



# Maryland H2E News Roundup



January 2013

## Register Now: Trailblazer Education Event

**Greater Baltimore Medical Center**  
April 4 8 am—12pm

**Free**

Come to this half-day event featuring the 2012 MD H2E Trailblazers presenting on their award-winning sustainability initiatives! Breakout sessions will feature:

- Reducing Bulk Waste with NEW2U Program, MedStar Union Memorial Hospital
- Constructing an Employee-Based Plot Garden, Sinai Hospital
- Reducing Newborn Exposures to Pesticides with New Moms Pilot, University of Maryland Medical Center
- Implementing an Energy Management Program, Deer's Head State Hospital
- Committing to Healthy Food and Beverage Choices, Greater Baltimore Medical Center

The event will be followed by an optional tour of GBMC's kitchen and loading dock.

*Breakfast and lunch will be served.*

**To register and for more information:**

[www.trailblazer.eventbrite.com](http://www.trailblazer.eventbrite.com)

## HCSLC Looks at Legislation

Legislative issues was the focus at the December 4<sup>th</sup> HCSLC quarterly meeting. After time for networking and a business meeting, participants heard a presentation by Jen Brock-Cancellieri of the Maryland League of Conservation Voters on "Environmental Legislative Issues Facing Maryland's Health Care Community." The League of Conservation Voters is, among other issues, advocating:

- Clean water in Maryland
- Offshore wind power
- Pesticide use reporting
- A fracking moratorium

Holly Emmons, Union Hospital of Cecil County, and Charlotte Wallace, Anne Arundel Medical Center, then led a discussion about legislative engagement in the hospital.

For more information:

[Jen Brock-Cancellieri's HCSLC Presentation.](#)

[The MD League of Conservation Voters.](#)

## Leadership Councils Announce 2013 Chairs and Next Meetings

### The Chesapeake Food Leadership Council:

**Co-Conveners:** Holly Emmons, Union Hospital of Cecil County and Anders Grant, Carroll Hospital Center

**Communications Chair:** Robin Brannon, The George Washington University Hospital

Next meeting:

**February 7th, 10:00 am—12 pm**

Harbor Hospital, Baltimore, MD

### ***Sustainable Meat & Poultry – Why It Costs More?***

- Mike Brannon, Roseda Beef

- Shane Hughes, Liberty Delight Farms

- Kelly McGill, KCC Natural Chicken

**To RSVP call 410-706-1924 or**

[hemmons@uhcc.org](mailto:hemmons@uhcc.org)

### MD Health Care Sustainability Leadership Council:

**Chair:** Charlotte Wallace, AAMC

**Vice Chair:** Michael Forthman, GBMC

**Secretary:** Nicole Bradfield, Meritus Medical Center

Quarterly Meeting is:

**March 14, 2013, 8:00 a.m.– 10:00 a.m.**

### ***Pharmaceutical Waste Regulation and Management Compliance***

**Rachel DeMunda, Senior Director,  
Sustainability and Environmental Health &  
Safety, Providence Hospital**

8a.m.—Networking/Breakfast

8:15 a.m.— Business Meeting

8:30— Guest Speaker/Discussion

**Please RSVP by March 7<sup>th</sup> to**

[Nicole.Bradfield@meritushealth.com](mailto:Nicole.Bradfield@meritushealth.com)

**For health care providers only**

## JHH Green Office Certification Program

Johns Hopkins Hospital has announced its new *Green Campus Program Office Certification*. The program engages building occupants to explore opportunities to reduce energy and resource consumption at the departmental and individual levels. This program has been in place at JHU Homewood's campus, and is now being introduced to the hospital. See below for its certification criteria.

