



July 2012

Maryland H2E News Roundup



MedStar Good Samaritan Hospital Trailblazer Event - Starting an Employee/Community Garden

In spring 2011 MedStar Good Samaritan Hospital started planting its vegetable garden; the first harvest was picked later that fall. The employee/community garden won MGSB an MD H2E Trailblazer Award in 2011, and as part of winning hosted the June 19th Trailblazer event, where attendees—curious employees from hospitals and other organizations across Maryland—heard about the process, lessons learned, and future plans for the on-site garden, as well as how they could replicate the program at their facilities!



TJ Senker, VP of Operations at MGSB, takes a question from the audience

The gardening team was on hand to speak and answer questions – TJ Senker, VP of Operations; Chris DeRocco, Food Services Director; Alyson Taylor, Landscape Architect at Hord, Coplan, Macht; Larry Kloze, Master Gardener; Bill Griffith, Reduction in Motion; and many more.

The team was candid about the struggles and successes. TJ Senker started by sharing five key takeaways for starting a hospital garden:

- 1. Have a plan – start small but have a big vision. Break it into bits.**
- 2. Engage leadership early – the process is much easier with support from the top**
- 3. Be patient – it's important to give new projects enough time to get going**
- 4. Leverage experts – no one has to do this on their own!**
- 5. Planting is not the end of the project**

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Hospital OR Team Shares Best Management Practices with Peers

The Operating Room Sustainability Team from the Johns Hopkins Hospital traveled to Anne Arundel Medical Center June 14th to learn about green initiatives, including challenges and solutions.

Charlotte Wallace, Sustainability Coordinator at AAMC, presented to the group and conducted a tour of the ORs. In 2011



[AAMC won an MD H2E Trailblazer Award](#) for its work greening the surgical services suite. Now the hospital and its green champions are sharing their best practices!



The Johns Hopkins Hospital has had a green team for several years, but recently formed a new group specifically focusing on the OR. The JHH team members were interested in hearing

about initial challenges the AAMC team faced and the associated costs, as well as how to motivate staff to recycle, ways to track improvement, and more.

Charlotte indicated the most important aspects of a successful green program: dedicated staff, employing best sustainable practices, a committed leadership, and continued education: "Programs are only as successful as our weakest link," she noted.



The Johns Hopkins Hospital OR Sustainability Team checks out one of AAMC's green ORs

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Adventist HealthCare Becomes Largest Buyer of Green Energy for Healthcare Providers



Republished from adventisthealthcare.com:

Adventist HealthCare, based in Rockville, Md., recently announced that it is the largest purchaser of green energy of any healthcare system in the U.S. Environmental Protection Agency's (EPA) Green Power Partnership, a national program that recognizes organizations that voluntarily use green power from eligible renewable sources. The achievement follows the recent expansion of its already substantial Energy and Sustainability Program. This energy initiative and earlier efforts have resulted in Adventist HealthCare now purchasing nearly 15 percent of its electricity in the form of green energy. At 6.75 million kilowatt-hours (kWh) per year of green energy, Adventist has exceeded all other healthcare providers participating in the EPA's Green Power Partnership. Through this purchase, Adventist is reducing its carbon dioxide emissions by 5,119 metric tons each year, which is equivalent to each of the following:



- Removing 1,004 passenger vehicles from the roads each year
- Reducing total gasoline consumption by 573,892 gallons annually
- Reducing 11,905 barrels of oil from U.S. oil consumption per year

Reducing the electricity production necessary to power 638 average homes each year.

[Click here to continue reading.](#)



And more information from Adventist's partner, AtSite, here:

<http://atsiteinc.com/healthcare-casestudy-ahc/>

NIOSH Updates Healthcare Hazardous Drug List

NIOSH has updated for 2012 the list of drugs commonly found in healthcare considered hazardous and requiring special handling.

[List of Antineoplastic and Other Hazardous Drugs in Healthcare Settings](#) was last updated in 2010 and identifies drugs that could pose an occupational threat through various routes of exposure to workers, including doctors, nurses, pharmacists, and housekeeping staff.

Since posting the 2010 list, NIOSH has reviewed "approximately 70 new drugs that received FDA approval and approximately 180 drugs that received new special warnings (usually black box warnings)," according to the agency. The review found 26 of the drugs having one or more characteristics of a hazardous drug and were added to the [list](#).

