



Maryland H2E News Roundup



December 2012

Environmental Excellence in Health Care Innovations and Collaborations

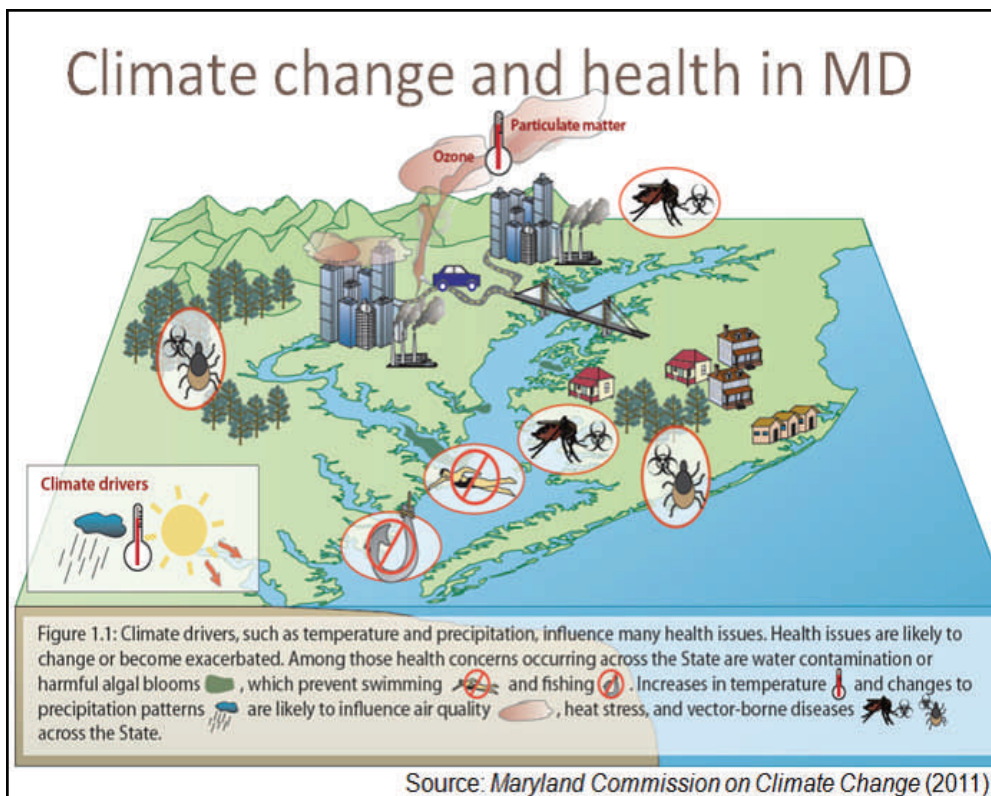
Five Year Conference Anniversary!

November 14th marked MD H2E’s 5th Environmental Excellence in Health Care conference, held in partnership with the University of Maryland School of Nursing. The environmentally sustainable health care community in Maryland continues to grow in depth and breadth as the conference welcomed many first time presenters and attendees as well as “regulars.” This year the exhibit hall was packed and a exhibitor-sponsored raffle offered opportunities to win organic steaks, artwork, and gift bags filled with environmentally friendly products!

Conference participants represented 13 states and 85 unique organizations, including 35 health care providers. In the spirit of this year’s theme, *Innovations and Collaborations*, managers, directors, and executives mingled and exchanged ideas with students, educators, specialists, and, of course, nurses. In one session, University of Maryland Medical Center joined forces with the Maryland Pesticide Network to educate new moms about pesticide use in the home. In another session Adventist HealthCare Facilities partnered with the company AtSite, Inc. to create a system-wide sustainability road-map.



Keynote speaker Dr. Kim Knowlton



On the heels of Superstorm Sandy, climate change was a timely topic for the keynote speaker. Hospitals around the state strive to limit their environmental impact while preparing for the extreme weather events predicted to come with more frequency in the years ahead. Dr. Kim Knowlton, senior scientist for the Natural Resources Defense Council’s Health & Environment Program explained the adverse health effects associated with climate change, and spoke about what to expect specifically in Maryland.

Her presentation can be viewed online [here](#).