Green Office Certification			
Department Name			
Building			
Green Audit Date			
Category	Criteria	Possible Points	Total Earned
Green Office Supplies	8 1/2 x 11 copy paper has minimum of 30% recycled content	1	
	All other size paper has a minimum of 30% recycled content	1	
	8 1/2 x 11 copy paper has 100% recycled content	1	
	<u>25% of office supply purchases are green</u>	1	
	50% of office supply purchases are green	1	
	over 50% of office supply purchases are green	1	
	<u>Computer purchases meet E-PEAT Silver criteria</u>	1	
	A system is in place to minimize deliveries to 1-2 per month	1	
Recycling/Waste Reduction	NexCut bins for paper recycling are provided by desks and in conference and copier rooms	1	
	Green Slim Jim Bins for comingled recycling are provided in kitchen/break and conference rooms	1	
	Participate in additional recycling programs including e-waste, toner cartridges, pens, etc.	1	
	Do not purchase sugar and creamer in single serve containers	1	
	Do not provide disposable dishes/cutlery in office kitchen or provide reusables	1	
Energy Reduction Efforts	Copiers are set to energy saving mode	1	
	<u>Computers and monitors are set to energy saving mode and is the default for new equipment</u>	1	
	Portable heaters have been removed from offices or energy efficient heaters are used	1	
	Reminders about energy reduction measures are sent to employees before holiday breaks	1	
	An audit has been conducted to unplug and/or remove unnecessary equipment	1	
	Appliances such microwaves, coffee machines, etc. are unplugged at the end of the week or on a timer	1	
Paper Reduction Efforts	Double sided print set as default on all copiers	1	
	Desktop printers have been removed from majority of offices	1	
	Double sided print is set as default on print drivers	1	
	Double sided print is set as default on all capable desktop printers	1	
Kitchen/ Break Room	<u>Use tap water system instead of bottle water</u>	1	
	Purchase fair-trade, organic coffee and teas when available	1	
	<u>Purchase eco-friendly dish/hand soap (earns a score of C or better)</u>	1	
Green Meetings	Provide vegetarian items at events/meetings	1	
	Meeting materials are not printed	1	
	Recycling bins are provided at all meetings	1	
	Do not purchase bottled water for the office or events	1	
	<u>Composting bins are provided at catered events</u>	1	
	<u>Use qualified JHU Preferred Green Caterers</u>	1	
Employee Engagement	<b>The office has a Green Unit Champion/Campus Rep who attend Green Team Meetings</b>	1	
	<b>Sustainability Network or Green Team member has spoken at a departmental meeting</b>	1	
	<b>Employees have taken a pledge to be more sustainable at work</b>	1	
	<b>New employees receive sustainability information</b>	1	
	Employees have a means to submit ideas/suggestions to reduce waste	1	
Green Partnership	Sustainability Network logo is used in email signatures	1	
Innovation Credits	Enter innovative practice	1	
	Enter innovative practice	1	

\*Bold criteria are prerequisites for participation

Total Points Earned

0
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**Green Office Award** 8 - 15 Points = One Blue Jay Feather

**Designations** 16 - 30 Points = Two Blue Jay Feathers  
31 - 41 Points = Three Blue Jay Feathers

## "Health Professionals on the Move"

If any of your staff have been bestowed with sustainability awards or honors, submit the information and a picture to the Baltimore Sun!

[Click here](#) to submit a photo for inclusion. Simply click on 'Upload Your Photo' and enter information in the space provided. Links to personal or company Web sites and other such contact information will not be included in photo captions, and photos including such information will not be approved for the photo gallery.

Select photos will be published in the Health and Medicine section of Sunday's edition of The Baltimore Sun.



GBMC was recently featured on the Baltimore Sun's "Health Professionals on the Move" Page for its Trailblazer Award

Include your name and address when you register to upload your pictures. Your photos could be published.

## Research Green Cleaning Products in Online Database



As the demand for environmentally friendly cleaning products rises, many companies now market their products as

"green," but it can be difficult to spot false advertising. That's why ISSA, the cleaning industry association, and Ecoform, an environmental performance analysis company, have joined forces to create Transpare, an online resource that will allow hospitals and other purchasers to research the environmental, health, and safety attributes of cleaning products.

Products can be searched by existing green certifications, or a facility can customize its own search filters based on its sustainability goals and make side by side comparisons. Transpare Verified products have all data pre-verified as a condition of listing on the Transpare website.

The database goes live April 1st.

Go to [www.transpare.com](http://www.transpare.com) for more information.

## AAMC's Electronic Recycling Event Huge Success!



The recycled materials filled the truck!

On January 12th, Anne Arundel Medical Center hosted a community electronic recycling event. The hospital collected 8,576 lbs!

Charlotte Wallace, AAMC's sustainability coordinator, said, "The community was grateful, we helped support local jobs, and kept hazardous

waste out of the landfill."

The Annapolis Patch covered the story, [which can be found here](#).

## Promote Your Sustainability Efforts – Join EPA's Green Power Partnership

The U.S. Environmental Protection Agency's Green Power Partnership program is a free, voluntary program that supports and promotes organizations that use green power.



