



October 2012

Maryland H2E News Roundup



November 14, 2012

University of Maryland, School of Nursing

Environmental Excellence in Health Care is a leading annual conference hosted by Maryland Hospitals for a Healthy Environment and the University of Maryland School of Nursing.

Check out the schedule and register online today: <http://nursing.umaryland.edu/events/environmental/schedule.php>



At this, our fifth conference, regional and national health care professionals, environmental industry experts, and educators will come together for learning and networking opportunities designed to showcase innovative and collaborative successes and best practices. Highlights of this year's conference include:

Opening panel discussion, "**Collaborative Leadership - It Takes a Team**," featuring senior management personnel from Anne Arundel Medical Center and the University of Maryland Medical Center

Innovative and timely breakout sessions on topics including:

- Creating Plans and Roadmaps
- Engaging Staff and Community
- Leading for Healthy Change
- Providing Healthy Foods and Community Benefits
- Reducing Toxic Exposures
- Preparing for Climate Change

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Questions or comments, please contact:
Joan Plisko, Technical Director, 410-706-2107, plisko@son.umaryland.edu

www.mdh2e.org



November 14, 2012
University of Maryland School of Nursing

Exhibit opportunity!

In addition to timely and relevant educational content, ***Environmental Excellence in Health Care: Innovations and Collaborations*** offers an intimate exhibit hall atmosphere that encourages personal connections with our vendor partners.

The 2012 exhibit hall features companies and non-profit organizations modeling sustainability and providing products and services to help hospitals develop and implement sustainable solutions. Exhibitor programs include dashboard tracking of energy, water, and waste; equipment donation; recycling; solid and hazardous waste management; and minimizing the use of toxic chemicals.

[Alliance of Nurses for Healthy Environments](#) • [At-Site, Inc.](#) • [Bike Maryland](#)
[Diesel Clean-Up Campaign](#) • [Encompass](#)
[Environmental Management Services, Inc.](#) • [Global Links](#)
[Home Paramount Pest Services](#) • [Infiniti-Blue](#) • [Key Green Solutions](#)
[Maryland Hospitals for Healthy Environment](#)
[Maryland Pesticide Network and Beyond Pesticides](#)
[Medline Industries](#) • [Practice Greenhealth](#) • [Reduction In Motion](#)
[Resource Recycling Systems](#) • [Sustainable Foods Table](#)
[Triumvirate Environmental](#) • [Western Pest Services](#)

A limited number of exhibit spaces are still available! Reach a targeted group of more than 200 regional and national health care professionals, environmental industry experts, and educators at this powerful one-day event.

For exhibit pricing and the application form, visit

<http://nursing.umaryland.edu/events/environmental/sponsors-and-exhibitors.php>



Engaging Employees and Creative Reuse – What to do when your name changes



MedStar Health went through a rebranding this year, which included adding “MedStar” to each of its hospital’s names. At MedStar Union Memorial Hospital, green team members and other associates had a tough question—what to do with the “old” branded items?

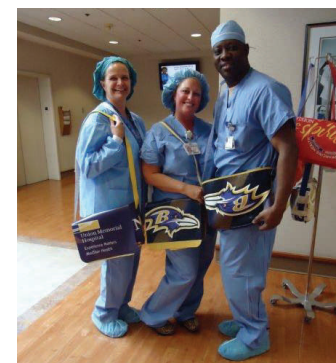
The team found great ways to reuse the materials. Letterheads branded with “Union Memorial Hospital” were turned into notepads and distributed to over 30 departments. Reusable cloth bags and folding chairs with the old branding are being sold at a discounted price. And funds raised from the sale will go to patient care projects!

As part of MedStar Union Memorial’s hospital week, the green team also hosted a “Revinylize Event.” The event was a fun and creative way to reuse hospital banners and increase awareness of the hospital’s green team activities. The event was led by Senior Graphic Designer and green team members, Stacey Fatica.

Forty-three signs and banners—over 18,080 square feet!—were donated by various departments at MedStar Union Memorial, MedStar Franklin Square Medical Center, and Clear Channel. Over 133 employees created messenger bags with nothing by scissors, markets, and a design template from AIGA,

the professional association for design, obtained by Stacey Fatica. Each participant chose their vinyl and made a bag to take home. A few sample bags were made to display and a few others were donated to the MUMH Emergency Department, which raffled them off as part of the annual ED appreciation week.