Go to the [conference website](#) for speaker presentations, exhibitor handouts, and more!

Trailblazer: Deer's Head Hospital Center

Congratulations to Deer's Head Hospital Center, the first state hospital to win a MD H2E Trailblazer Award! Deer's Head Hospital Center implemented an energy management program in collaboration with local electric companies. Deer's Head was determined to reduce fuel usage and create a more environmentally responsible way to manage utilities.



The hospital worked with an energy management team to design a new low pressure hot water system and a new piping and tower system to produce air conditioning. Deer's Head also began to regulate and modulate heating and air conditioning usage during peak times. The team traced emergency supply lines in the hospital's electrical panels to determine what areas would be able to shed load on in off-peak hours.



Deer's Head will receive nearly \$15,000 for shedding the electrical load and participating in the energy management program and will be able to save over 50% on utilities in the coming year in heating oil and natural gas. Deer's Head's impressive efforts were designed and organized in-house to reduce utility usage and ensure the reliability of the systems for years to come.

MHA President & CEO Carmela Coyle and MD H2E Technical Director Joan Plisko pose with Carl LeMaster, Maintenance Supervisor, and Ken Waller, Fiscal Services Chief, Deer's Head Hospital Center.

Combined Heating and Power

Jim McDonnell, Avalon Energy Services, LLC, jmcdonnell@avalonenergy.us, 888-484-8096.

Thanks to new programs being administered by Maryland utilities, reducing your energy usage, saving money, and reducing your carbon emissions just got easier. Maryland utilities, as a result of the state's EmPower Maryland initiative, are encouraging the installation of combined heat and power plants. These plants will help achieve the state's goal of reducing overall per capita electricity consumption and demand by 15% by 2015 from a 2007 baseline.

Combined heat and power (CHP) is the simultaneous generation of electricity and thermal energy from a single energy stream. In conventional power generation systems, about 35% of the input energy is converted to electricity. The rest is dissipated as heat. CHP systems capture this waste heat and use it to create steam and/or hot water. These now useful forms of thermal energy can be used for space heating, industrial processes, and even for cooling. By capturing and using this thermal energy, the overall efficiency of CHP systems is far superior to conventional systems which generate electricity and heat separately, as much less energy is wasted in the form of dissipated heat.

The main benefit of implementing a CHP system is its ability to reduce overall fuel usage and energy costs. Electricity generated on-site with a CHP system reduces utility electricity purchases. The waste heat used to generate steam and hot water also reduces utility purchases. Because of the dramatically increased efficiency of CHP systems, less energy is used overall. CHP systems typically use 40% less energy than an equivalent grid sourced electricity and fossil fuel fired boiler system with the same electricity and heat output.

Another benefit of CHP is improved power reliability. CHP Systems are on-site and are not dependent upon grid sourced power. This means that during utility outages, an on-site CHP system can still operate, providing power and thermal energy for critical systems within hospitals. CHP systems are generally operated in parallel with utility systems, allowing hospital operators to purchase grid based power to supplement their on-site generation.

Beyond the economic benefits a hospital can enjoy by installing a CHP system, there are societal benefits as well. Because of their high operating efficiency levels and resulting reduced fuel usage, overall emissions released into the atmosphere can be reduced by one-third to one-half by using CHP systems.

Incentives vary by Maryland utilities but are on the order of upfront payments of \$200 per kilowatt and \$0.07 per kilowatt-hour generated for the first 18 months. Overall incentive caps apply. More specifics for BGE and Pepco's programs can be found at <https://www.bgesmartenergy.com/business/chp> and <https://cienergyefficiency.pepco.com/CombinedHeat.aspx>. General resources on the topic of CHP in Maryland can be found at <http://energy.maryland.gov/SEN/CHP.html>.

Trailblazer: Greater Baltimore Medical Center



Greater Baltimore Medical Center is committed to feeding healthy food to patients, employees, and the community and took a multi-pronged approach to offering healthier foods while reducing the hospital's environmental impact, an impressive collaborative feat.

A GBMC study found that 87% of people eating in the cafeteria are hospital employees. GBMC decided that if it did not promote healthy eating inside the hospital, especially to staff, then they could not expect the message to translate to patients and visitors!