Organizations that purchase or generate green power (including biomass, geothermal, low-impact hydro, solar and wind power) are



eligible to join, and the program also offers free assistance to those that are interested in exploring their green power options. Joining the program is free and easy—organizations need only provide their overall electricity consumption and green power use. In exchange, EPA provides Partners with communications support, recognition opportunities, and expert advice, tools and resources.

View website: <http://www.epa.gov/greenpower/>

## Sustainable Food

### Healthy Food in Health Care 2013 Survey & Awards Application



**Deadline EXTENDED to  
Fri, Feb 8**

Every hospital and nursing home is encouraged to complete this healthy food survey and awards application. The deadline has been extended to Feb 8th. Share your accomplishments so that they can be counted, and possibly featured, in the national Menu for Change report by Health Care Without Harm. Please also complete this supplemental Mid-Atlantic survey to provide additional information on your healthy food initiatives:

**National Healthy Food in Health Care Survey:**  
<http://www.surveymonkey.com/s/2013HFHC-SurveyAwardApplication>

**Supplemental Mid-Atlantic Health Care Food Survey:**  
<http://www.surveymonkey.com/s/65CLN5Z>

### FutureCare Cherrywood's sustainable food featured

Capital News Service featured FutureCare Cherrywood last month, in an article about its sustainable food initiatives. Food Service uses sustainable beef and poultry from local Liberty Delight Farm, and offers local produce to residents. The kitchen now makes everything it can from scratch, which have kept costs down.



Residents love the new initiative, and even make suggestions for items they know to be in season. Margie Ginsberg, a registered dietitian at the facility, even started a garden club for residents. Raised beds allow even those in wheelchairs to participate. [Read the article here!](#)

### Healthy Beverages Webinar

Join HCWH in its **February 7, 2013 (2pm ET)** re-broadcast of its Healthy Beverages webinar from the summer of 2012. Speakers James Corbett, MDiv, JD, and the System Vice President of Community Health and Ethics at Steward Health Care System (formerly Caritas Christi) in Massachusetts and Stacia Clinton, RD, LDN, and Healthy Food in Health Care Program Coordinator will rejoin for a brand new Q&A.

Registration is free but required. [Use special code HHIFREE to register.](#)

### Pest control in food service

[Read the whole article at HFM Magazine.](#)

Pests love a free meal, and food service and storage areas — along with employee break rooms — are full of them. Health facilities professionals should vacuum, sweep and mop public multiuse areas on a daily basis to eliminate potential food and water sources for cockroaches. Trash cans should be emptied frequently, especially if they contain food waste. Liners should be used and all trash cans should be covered with tight-fitting lids to restrict odors from escaping and attracting flies.

Since certain species of flies see decaying organic matter as an ideal dinner, an organic, enzymatic cleaner should be used to scrub away residue around sink and floor drains in food preparation and storage areas.

Pests only need a small amount of water to survive in a space, so a leaking faucet, dishwasher or ice machine can be enough to provide nourishment. A plumber or appliance professional should be called to repair any leaks. Kitchens should be cleaned thoroughly at the end of each day, and staff should sweep or mop under appliances and counters.

Facilities professionals must make sure that hospital employees are on the same page when it comes to getting rid of food sources. They should be instructed to quickly dispose of food waste left on in-room dining trays. Spills must be cleaned immediately and floor mats and spill trays should be sanitized daily.



## Most doctors don't warn pregnant patients about environmental risks



[Below is an excerpt from Jane Kay's story in Environmental Health News, Dec. 10, 2012:](#)

Virtually all pregnant women have chemicals in their bodies that might harm fetal development.

[Monitoring](#) of pregnant women found about 100 different chemicals, with 43 of them in all women tested. Lead, mercury, toluene, perchlorate, bisphenol A, flame retardants, perfluorinated compounds, organochlorine pesticides and phthalates are among the chemicals, according to the U.S. Centers for Disease Control and Prevention's nationwide testing program.

Studies suggest that for many these compounds, low-level exposures in the womb seem to disrupt development of the brain or reproductive systems. Others may raise the risk of birth defects, or lead to cancer, immune problems, asthma, fertility problems or other disorders later in life.

Yet that information is not reaching most women who are pregnant or may become pregnant.