It’s amazing what innovative projects can be accomplished when employees are engaged to promote a sustainable culture change!



Green Technology Fights Hospital-Linked Infections

An article in the October 2012 [Abell Report](#) newsletter, put out by the [Abell Foundation](#), found that ultraviolet germicidal irradiation (UVGI) could be a useful tool in killing pathogens that kill patients. Health-care-acquired infections affect at least 5 percent of U.S. patients, but can be as much as doubled in Intensive Care Units. These infections are common in the hospital but also avoidable.

Most hospitals attack the problem with harsh chemical disinfectants, which can cause harm to employees, patients, and the environment. But UVGI is affordable and comes with a much lower risk of harm, destroying viruses, bacteria, and fungi. If UVGI systems are put in place in airhandling systems, such as HVACs and refrigeration units, UVGIs can kill pathogens with minimal radiation exposure.

However, the usefulness of the method has not yet reached a national consensus. “Intensified efforts to achieve some national standards for component design, testing, and training within the industry, assisted by ASHRAE and other professional societies and organizations” are needed. Yet most are convinced of its effectiveness at least in concert with other disinfecting methods. The U.S. General Services Administration has required that it be included in all new government facility air-handling units. And units have been put in place in some sections of Maryland hospitals, such as Mercy, Maryland General, Sinai, St. Joseph’s, and a few state facilities, all of which continue to use other disinfectants, for now.

As the article says, “What hospital administrator isn’t eager for cost-effective ways to safely reduce the use of liquid disinfectants, germicidal sprays, and mechanical filters that create their own environmental problems and require platoons of housekeepers?” [Click here for the full report.](#)

Healthy Buildings/Healthy Hospitals: The Human + Financial Return on Investment

The large room of the Sky Lobby on East Pratt Street in Baltimore was packed September 13th with healthcare professionals, facilities managers, architects and more. The event, put on by the USGBC Maryland chapter, was called Healthy Buildings/Healthy Hospitals: The Human + Financial Return on Investment.

On the first panel was Anthony Kelly, Project Director at Regional Medical Center, part of Shore Health System in eastern Maryland. He was joined by Carolyn Core, Anne Arundel Health System, David Stokes, Holy Cross Hospital, and Leonard Taylor, University of Maryland Medical System. Each of the health systems had recently built or is planning to build new green buildings. Anne Arundel Medical Center and University of Maryland Medical Center are all planning to have their new additions certified as LEED gold or silver, although the process is still pending. Holy Cross Germantown Hospital is a new hospital being built on the campus of Montgomery College, and expects at least a LEED silver certification. And Shore Health's Regional Medical Center is planning on LEED silver for its new campus (more in article below).

The second panel featured Seema Wadhwa, Healthier Hospitals Initiative; Joan Plisko, MD H2E; Rebecca Ruggles, Maryland Environmental Health Network; and Melissa Gallagher-Rogers, USGBC. Ms. Wadhwa spoke about HHI's efforts to improve environmental health and sustainability in hospitals across the country, and Ms. Gallagher-Rogers discussed LEED for healthcare projects across the country. Dr. Plisko and Ms. Ruggles brought the ideas home for the audience by talking about the advances in sustainable operations across Maryland hospitals and the impact of environmental issues on health in Baltimore, respectively. [Learn more about the event and find the presentations here!](#)

Shore Health Heals with Green Design

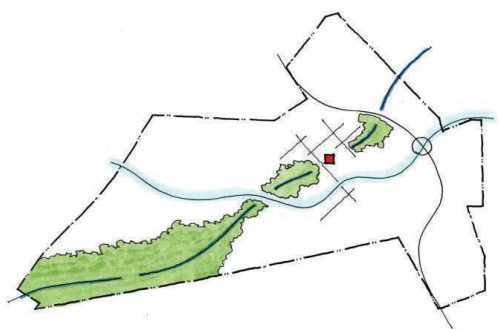


Shore Health's Regional Medical Center is starting fresh on a new site, with plans to break ground in 2013. According to Anthony Kelly, AIA, PE, LEED AP, "The current hospital is in the wonderful town of Easton on the Eastern Shore, which is 300 years old, and the counterpoint of Talbot County." As the hospital grew over time, it needed a bigger location, and found one on a site nestled by water and green space.