Accordingly, GBMC conducted a case study on sugar-sweetened beverage (SSB) offerings and consumption in the hospital. As a result, the hospital replaced the most harmful drinks with healthier choices. Twelve ounce SSB cans were replaced with ten ounce cans. GBMC also set up an educational table with handouts and visuals. In the first month of the campaign, non-SSB sales exceeded SSB sales for the first time.



The Hydration Station allows users to refill reusable water bottles with filtered water.

On the production side, GBMC altered menus and purchasing to maximize production and reduce waste. Paper meal tickets were replaced with reusable plastic cards, and compostable fiber trays are being used in the cafeteria. Food waste was reduced by 1,100 pounds per month from March to August of this year. The hospital also installed "hydration stations" which allow for refilling reusable water bottles. To further promote waste reduction and environmental awareness, GBMC gives discounts to those with reusable coffee mugs.



The "Rethink Your Drink" education table displayed the sugar added content of many popular drinks.

Carmela Coyle and Joan Plisko pose with Dr. John Chessare, President & CEO; Matt Tresansky, Director of Food and Nutrition Services; and Mike Forthman, Vice President of Facilities and Support Services, GBMC



Why Sugar Sweetened Beverages?

From Healthy Food in Health Care's [Healthy Beverages Initiative site](#):

The Healthy Beverages Initiative supports hospitals in transforming their beverage environments. Key strategies of the initiative include creating healthy vending criteria, reducing advertising of unhealthy beverages, increasing access and signage for public drinking water on hospital grounds, and shifting pricing structures to encourage healthy beverage choices.

The reasons for committing to a Healthy Beverage environment are profound and compelling. Obesity prevalence in the U.S. is rapidly increasing. Health care institutions throughout the country recognize the urgent need to reduce rates of obesity and chronic illness as well as their associated health care costs. It is well established that sugar-sweetened beverages (SSBs) contribute to the increased prevalence of obesity and associated chronic diseases that go along with weight gain. The production, consumption, and waste associated with sugar-sweetened and bottled beverages have numerous negative environmental consequences that are often overlooked. Alternatively, in the U.S., tap water has been proven to be just as safe, or safer, than its bottled version. By supporting and promoting publicly-owned water infrastructure and reducing access to unhealthy beverages, the health care community can assist in creating a food environment that supports health for both the community it serves and the environment in general.

We challenge hospitals to commit to increasing the percentage of healthy beverage purchases. Key benchmarks are increasing healthy beverage purchases by 20 percent over a baseline year, or striving for 80 percent of total healthy beverage purchases for use throughout the hospital (patient, retail, vending, and catering).

For more resources, go to: <http://www.healthyfoodinhealthcare.org/resources.php?pid=121>

Trailblazer: MedStar Union Memorial Hospital



MedStar Union Memorial Hospital created an innovative furniture reuse and recycling program. The hospital had an excessive amount of bulk waste and supplies, particularly office and waiting room furniture, and was determined to reuse or recycle 100% of it. A multi-departmental team created a database of all the materials, called "New2U", which included photographs, descriptions, and ID numbers. An intranet link to the inventory was created, and the team worked with marketing and purchasing to promote it's use to hospital employees.

To kick off the new program, the hospital conducted a 'clean sweep' event, where employees were asked to give up unnecessary items like chairs, desks, and tables. Now, when an associate attempts to purchase new items, they are first asked if they've checked the inventory. Store hours were created for employees to come and assess the inventory, while a green team member is on hand to greet them and accept new items.



The store is open for browsing while green team staff categorize new inventory.

Another intranet link was created for office supplies. Employees can post and claim items such as paper clips, pens, and printer toners. These items are exchanged directly between employees.

Several departments have saved money by reupholstering items found in the New2U inventory. Items beyond repair are recycled, while other items are donated to local non-profits. To date, 160 items have been donated, 354 reused in-house, and 166 sold to employees for personal use. This collaborative and resourceful project is effective and creative!