For more: [OSHA Healthcare Advisor](#)

Johns Hopkins Hospital's Green Team on Facebook!

Johns Hopkins Hospital's Green team has a Facebook page! What a smart way to highlight all your green initiatives in one place, for the world to see! The green team, which joined the social networking site in October 2011, has lots of great photos on view, reminders to come to the hospital's farmers' market, green tips and opportunities for staff and the greater community! Check it out here:

<https://www.facebook.com/JHHGreenTeam>



Kaiser Permanente Connects Healthcare to Climate Change



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[In an article in the Harvard Business Review](#), Kaiser Permanente's Environmental Stewardship Officer Kathy Gerwig laid out some of the health effects that hospitals can expect from increased climate change, excerpted below:

As Gerwig put it, "there's credible evidence of significant climate change that will impact our ability to provide quality health care."

She laid out four broad categories of the health effects:

1. **Severe weather:** Hurricanes, wildfires, floods, and heat waves all injure and kill people. Hospitals — and all businesses for that matter — need to prepare for these extremes.
2. **Respiratory diseases:** Air quality in general deeply affects health. This is, as Gerwig says, mainly about the short-term consequences of not dealing with burning fossil fuels and the changing climate.
3. **Infectious diseases:** As the planet warms, bugs like mosquitos can survive and thrive further north, spreading diseases to new areas. [According to the UN](#), previously untouched areas like the southern U.S. and Mexico will face malaria, yellow fever, and dengue by 2050.
4. **The "what we don't know" bucket:** While the science is clear that climate change is a serious problem, we still don't know a lot about how it will play out (this is not the same as saying the science is so uncertain that we shouldn't do something). "What we know so far about the repercussions of climate change isn't good," Gerwig says, "such as water shortages and increased wars over resources, and all the health issues that go along with those."

Read the rest here:

<http://blogs.hbr.org/winston/2012/06/why-kaiser-permanente-integrat.html>

Green Cleaning Leads to Longer-Lasting Flooring

<http://www.facilitycare.com/Ezine/FCFullStory.aspx?EzineDataID=1057>



Facilities looking to increase their sustainability scores can look to floor maintenance. By timing cleaning routines and using the correct amount of cleaner, healthcare facility managers can reduce the environmental footprint and save costs, according to an article by Jennifer DuBose, research associate at the College of Architecture at the Georgia Institute of Technology, in the March/April 2011 issue of *FacilityCare*.

Green cleaning solutions include the following:

- **Use the correct amount of detergent.** This reduces the amount of money spent on cleaners and limits the amount of caustic substances that enter the waste stream.
- **Consider water-only cleaning.** Areas such as upper floors where there is little traffic may be suitable for water-only cleaning. To ensure proper floor maintenance, floors must be cleaned frequently. Automatic floor scrubbers will do a better job of cleaning with water than a mop-and-bucket routine.
- **Evaluate areas for low-detergent applications.** Porous flooring, such as grouted tile, terrazzo, vinyl composition tile, concrete and rubberized track surface must be cleaned with a surfactant to clean within the cracks and crevices. For flooring that is cleaned regularly, a full-strength solution may not be necessary. The normal ratio is 128 parts water to 1 part solution, but a ratio of 400 parts water to 1 part solution may be appropriate for regularly cleaned floors.



Sustainable Foods

Take the 2012 Buy Local Challenge
July 21 - 29, 2012



This year, Health Care Without Harm has adopted Maryland Hospitals for a Healthy Environment's (MD H2E's) campaign to promote the Buy Local Challenge to hospitals and individual health care providers. The Buy Local Challenge is now a national campaign to further engage the health care sector around the country in jump-starting or expanding and tracking their local food purchases— a good first step in developing a local, sustainable food service which protects human health and the environment while supporting local farmers and the local economy.

Two Ways to Take the Buy Local Challenge:

1. Hospitals and other health care facilities can pledge to serve at least one local food* each day during Buy Local Week from July 21 – 29, 2012
2. Health care employees, patients and community members can pledge to eat at least one local food each day during Buy Local Week from July 21 – 29, 2012. Hospitals can encourage individual sign-ons.