Mr. Kelly has worked on projects at Johns Hopkins, Children's Hospital of Philadelphia, North Shore Long Island Jewish Health System, the Virtua Health System and the Geisinger Medical Center. The new medical center plans on achieving LEED silver certification through a variety of innovative sustainable elements.

The Medical Center will include elements of nature and water, making it fit organically into the surroundings. This includes lots of natural light, curved edges, and native plants (which help reduce water usage as well, as irrigation will be unnecessary). To reduce the heat island effect, cool roof materials will be chosen for the building.

Shore Health also plans on using building materials and finishes that have recycled content and/or were produced locally. Interior design will also be considered, as materials with low volatile organic compounds, or VOCs, will be used for paints, coatings, sealants, and more. Outside pollutants will be reduced by the incorporation of walk-off mats in all entrances, use of filtration media, and proper design for any rooms with hazardous chemicals or gases.



The new site

*It's all about the patient.
It's all about their healing.*

Energy conservation was also considered. High efficiency LED and fluorescent lights will be used inside and outside, with occupancy sensors and daylight sensors put where needed. All appliances will be Energy Star rated, and high efficiency boilers, chillers, and water heaters will be put in place.

Continued on page 6

Hospitals Big Energy Consumers—But Making Changes

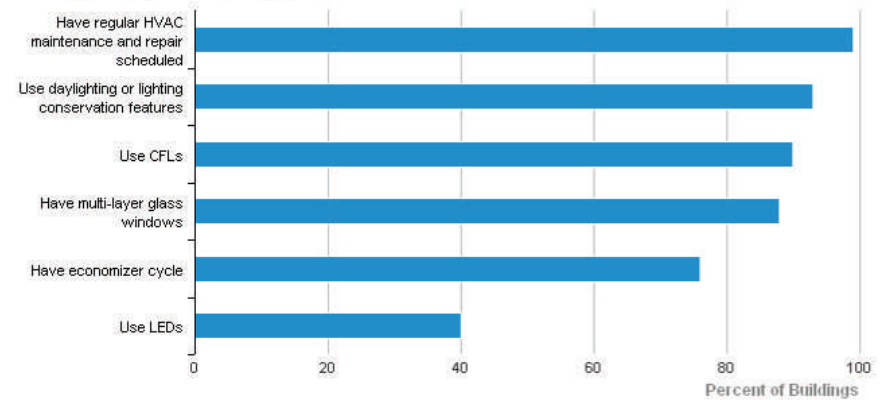
According to a study put out by the U.S. Energy Information Administration, in 2003 large hospitals (over 200,000 square feet) consumed 4.3 percent of the energy consumed by the commercial sector. Large hospital buildings make up less than 1 percent of commercial buildings, which means they use a lot more energy than other businesses.

But hospitals are working to change that!

The study says, "About 93 percent of them used one or more daylighting or lighting conservation features including tinted window glass (80 percent), reflective window glass (39 percent), external overhangs or awnings (47 percent), skylights or atriums designed to provide light (57 percent), automatic controls or sensors that increase or reduce lighting in response to the level of natural light (14 percent), and occupancy sensors that reduce lighting when rooms are unoccupied (46 percent). About 90 percent of them used compact fluorescent bulbs (CFLs), and 40 percent of them used light-emitting diode lights (LEDs) to light 11 percent and 2 percent of the total lit building floorspace in all large hospitals, respectively."

To learn more (and for more interesting graphs and statistics!) [click here](#).

Figure 2. Energy Management and Conservation Features and Behaviors in Large Hospital Buildings, 2007



Source: U.S. Energy Information Administration, Commercial Building Energy Consumption Survey, 2007

Healthcare Energy Savings: Do You Have the Buy-In to Achieve It?

David N. Schurk, DES, LEED AP—There are many documented procedures that will reduce energy consumption and cut utility costs—facilitating them is the fun part, when sleeves are rolled up and hands are dirtied, installing, balancing, calibrating, and programming high-tech equipment purchased by a facility to make dreams of energy savings a reality.