Carmela Coyle and Joan Plisko pose with Neil MacDonald, Vice President of Operations

Repurposing Surplus Hospital Furniture, Supplies and Equipment 'Makes Good Business Sense'

Posted on [November 29, 2012](#) by [Frank](#) in Green Business Matters:



"There's a point at which storing furnishings costs more than it would to replace them. That's where we step in," said Hayley Brugos, medical outreach manager for [Global Links](#), a Pittsburgh-based nonprofit focused on recovering surplus items from hospitals and delivering them to developing countries.

"Fortunately, no one can stand the thought of throwing perfectly usable stuff into a landfill. And because we're helping healthcare facilities reduce their environmental footprints along with their storage and disposal costs, Global Links offers a great opportunity to save money while doing the right thing," explained Hayley.

...

After recovering usable surplus furnishings and equipment from hospitals, GL makes sure it is in good condition, and then donates it to hospitals in nine countries in this hemisphere. Global Links currently works with 30 donors to help them meet their community benefit and sustainability requirements. Donating surplus also helps facilities demonstrate financial and humanitarian advantages to their stakeholders, according to Hayley.

Since 1989, GL has shipped more than 400 tractor-trailer loads of medical materials to facilities in Bolivia, Cuba, Dominican Republic, Guatemala, Guyana, Haiti, Honduras, Jamaica and Nicaragua. The estimated total value of the shipped materials exceeded \$173 million.

[Click here for the entire article!](#)

Trailblazer: Sinai Hospital of Baltimore



Sinai Hospital of LifeBridge Health created an employee garden. The hospital felt it was important to work on projects that enhance employee engagement and give back to staff members. Sinai Hospital already had a bi-monthly farmers' market, which was an important first step in raising awareness of sustainable, healthy food.



With the goal of making the project employee-driven, the hospital decided to take the next step of creating a plot-based garden. Sinai understood the health and environmental benefits of home-grown food and the psychological and emotional benefits of gardening for employees. Currently 36 gardeners are registered to work in teams of at least 5 gardeners on the 18 plots, with one plot allocated to a family of six in the community. To recruit the teams, the garden steering committee led a campaign called "Adopt a Plot." Pesticides were prohibited, but the teams were given great flexibility on their plots.



Part of the bountiful yield!

The committee that spearheaded the project has gotten enthusiastic feedback and the crop yield has been fantastic, including radishes, broccoli, spinach, herbs, and more. The committee also plans to incorporate more community and food-service benefits as the project grows.

Carmela Coyle and Joan Plisko with Lionel Weeks, Vice President, Facilities, LifeBridge Health



Hospital Gardens "Big Mental, Emotional Lift"

[From an article in the March 2012 Scientific American](#): In 1995 Cooper Marcus and landscape architect Marni Barnes received a grant from the nonprofit Center for Health Design to analyze the physical layout and daily use of several hospital gardens in northern California. In 32 hours of observations, which included taking detailed notes and interviewing users (who collectively made 2,140 visits), the researchers noticed several patterns that have been borne out in subsequent studies of other sites.

...

One finding, in particular, surprised Cooper Marcus and Barnes. **Stressed hospital employees accounted for as many visits to hospital gardens as stressed patients, and interviews confirmed that staffers depend on the greenery.** "I feel like one of the Mole People," an employee who works in the basement radiology department of a Berkeley, Calif., hospital told the researchers. She said she comes to sit amid the trees of the rooftop garden daily to relax and meditate. "It's a big mental, emotional lift."

Start an Employee-Grown Worksite Veggie Garden

[From Harvard Pilgrim HealthCare](#): What can an on-site vegetable garden do for your employees? In addition to learning more about the many health advantages and sustainability of farm-fresh, pesticide-free food, employees will:

- Gain new, practical skills they can apply at home
- Re-energize and reduce stress
- Collaborate with coworkers in a common interest
- Support the community by donating produce to local food banks (if desired)

Trailblazer: University of Maryland Medical Center

University of Maryland Medical Center created an innovative new program, "New Moms Pilot to Reduce Newborn Exposures to Pesticides." The program was launched by UMMC's Mother/Baby Unit nurses in partnership with the Integrated Pest Management in Health Care Facilities Project. The program offers education and strategies for implementing safer alternatives to pesticide use in the home through an education and an environmentally friendly gift bag.