New this year: Executive Buy Local Challenge - Hospitals in MD, DC and N. VA whose entire executive leadership takes the pledge to eat at least 1 local food each day during Buy Local Week will be recognized to the media and in several newsletters and online forums. Download the marketing tool entitled [Sign Up Sheet - for Executive Leaders](#) to gather sign-ons from the executive leaders at your hospital and host an [Executive Celebrity Cook-Off](#) for a fun way to further engage employees and the community in eating local.

[Sign up today!](#)

Go a little further this year - try out local sustainable meat or poultry; track and send in the total dollar amount of your hospital's local food purchases for Buy Local Week; and more.

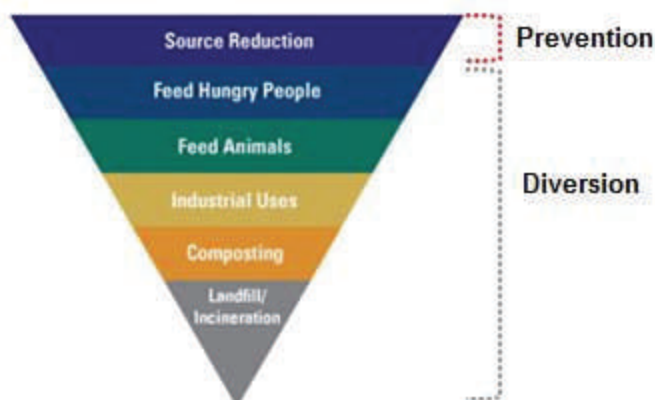
*Find marketing tools, resources, opportunities for recognition, and the definition of local food and Maryland local food law at: <http://mdh2e.org/sustainable-foods/buy-local-challenge-2012/>.

Fighting Food Waste, Part 1: Prevention Prevails

From [Food Waste Prevention](#), a monthly e-newsletter for foodservice professionals

Audrey Copeland, Manager, LeanPath

Food waste has become a topic of increasing importance. How do we prevent, divert and manage wasted food? These are all good questions given that in the U.S. we waste 40% of our food resources. Solutions to this issue range from biodigesters and composting, to prevention and awareness. With such a range of options, how do you prioritize action?



The Environmental Protection Agency has developed a Food Waste Management hierarchy to help us focus our actions. The very first tier in the pyramid is source reduction (aka, prevention). Closer to the bottom we find composting and other diversion strategies. This prioritization may seem surprising. Why does composting fall near the bottom?

The answer lies in thinking of food waste in the context of a system. **Prevention is the most powerful step because we target both the upstream and downstream impacts associated with food waste.**

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MedStar Good Samaritan Hospital Trailblazer Event, *Continued from page 1*



Attendees scope out the garden

A collaboration of individuals and organizations made the garden project a success. Larry Kloze, Master Gardener and volunteer had several locations in mind for the garden site, but they didn't mesh with the hospital's future land plans. The location the hospital ultimately chose had a steep hill, so Alyson Taylor, landscape architect at Hord, Coplan, Macht suggested and designed a retaining wall, which added about 1/3 of usable space.

The garden team at MSGSH believes it to be extremely important to identify what the hospital is going to do with the produce *prior* to planting. At Good Sam, the original intent was to use the food in the cafeteria, but it wasn't possible at the time. Currently, the produce from the gardens is going to Our Daily Bread and to employees who are working in the garden. The hospital plans eventually to incorporate some of the produce and herbs into the cafeteria menu.

MGSH envisions that the garden produce will complement purchases from local sustainable farms, not replace them. As Chris DeRocco noted, "The garden won't change our purchasing, but it changes people." The staff has been very enthusiastic as the garden has provided great educational opportunities. People are always walking by and asking what the different plants are. The current team intends to recruit 18-20 people to make up a solid gardening team. The hospital makes sure that none of the staff work in the garden for more than an hour, so it never feels like a burden to volunteer.

"It's not just about growing vegetables," DeRocco went on to say. "It's creating good will, it's getting people outside...it's meaningful in a different way to everyone."



The garden team has also begun to involve rehab patients – an email blast is sent out with a list of what is needed for the week (weeding, putting up signs, etc), and the therapists can respond with which task they'll take on with their patients.