However, getting to this point is contingent upon first achieving buy-in from decision-makers who must finance the efficiency program. Sometimes—perhaps more often than not—that buy-in isn't achieved, and the program never takes shape.

According to [The Association of Energy Engineers' Economic Analysis Handbook](#), when it comes to securing a financial commitment from key decision-makers, the first step is to provide a complete and detailed economic analysis. This involves formulating, estimating, and evaluating the economic outcomes of the various procedures available to accomplish a specific end or goal.

The decision to select one (or more) of these choices will be made based on data, analysis, and comparison of the costs and benefits of each choice. Decision-makers need an economic analysis when deciding if a project is cost-effective, and whether it will subsequently be implemented. One of the first steps to take when creating this analysis is establishing a building's energy usage.

An Energy Usage Index (EUI) is defined as the total amount of energy used by a building (electricity and natural gas) per square foot of floor area (annually), and it is used to establish a facility's baseline energy use. Knowing how much energy is used is critical to determining possible savings—simply identify all the energy used in a facility and add up the Btu.

Next, find the total square footage of conditioned space and divide the total Btu used per year by the square feet of space. A building's EUI value can be used in a similar manner as miles per gallon is used to describe the efficiency of an automobile. It allows you to compare your facility's total yearly energy use to industry standards or your peers. It can be a great first step in determining if your facility is on—or off—the energy mark when compared to others. [Continue here](#)

Wellness and Sustainability: New Best Friends

HEALTHCARE DESIGN

Janet Brown, E D A C –

Sustainability programming isn't the only healthcare initiative that gets its foot in the door with the promise of cost savings. It turns out that wellness and sustainability programming have a lot in common. Yes, the route of entry is the same, but so are some of the outcomes. Engaged staff, employee satisfaction, and doing the right thing lead to a culture of excellence. For the design team, recognizing leadership's commitment to employee wellness, engagement, and healthy environments can ignite design features that promote healthy environments for all.

Healthcare spending is 10% more for healthcare workers than for the general population, according to "Sicker and Costlier: Healthcare Utilization of U.S. Hospital Employees," a 2011 study released by [Thomson Reuters Healthcare](#).

Nurses are known for taking care of others, but they aren't as known for taking care of themselves. Often, the reality is that unhealthy lifestyles persist in environments meant for healing. Some of the biggest health issues for healthcare workers include stress, lack of exercise, weight management, and diets lacking in fruits and vegetables. [Tenet Healthcare Corp.](#) is an investor-owned healthcare system with 57,000 employees in 50 hospitals and 100 outpatient centers across the country. For Tenet and other health systems, the value of prevention is clear.

Preventing illness directly impacts insurance expenditures and saves money. For example, Thomson Reuters researchers found that a healthcare system with 16,000 employees can save \$1.5 million per year in medical and pharmacy costs for every 1% reduction in health risk, by addressing weight, diet, and exercise, and preventing diabetes and other chronic diseases.

Tenet launched its Healthy at Tenet program in 2006, after three years of providing an outsourced initiative. Tenet felt it had outgrown the contracted offerings, so the company hired Thora Khademazad as manager, health enhancement, to continue the program and take it to a new level.

Tenet connected its wellness program with its health benefits plan, helping staff make the connection between being healthy and taking advantage of healthcare benefits provided as part of their employment package.

"At some point, we need to understand that to truly reduce healthcare costs we need to promote healthy lifestyles to prevent illness—not just focus on changing benefits plan design. A healthy environment is an essential component when pursuing a healthy lifestyle," Khademazad says.

Tenet's wellness program strives to engage workers by making it easy to participate and offering a bit of competition and incentive. Through the Healthy at Tenet program, staff receive credits for fulfilling wellness activities and can earn up to \$600 individually or \$1,200 per family, per year. In order to receive credits, staffers are required to undergo a baseline health assessment followed by an annual physical exam. [Click here to read the rest of this fascinating article!](#)

Shore Health Heals with Green Design, Continued from page 4

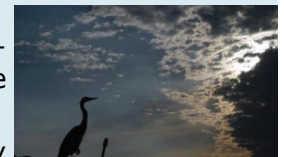
Once the move into the new building has been made, the Medical Center plans on incorporating green cleaning, sustainable purchases, and recycling programs into the operations.