Carmela Coyle and Joan Plisko with Matt Wallach, Project Director, MD Pesticide Network; Denise Choiniere, Director of Sustainability and Facility Services, UMMC; and Caryn Zolotorow, RN, UMMC.

Hospitals are community leaders with the capacity to educate patient populations on healthy lifestyles and safer alternatives to toxic pesticides found in baby care, cleaning, and pest management products. UMMC had already made a commitment in 2006 to its patients, staff, visitors, and community to eliminate unwarranted exposures to toxic pesticides. The hospital then decided to go further and help make the home safer as well.

The team began by educating the Mother/Baby nurses on the health risks associated with pesticides. The nurses now educate their patients and give the new moms a tool-kit which includes an educational DVD and booklet and non-toxic pest control, cleaning, and baby care product samples, all provided in a reusable tote. Materials are available in English and Spanish. Nurses also encourage their patients to view the educational video on the "On-Demand Educational Channel" at the hospital.

Nurses give out a survey card so UMMC can continue to assess the project's impact. From December 2011 through August 2012, approximately

350 bags were distributed. This first-of-its-kind project will have a tremendous impact on the future well-being of numerous babies as new moms learn to avoid hazardous pesticide use at home.

AAP Makes Recommendations to Reduce Children's Exposure to Pesticides

11/26/2012

[For Release: November 26, 2012](#)

Children encounter pesticides every day and are uniquely vulnerable to their toxicity. A new policy statement from the American Academy of Pediatrics (AAP) outlines the harmful effects of pesticides on children and makes recommendations on how to reduce exposure. The policy statement, "[Pesticide Exposure in Children](#)," and an accompanying [technical report](#) are published in the December 2012 issue of Pediatrics (released online Nov. 26). Prenatal and early childhood exposure to pesticides is associated with pediatric cancers, decreased cognitive function and behavioral problems. According to the AAP, recognizing and reducing children's exposure to pesticides will require improved medical training, public health tracking, and regulatory approaches. The AAP recommends pediatricians become familiar with the effects of acute and chronic exposures to pesticides; learn what resources are available for both treatment of acute poisoning and addressing lower dose chronic exposures in children; and understand pesticide labeling. Pediatricians should ask parents about pesticide use around the home and yard, offer guidance about safe storage, and recommend parents choose lowest-harm approaches when considering pest control. Pediatricians should also work with schools and government agencies to advocate for the least toxic methods of pest control, and to inform communities when pesticides are being used in the area. The policy statement also makes a number of recommendations for government, including specific recommendations related to marketing, labeling, use and safety of pesticides to minimize children's exposure.

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The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists and pediatric surgical specialists dedicated to the health, safety and well-being of infants, children, adolescents and young adults. For more information, visit www.aap.org.

The IPM in Health Care Facilities Project Awards UMMC

IPM in hospitals, elder care facilities, special needs schools, and other health care settings protects vulnerable populations at highest risk from the toxic effects of chemical pesticide use. As outlined in the IPM in Health Care Facilities Project's 2008 report, *Taking Toxics Out of Maryland's Health Care Sector*, the most vulnerable populations are unknowingly exposed to toxic pesticides in most Maryland health care facilities because of their use of toxic chemical pesticides associated with a range of negative health effects, including certain cancers, nervous system damage, respiratory illnesses, birth defects, Parkinson's and Lewy Body Disease, autism and endocrine disruption.



"UMMC is committed to promoting health and healing, and taking an IPM approach to pest management is the right thing to do for our patients, as well as our staff and visitors," said Denise Choiniere, Director of Sustainability and Facilities Services. "Not only is IPM the safest approach to pest management, it is also the simplest and most sustainable. And it is when we approach problems in this manner that we reap the biggest rewards."



"We commend Ms. Choiniere and UMMC for their leadership in exemplifying the efficacy of a defined IPM system whereby the focus is on non-chemical pest-prevention. Least toxic pesticides are only used as a last resort. Additionally, UMMC, in collaboration with the IPM in Health Care Facilities Project, has pioneered a *New Moms* project to educate new parents about the hazards of pesticides and healthier alternatives," said Ruth Berlin, Executive Director of the Maryland Pesticide Network, a coalition of 25 organizations in Maryland concerned about the impact of pesticides on the public health and the environment and project partner. "UMMC exemplifies that it is possible to protect patients and staff from both pests

Ruth Berlin, Executive Director, MPN;
Denise Choiniere, Director, Sustainability & Facility Services, UMMC;
Matt Wallach, Project Director, MPN

and toxic pesticides. It serves as a model for the health care industry and the public in the state of Maryland and the nation."