There are so many benefits to the vegetable garden – employee wellness, community goodwill, rehabilitation opportunities, chances to educate, and much more. MSGSH is also going to claim the garden on its community benefit report to the IRS.

Another takeaway: it's really important to have someone passionate on the team. Search your staff – there is someone! It's also much more difficult without executive buy-in. Bill Griffith, President of Reduction in Motion, which assisted with the project as well, said, "It will fall apart if you don't keep trying. The nucleus of this team – TJ, Larry, Alyson, Chris, and everyone else – was vital to the success."

RESOURCES

- [Planting Dates for Vegetable Crops in Maryland](#)
- [Grow It Eat it—How to Start a Vegetable Garden](#)
- [MD H2E Gardens Guide for Healthcare Facilities](#)
- [Processing and Selling Value-Added Food Products in MD](#)
- [Recommended Vegetable Cultivars](#)
- [Salad Tables and Boxes](#)



MSGH Executive Chef Chris Issenock prepared delicious treats, including a pico de gallo, cabbage salad, and cold cauliflower soup.

Health Care Sustainability Leadership Council Update

The MD HCSLC held its quarterly meeting on June 28th at the Maryland Hospital Association. The Council conducted business prior to the educational portion of the meeting. Each subcommittee gave an update:

1. Knowledge Base: Presented the best practices chart which is complete and ready to disseminate to the hospitals.
2. Education: Educational elements will be incorporated into the HCSLC quarterly meetings. The September meeting will focus on Sustainable Life Cycle Purchasing.
3. Advocacy: Presented on healthcare's role this legislative session and advised on what to expect from session next year.
4. Membership: Presented the finalized HCSLC logo and cover letter.

Laura Armstrong and Hillary Miller of the Maryland Department of the Environment gave presentations that provided many valuable resources. [MDE has tools on its website](#) to translate your initiatives into their environmental impact. The next meeting is September 25th. Email [Colleen Cusick](#), Chair of HCSLC, to participate.

MD H2E is Here For You!

Need a charge for your environmental programming?

Want to start a new sustainability initiative, but unsure where to begin?

Ask MD H2E to visit your facility!

MD H2E can assist in any number of ways:

- Lunch and Learn
- Nursing and/or Physician Grand Rounds
 - Green Team Meetings
 - Executive Leadership Meetings

On topics like...

Sustainable food, greening the OR, RMW reduction, or anything else related to sustainability!

Contact us for ideas, assistance, and support!

Joan Plisko, Technical Director, 410-706-2107

Plisko@son.umaryland.edu

Johns Hopkins Hospital's OR Sustainability Team Visits Anne Arundel Medical Center, Continued from page 1



LED Lights conserve 90% more energy than standard ones

It's also important to tailor the marketing of your program – sell it to nurses by stressing the negative health aspects that are a result of many standard hospital practices, but convince leadership that it's a smart business move that can save money, foster goodwill in the community, and give the hospital regional and national recognition.

As Charlotte went through the various initiatives AAMC has in place, the Hopkins team realized they had already accomplished many of them, including recycling, reprocessing medical devices, using reusable sharps containers and reusable surgical kits, to name a few. The JHH team also picked up lots of great new ideas – such as incorporating waste stream reports into staff meetings, creating a waste disposal chart for employees on what goes where, doing education in orientation for new nurses, and to get a green team member on

the value analysis committee, which reviews products. Charlotte also does a traveling coffee cart – staff gets coffee and cookies and listens to the green team's sustainability spiel about OR initiatives.



Does your hospital have some new green initiatives in mind but not sure where to start? Just ask, and MD H2E will get you in touch with a hospital who has done it!