The project team plans to remain in budget while employing the latest technology and maintaining the best energy efficiency possible.

But why do it, why build green? Says Mr. Kelly, "It was really important for Shore Health. We come at a from a principle of designing a healthy environment. We have a mantra: 'It's all about the patient. It's all about their healing.'"

When Shore Health linked up with the University of Maryland Medical System, that also helped drive it. "We knew we would be able to achieve LEED silver certification."

The building will be complete in July 2015, and will open doors January 1st, 2016.



Sustainable Food Page

Rethink Your Drink: Creating Healthier Beverage Environments in Health Care Systems, Archived video available and new toolkit

At the upcoming [Environmental Excellence in Health Care conference](#) November 14, UMMC's Denise Choiniere and MedStar Physician Partners' Pam Mercer will present on "Rethink Your Drink: Encouraging Healthier Beverage Choices." Many health care institutions across the country have been phasing out or eliminating sugar sweetened beverages (SSBs) from cafeterias and vending areas. UMMC chose to not eliminate SSBs, but to educate employees, patients, and visitors about the health impacts of consuming SSBs. This session will review the stakeholders and steps taken to implement the Rethink Your Drink campaign.



Rethink your Drink is becoming a popular initiative nationwide. Learn more and prepare for the conference's exciting and informative presentation by checking out the video and toolkit below:

Archived video of Web Conference, Tuesday, September 11, 2012. *Note: you need to register to watch the webinar.* To access, go to website: <http://www.iphionline.org/>

Rethink Your Drink Healthy Beverage Toolkit for Healthcare, Advance copy: http://iphionline.org/vertical/sites/%7B00CFF503-04BE-4895-B1A4-FF765B2CE512%7D/uploads/Healthy_Beverage_Toolkit.Advance_Copy.pdf

Webinar: Balanced Menus - Meat Reduction and Sustainable Meat Procurement for Health Care

A webinar from Health Care Without Harm and the Healthier Hospitals Initiative

Thursday, November 8, 2012
3:00 - 4:00pm eastern

[Register for this free webinar](#)

You will be required to create a free user account at ProLibraries. If you need technical assistance, contact ProLibraries at 1-800-679-3646.

Topic

Hospitals and healthcare systems across the country are reducing their meat procurement to align with national dietary recommendations, reduce costs and purchase sustainably-raised meats, and decrease their carbon footprint.

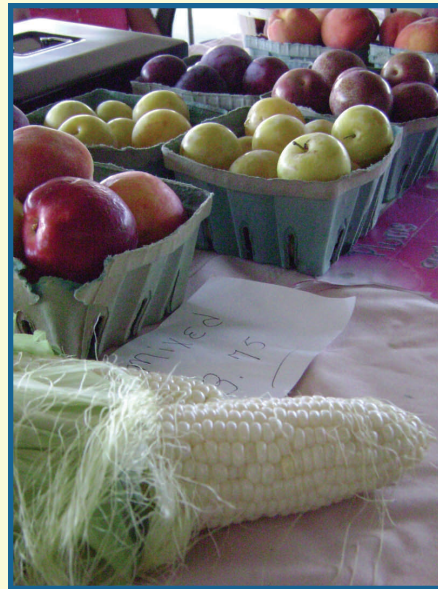
Health Care Without Harm's (HCWH) Balanced Menus Challenge sets a goal of 20% meat reduction over 1-3 years, and provides recipes and tracking tools specific to the healthcare audience.

This webinar will address the public health implications of excessive meat consumption, explore the financial benefits of reducing meat on hospital menus, and provide real world examples of how hospitals are meeting or exceeding the goals of the Balanced Menus Challenge. Participants will learn about resources offered by HCWH to implement their meat reduction efforts, and the tracking tools available through the Healthier Hospitals Initiative (HHI). This webinar will also present the findings of the first national survey of hospitals who have taken the Balanced Menus Challenge.