Nursing Leadership in Environmental Health: Charlotte Wallace

MD H2E presented its second annual Nursing Leadership in Environmental Health Award to Charlotte Wallace of Anne Arundel Medical Center. The Nursing Leadership award is given to recognize a nurse in Maryland who displays strong leadership skills and exemplifies excellence in environmental health and sustainability in healthcare. Criteria for receiving this award include leadership, organizational influence, dissemination of knowledge, mentoring, and interdisciplinary collaboration in healthcare sustainability.



Over the past five years, Charlotte Wallace, a pediatric nurse, has embodied what it means to be a leader in environmental health. In 2007 she initiated a multidisciplinary, VP-sponsored green team, which she has chaired ever since. She organized and led nursing grand rounds, and leads a "Greening the Surgical Services" and "Greening the Nursery" workgroups.



Ms. Wallace has implemented waste segregation programs that save AAMC \$800,000 annually and toxic reduction strategies that include a "Glove Up to Wipe Down" campaign and a hospital-wide conversion to microfiber mops. She started a farmers' market and worked to incorporate more organic and locally grown items in the cafeteria. Ms. Wallace also teamed up with community educators to weave environmental health into newborn classes, and initiated a free community class on healthier homes.

Congratulations to a job well done Charlotte! MD H2E and the MD H2E applaud your efforts!

Charlotte Wallace, RN, poses with Joan Plisko

Questions or comments, please contact:

Joan Plisko, Technical Director, 410-706-2107, plisko@son.umaryland.edu

Health Care Leaders Discuss Environment, Community Benefit and the State Health Improvement Process (SHIP)

The Environmental Excellence in Health Care conference was preceded by an executive breakfast featuring Madeleine Shea, Ph.D., Director, Office of Population Health Improvement, Maryland Department of Health and Mental Hygiene. Dr. Shea provided a wealth of information on implementing collaborative environmental health community benefit programs. Click here for handouts that were circulated at the breakfast: [Handout 1](#)—[Handout 2](#)

Participants at the breakfast included executives from Anne Arundel Health System, Bon Secours Health System, Greater Baltimore Medical Center, Holy Cross Hospital, Johns Hopkins Health System, Keswick Multi-Care Center, Life Bridge Health, MedStar Health, University of Maryland Medical System as well as the VA Maryland Health Care System, the Maryland Hospital Association, the Maryland Department of Health and Mental Hygiene, and the Natural Resources Defense Council. There was a great deal of knowledge and energy in the room!

During the discussion, attendees shared information about community benefit programming that is being implemented across the state and around the country. The table below includes some examples of hospital programs offered up during the conversation. Additionally, Dr. Shea noted opportunities for hospitals to improve health by focusing on Community Benefit Programs that address health determinants such as:

1. Environmental exposures – pests, chemicals, air pollution, tobacco smoke
2. Sustainable environments – access to healthy foods and safe, alternative forms of transportation to school or work
3. Partnerships Opportunities – Local Health Improvement Coalitions

