012

Health Care Without Harm Press Release

Contact: [Eileen Secrest](mailto:Eileen_Secrest@harm.org) 540-424-6512

### Award Commemorates Nursing Role in Environmentally Sustainable Health Care

**Deadline:** 5 pm Eastern on March 1, 2012.

Reston, VA — The Health Care Without Harm Nurses Workgroup, in conjunction with The Luminary Project, is accepting nominees for its 2012 Nursing Awards. The prestigious Charlotte Brody Award is given to a nurse whose story of environmental activism and accomplishment reflects a significant contribution to environmental health. The Hollie Shaner-McRae Nursing Student Essay Contest recognizes the best essay on how nursing students can encourage the “greening of health care.”

Learn more here:

[http://www.noharm.org/us\\_canada/news\\_hcwh/2011/jan/hcwh2012-01-19.php](http://www.noharm.org/us_canada/news_hcwh/2011/jan/hcwh2012-01-19.php)

## 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](mailto:plisko@son.umaryland.edu), 410-706-2107
- Louise Mitchell, PT, Sustainable Foods Program Manager, [lmitch001@son.umaryland.edu](mailto:lmitch001@son.umaryland.edu), 410-706-1924
- Molly Englund, Communications Coordinator, [englund@son.umaryland.edu](mailto:englund@son.umaryland.edu), 410-706-6832
- Priya Saha, Sustainable Foods Coordinator, [saha@son.umaryland.edu](mailto:saha@son.umaryland.edu), 410-706-3077

**CORRECTION:** On page 5 of the January 2012 News Roundup, Union Memorial Hospital is erroneously listed as participating in the Chefs and Cooks Training. It was Union Hospital of Cecil County, whose Chef William Morgan is pictured and participated as a chef instructor for the event.

## MedStar’s ELC, continued from page 2

As a system, MedStar is now tracking the waste of all its hospitals, with the intent to track solid, medical, and recyclable waste as a cost reduction strategy.

Whitney Austin Gray, of the MedStar Institute for Innovation (MI2), presented to the ELC as well. According to [its website](#), “the mission of the MedStar Institute for Innovation is to catalyze and create innovation that advances health.” Whitney is the Director of the Center for Building Sciences at MI2, which in part focuses on the environmental friendliness and sustainability of healthcare operations. Whitney spoke about some of the projects MI2 is working on, such as using Ultraviolet light to kill bacteria, and how to choose flooring applications to reduce costs and environmental impact. The ELC is working on branding, finalizing a new logo through a vote. It also seeks to build a list of all the sustainability projects the MedStar hospitals have developed and implemented. Coordinating system-wide changes can prove to be difficult, but MedStar’s Environmental Leadership Council shows that cooperation and communication between corporate offices and individual facilities are vital steps to success.

## Practice Greenhealth webinars



March 15, 2 pm (Eastern)

### Greening the OR Series: Hospitals and Businesses Move Greening the OR Initiative Forward

March 22, 2 pm (Eastern)

### Greening the Supply Chain: Emerging Issues in Environmental Purchasing of Health Care Products

March 29, 2 pm (Eastern)

### Green Operations Series: Gunderson Lutheran—Food Waste Prevention Case Study

[Click here to Register and Purchase 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://practicegreenhealth.org/membership>