Almost all of the doctors in the new, nationwide survey, conducted by University of California, San Francisco researchers, said they routinely discussed smoking, alcohol, diet and weight gain. Eighty-six percent also said they discuss workplace hazards, and 68 percent warn about second-hand smoke.

But only 19 percent said they talk to their pregnant patients about pesticides and only 12 percent discuss air pollution. Forty-four percent said they routinely discussed mercury with pregnant women. Eleven percent said they mention volatile organic compounds, which are fumes emitted by gasoline, paints and solvents.

Even fewer physicians warned their patients about two chemicals in consumer products that are often in the news: bisphenol A (BPA) at 8 percent and phthalates at 5 percent. Nine percent of the doctors told their patients about polychlorinated biphenyls (PCBs), industrial compounds often found in fish.

The results show a disconnect between environmental health research and what the physicians do – and do not – tell their patients, said Patrice Sutton, a research scientist at University of California, San Francisco's Program on Reproductive Health and the Environment who helped design the survey. The goal of the study, which was [discussed](#) at a recent conference but is not yet published, was to try to break down obstacles that keep health messages from pregnant women.

For instance, even though the dangers of mercury are well established, only four out of every 10 doctors said they discuss the contamination with pregnant women.

## Concerns About Triclosan Outweigh Benefits

[Excerpted from Stephanie Lee's article in SF Gate:](#)

CleanWell's hand soaps promise to slay germs, and foam and ooze - just as soap should.

But unlike many antibacterial soaps, the ones from this young San Francisco company and a growing number of other manufacturers lack a potentially harmful chemical: triclosan.

Triclosan was created more than 40 years ago as a surgical scrub for hospitals. Now it appears in soaps, detergents, skin cleansers, deodorants, toothpastes and dishwashing liquids. It is so widespread that it has been detected in three-fourths of Americans over age 5, according to a survey from the [Centers for Disease Control and Prevention](#).

But a mounting number of scientific studies paint a troubling portrait of triclosan. It has been shown to disrupt reproductive hormone activity and brain cell signaling, hinder muscle function and bring on allergies. Triclosan's effectiveness as an antibacterial agent is also questionable. A U.S. [Food and Drug Administration](#) panel has conceded that soap with triclosan is no better against bacteria than hand-washing with plain soap and water.

"It doesn't work. It results in widespread contamination of people and the environment, and it has a ton of red flags about potential health effects," said [Sarah Janssen](#), a senior scientist at the [National Resources Defense Council](#).

The FDA is reviewing the safety of triclosan, and the National Resources Defense Council has filed a lawsuit to force the agency to publish its findings. They were supposed to become public in winter 2012, but have not yet. [Read more here.](#)

## About MD H2E

Vision	Mission	Values
To advance a culture of environmental health and sustainability in Maryland's health care community.	Through networking, education, technical assistance, and recognition, MD H2E engages Maryland hospitals and health care providers in becoming leaders in environmental health and sustainability.	Health ~ Stewardship ~ Leadership ~ Integrity Prevention ~ Excellence ~ Community Collaboration ~ Innovation

## MD H2E Advisory Board

Meghan Allen  
*Maryland Hospital Association*

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Charlotte Wallace, RN  
*MD Health Care Sustainability Leadership Council*

Robert White, CMRP  
*Carroll Hospital Center*

Jo Wilson, MBA, FACHE  
*Western Maryland Health System*

### WEBINAR: Environmental Community Benefit Programs

**Tuesday, March 19, 1:00 – 2:00 p.m. EDT**

The IRS revised its 2011 990 Schedule H to say that some activities focusing on the social determinants of health may now be quantified as a community benefit. Health care organizations now have an opportunity to expand their internal sustainability and green team work into the community through community benefit programs.



#### Program Topics

- Rationale for addressing environmental risk factors
- Criteria for classifying environmental programs as community benefit or community building
- Types of environmental indicators in community assessments
- Developing and implementing environmentally focused programs
- Examples of programs

The fee is \$175 per connection for MHEI members, \$300 for non-members. [Click here to Register Now](#)

**If you have any questions regarding this webinar, please contact Jena Large, Marketing & Program Coordinator at [jlarge@mhei.org](mailto:jlarge@mhei.org), 410.796.6239**

## Who is MD 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  
[limitc001@son.umaryland.edu](mailto:limitc001@son.umaryland.edu), 410-706-1924
- Molly Englund, Communications Coordinator  
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