| Topic | Brief Description |
|--------------------|---|
| Bicycling | Bike Friendly Hospitals, improving community bike paths, adding bike racks, educating employees, patients and the community on safe bicycling strategies. |
| Climate Resilience | Hospitals partnering with community stakeholders and government agencies to implement climate mitigation and adaptation strategies including storm drain upgrades, rainwater divergence through green roofs, increasing local food access, education to the community on high heat and ozone days, and energy efficiency. |
| Earth Day | Earth Day Fair and education for hospital staff and community members. Events include knowledge and giveaways such as compost, saplings, energy efficient light bulbs, and more. |
| Electronics | Electronics recycling to prevent toxic materials from going into the trash which may end up in local landfills or incinerators. |
| Fresh Food | Farmers markets, and Community Supported Agriculture programs, often times in food deserts. One hospital farmer's market even serves as a destination for inner city school children on class trips – where hospital staff provided to the children education and free access to fresh healthy foods. |
| Gardens | Employee gardens that allow staff the opportunity to grow their own fresh fruits and vegetables. Additionally, one garden plot is given to community members for personal use. |
| Housing | Safe Affordable Housing Initiative – 119 families and 529 seniors/disabled adults are provided safe affordable housing each year (home systems and structures improvement grants can include lead paint abatement and other environmental health issues in the home), Vacant Lots to Green Spaces, Tree plantings |
| Legal | National Medical Legal Partnership Network integrates legal assistance into medical settings to address environmental and social health determinants |
| Pest Management | New mom education regarding the proper management of pests when mom and new baby return home. Focus is on implementing non-toxic measures first and then using the least toxic, most effective pesticide only after other measures have been exhausted. |
| Pharmaceuticals | Hosting or supporting Prescription Dug Take Back Days in partnership with Local Health Improvement Coalitions to get prescription drugs off the streets and out of our water supply. |

Panel: Collaborative Leadership—It Takes a Team

MD H2E was pleased to offer the panel, “Collaborative Leadership—It Takes a Team,” this year at the Environmental Excellence conference. Featuring senior management personnel from Anne Arundel Medical Center (AAMC) and the University of Maryland Medical Center (UMMC), the discussion showed what a difference it makes to get different levels of leadership involved in sustainability projects.

AAMC’s CEO Victoria Bayless spoke of the importance of sustainability work. Ms. Bayless pointed out that increased sustainability can save money and reduce negative health outcomes. Today, the health system has 16,000 square feet of “living” or “green” rooftops. The new patient tower uses 33% less water due to low flow plumbing fixtures and 28% less energy. In 2005, almost 100% of the system’s waste was incinerated. Today, 16.5% of the waste is incinerated as regulated medical waste, and the system has a new goal of reducing that to under 15%!

Ms. Bayless said that AAMC’s success is due to its dedicated staff, use of best sustainable practices, committed leadership, and persistent education.



MHA President and CEO Carmela Coyle facilitated the panel.



From L to R: Leonard Taylor, Denise Choiniere, UMMC; Charlotte Wallace, Dena Jackson, and Victoria Bayless, AAMC

Leonard Taylor, who was recently promoted to Senior Vice President, Operations and Support Services at UMMC, indicated that a hospital has to be a “safe and healthy place to work,” emphasizing the point that sustainability initiatives help protect not only the environment, but the health of patients and staff. University of Maryland Medical Center has countless environmental initiatives in place. Seventy-five percent of its cleaning products are green seal-certified. UMMC also has an electric vehicle charging station and fully-used bike racks. The hospital has won an MD H2E Trailblazer award every year since the award was created in 2009, for its energy conservation program, hazardous pharmaceutical waste management policy, and farmers’ market.

Both health systems agreed that the culture of the organization must encourage innovation to make new initiatives work. And culture change appears to be happening at all levels. Denise Choiniere, director of sustainability and facility services at UMMC, said that a study showed medical residents are now asking in interviews if hospitals have sustainability programs. [Watch the panel discussion here.](#)

Conference Snapshots



Participants gather for the Keynote Address.



Buckwheat Salad with Asparagus, Butternut Squash and a Raspberry Vinaigrette (Whole Grain) from Bon Appétit.

Attendees take notes. Conference presentations are also online [here](#)



Chatting after the Collaborative Leadership Panel.



Conference Snapshots



Left, Sharon Fried, Healthcare Compliance Specialist, Stericycle, with Emily Bauer, Radiology Manager, Johns Hopkins Hospital



The 5th annual conference was celebrated with a birthday cake!



Holly Emmons, Director, Food and Nutrition Services, Union Hospital of Cecil County



A conference-goer wins a compost bin and gardening gloves from Resource Recycling System!



The conference agenda was printed on 100% post consumer waste recycled paper with soy based ink.



Roasted vegetables from Bon Appétit



Attendees mingled during the coffee break after the morning award ceremony.