AAMC has made separating and reducing its regulated medical waste a priority in the ORs



Hopkins green team member Kristian Henderson looks around

Maryland Hospitals Sign on to Healthier Hospitals Initiative



Maryland hospitals once again prove ready and willing to lead the way of sustainability in health care! The [Healthier Hospitals Initiative](#) (HHI) is a national campaign to implement a new approach to improving environmental health and sustainability in the health care sector. The Healthier Hospitals Initiative, started by [Practice Greenhealth](#), [Health Care Without Harm](#) and [The Center for Health Design](#), along with eleven major hospital

systems, provides free "How-To" guides and technical assistance for hospitals to engage in sustainability in six areas of hospital operations (from the HHI website):

<p>Engage Leadership</p> <p>Health care organizations cannot achieve lasting environmental sustainability without the commitment and support of senior leadership, including administrators, clinician leaders and the board of trustees.</p>	<p>Healthier Food</p> <p>Current methods of food production, processing, packaging and distribution in the U.S. have negatively impacted human health and the environment. Health care providers have the power to counter these trends.</p>	<p>Leaner Energy</p> <p>It's well-documented that health care facilities consume huge amounts of energy and are a leading source of greenhouse gas emissions. This fossil-fuel based energy consumption negatively impacts patients and the environment.</p>
<p>Less Waste</p> <p>Hospitals and health systems produce an astonishing 11.7 thousand tons of waste each day. That must change.</p>	<p>Safer Chemicals</p> <p>Every day, patients and workers are exposed to a wide array of chemicals in hospitals and health care facilities. More chemicals are used in health care than in any other sector.</p>	<p>Smarter Purchasing</p> <p>With 17 percent of the marketplace, health care wields major purchasing power. This buying clout puts hospitals and health systems in an excellent position to demand safer, healthier, more environmentally-friendly products from vendors.</p>

MD hospitals signed on to HHI:

MD health systems sponsoring HHI:



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JOHNS HOPKINS
MEDICINE
THE JOHNS HOPKINS
HOSPITAL



BON SECOURS HEALTH SYSTEM



MedStar Health

Want more information?

Contact Seema Wadhwa, Director, HHI, at Seema.wadhwa@inova.org; (703) 776-2723;

or Janet Brown, HHI Content and Outreach Director, Practice Greenhealth, at jbrown@practicegreenhealth.org; (866) 598-2110

Fighting Food Waste, Part 1: Prevention Prevails, *Continued from page 4*

Composting only targets the downstream impact. The reality is that we need an integrated food waste management plan; one that focuses on prevention first and then works through the various diversion strategies.

Food waste management in the context of a complex foodservice operation is no easy task. Many diversion strategies are challenging or inaccessible. Composting depends on existing local infrastructure (facilities for processing). Prevention, on the other hand, is accessible regardless of geographic location or other constraints.

As foodservice operators, prevention is an area where you can do your part to lower the staggering 40% statistic. As the saying goes, energy is better spent focusing on what is within your grasp. You can play a meaningful role in combating the global food waste epidemic.

To learn more about how you can get on the path to food waste prevention, check out LeanPath's [free resources for food waste management](#).

CALL FOR EXHIBITORS!



Apply to be an exhibitor now at MD H2E's **5th** annual *Environmental Excellence in Health Care* conference, held at the University of Maryland School of Nursing November 14th, 2012!

More than 300 regional and national health care professionals, environmental industry experts, and educators are expected to assemble at this conference with the common purpose of creating a healthier and more sustainable environment for hospital staff, patients, and communities.

This year's exhibitor event will offer a concentrated time for organizations' displays with no competing education sessions.

[Download Sponsor and Exhibitor Prospectus →](#)

[Download Exhibitor Application →](#)

The deadline to submit is September 10th, 2012.

For questions, contact Joan Plisko at

plisko@son.umaryland.edu

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, 410-706-2107
- Louise Mitchell, PT, Sustainable Foods Program Manager, lmitch001@son.umaryland.edu, 410-706-1924
- Molly Englund, Communications Coordinator, englund@son.umaryland.edu, 410-706-6832
- Priya Saha, Nursing Outreach Coordinator, saha@son.umaryland.edu, 410-706-3077



Practice Greenhealth Webinars



July 25, 2 pm (Eastern)

**Greening the OR:
Bringing Sustainability to Outpatient Care Settings**

July 26, 2 pm (Eastern)

**Green Operations Series:
The Future of Waste and Linen Removal in Hospitals: The Dawn of the New Pneumatic Age**

Access to Practice Greenhealth webinars is a fee-based service, and is one of many member benefits.

[Click here to Register and Purchase Webinars.](#)

You can learn more about the fees and benefits of membership by going to our website.

<http://practicegreenhealth.org/membership>