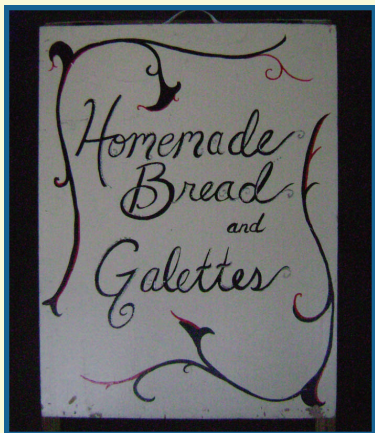
Michael Greger, MD, Director of Public Health and Animal Agriculture of the Humane Society, will speak on the public health and ecological benefits of reducing our national meat consumption. Holly Emmons, MPA, RD, LD, Food Service Manager at Union Hospital of Cecil County, will explain how Union Hospital exceeded the goals of the Balanced Menus Challenge, while increasing local and sustainable meat purchasing. Kathy Pryor, Washington State Healthy Food in Health Care Program Manager and national co-leader of the Balanced Menus Challenge for HCWH, will moderate.



From Carroll Hospital Center's Farmers' Market— Every Thursday from 1:30—5:30 pm!



How is your hospital's farmers' market going this year?
Send us pictures!



New Healthy Food in Health Care Newsletter



The Newsletter from the HCWH Healthy Food in Health Care Program

Health Care Without Harm's Healthy Food in Health Care is kicking off Fall 2012 by launching its first newsletter for healthcare facilities and contractors. To be released quarterly, the Healthy Food in Health Care newsletter will feature the latest information about sustainability initiatives, relevant policy updates, case studies from hospitals, and details about resources. This newsletter will be a useful tool for healthcare institutions and supporters who are interested in healthy and sustainable foods and agriculture.

For more information about Healthy Food in Health Care, and to sign up to receive the newsletter, please visit the website: <http://www.healthyfoodinhealthcare.org/>

Baby formula restrictions to take effect in 2014

Maryland seeks input on bisphenol-A ban

DANIEL LEADERMAN—State health officials are asking for the public's help in determining the potential risks of a ban on infant formula that contains a potentially hazardous chemical.

The General Assembly in 2011 broadened a ban on bisphenol-A, or BPA, a compound found in many plastics. Laboratory research has raised concerns that the compound, which can transfer from plastic containers, could lead to reproductive birth defects in humans.

The expanded ban, which takes effect in 2014, forbids the state from purchasing infant formula that contains more than 0.5 parts per billion of BPA and bans the manufacturing or distribution of such a product.

But the state Department of Health and Mental Hygiene is soliciting public comment from manufacturers and the public to determine whether that standard is feasible, said Dr. Clifford Mitchell, director of the department's Environmental Health Bureau.

[Click here to continue reading.](#)

[And click here for the DHMH press release with specific questions for the public.](#)

Written comments should be submitted by Friday, October 12 at 5:00 PM. Comments may be submitted by mail to Michele Phinney, Director, Office of Regulation and Policy Coordination, Department of Health and Mental Hygiene, 201 W. Preston St., Room 512, Baltimore, MD 21201, or by email to dhmh.regs@maryland.gov, or by fax to 410-767-6483.

Who 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, lmitch001@son.umaryland.edu, 410-706-1924
- Molly Englund, Communications Coordinator, englund@son.umaryland.edu, 410-706-6832



Getting to Zero: Sustainability and Carbon Neutral Building

October 23, 6pm – 8pm

Case[werks], 1501 St. Paul Street, Suite 116, Station North Arts District, 21202 ([map](#))

Part of 2012 Baltimore Architecture Month.

Cost: FREE. 1.5 AIA/CES credits.

One of the most elusive goals in the sustainability movement is carbon-neutrality: the effort to design and construct buildings, neighborhoods and cities that do not produce additional net carbon emissions in creation or operation. The challenges in achieving carbon-neutrality are multi-faceted, and these panelists, as accomplished architects, student leaders, policymakers, builders and activists, will bring diverse perspectives to the discussion. AIABaltimore Committee on the Environment.

<http://www.aiabalt.com/displaycommon.cfm?an=1&subarticlenbr=128>



Practice Greenhealth Webinars



October 16, 2 pm (Eastern)

**Healthier Hospitals Initiative:
Smarter Purchasing**

October 18, 2 pm (Eastern)

**Greening the OR:
Clinical Engagement and Emerging
Best Practices in the OR**

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>