George Scruggs, Director, EVS, Bon Secours, with Reduction In Motion's President Bill Griffith

Conference Sessions

[Click here to view conference presentations!](#)

1A. Leading for Healthy Change: Getting Involved in Local, State, and National Initiatives (Panel)

1B. Engaging Staff and Community

"Promoting Sustainable Practices Using Social Media"

"Inspiring Healthier Staff and Environment Through Bike Friendly Practices"

"Creating a Comprehensive Sustainability Engagement Program"

1C. Reducing Toxic Exposures

"Integrated Pest Management: Teaching New Moms How to Protect Their Baby"

"Greening While Cleaning"

"Transitioning to Safer Materials Through Purchasing"

2A. Creating Plans and Roadmaps

"The Path Toward Strategic Alignment: A System Wide Sustainability Roadmap"

"Creation of Hospital Wide Sustainability Master Plan"

2B. Providing Health Foods and Community Benefits

"Creating a Healthy Food IMPACT in the Hospital and Community"

"Access to Wellness Through Community Gardening"

"Rethink Your Drink: Encouraging Healthier Beverage Choices"

2C. Preparing for Climate Change

"Case Study of Alice Peck Day Memorial Hospital"

"Baltimore City Climate Adaptation Study"

"Building Climate Resilience in Maryland"

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| <p><u>At Site, Inc.</u> Contact: Stephanie Daly, 202-728-9800 Email: sdaly@atsiteinc.com Handout 1 Handout 2 Handout 3</p> | <p><u>Bike Maryland</u> Contact: Carol Silldorff, 410-960-6493 Email: Carol@bikemd.org</p> |
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| <p><u>Sustainable Growth, LLC</u> Contact: Frank Hazzard, 443-794-8342 Email: Frank@sustainable.us Handout 1 Handout 2</p> | <p><u>The Institute for Integrated Health</u> Contact: Chris D'Adamo, 443-681-7605 Email: cdadamo@compmed.umm.edu</p> |
| <p><u>Triumvirate Environmental</u> Contact: Bob Shuman, 347-907-3392 Email: rshuman@triumvirate.com Handout 1 Handout 2 Handout 3</p> | <p><u>Western Pest Services</u> Contact: Adam Smith, 410-252-9403 Email: asmith@westernpest.com</p> |

Leading for Healthy Change

At the Leading for Healthy Change Panel, representatives from regional and national health care sustainability initiatives each provided an overview of their organization and highlighted how conference attendees could learn more and get involved individually and as representatives of their organizations.

The groups included Maryland Hospitals for a Healthy Environment, Maryland Green Registry, Maryland Health Care Sustainability Leadership Council, Maryland Environmental Health Network, Chesapeake Region Food Leadership Council, and Healthier Hospitals Initiative.

[Watch the panel here!](#)

For more information and to get involved, contact each group now:

MD H2E—[Joan Plisko](#)

MD Green Registry—[Laura Armstrong](#)

MD HCSLC— [Charlotte Wallace](#)

MD EHN—[Rebecca Ruggles](#)

Chesapeake Region Food Leadership Council—[Holly Emmons](#)

Mark your calendars:

TRAILBLAZER EDUCATION EVENT

APRIL 4, 2013

Greater Baltimore Medical Center

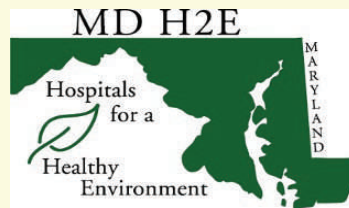
At MD H2E, we create useful and convenient opportunities for you to learn more about environmental sustainability.

On April 4, 2013 all Trailblazer winners will present together at this half-day event, graciously hosted by GBMC.

Stay tuned for more details.

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
limitc001@son.umaryland.edu, 410-706-1924
- Molly Englund, Communications Coordinator
englund@son.umaryland.edu, 410-706-6832

Practice Greenhealth Webinars



December 11, 2 pm (Eastern)

**Greening the Supply Chain Series:
Growing Importance of More Sustainable
Products in Health Care: A Panel Discussion**

December 12, 12 pm (Eastern)

**2013 Environmental Excellence Awards:
Understanding the Awards Process, What's
New, & a Few Good Tips**

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>