



Maryland H2E News Roundup

February 2013



Trailblazer Education Event

Greater Baltimore Medical Center

April 4 8 am—12pm

Free to register!

www.trailblazer.eventbrite.com

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

LifeBridge Health Offers Wealth of Green Info Online

Many hospitals in Maryland now dedicate sections of their websites to showcase their sustainability initiatives and highlight green successes. LifeBridge Health is a great example of how a hospital can engage the public with eye-catching videos and easy how-tos for starting recycling or composting programs. The website also features lots of data and metrics from LifeBridge's greening the OR and energy efficiency initiatives. The green media center has lots of videos and photos to peruse. The site also has a list of contacts for anyone to ask questions about LifeBridge's sustainability program. With sections like: "How to Compost at Your Facility in 5 Easy Steps" and "5 Reasons Why Your Organization Should Become Energy Efficient," there's lots of valuable insights!



BEFORE



AFTER

LifeBridge Health's green garden project.

Check it out at:

<http://www.lifebridgehealth.org/Main/FreedomtoBeGreen.aspx>

UMMC hires new sustainability coordinator

As of January 1, Justin Graves, RN, BSN, is University of Maryland Medical Center's new sustainability coordinator.

Justin has worked as a trauma critical care nurse at the hospital for seven years. He's been involved with the green team for a few years, becoming the chair a year ago.

Along with Sustainability Manager Denise Choiniere, Justin is working on a couple of big projects. They're currently doing a cost analysis as they work on DEHP reduction. "We're also honing in on waste reduction and separation, trying to hit our goal of reducing medical waste to 15% of the [hospital's] waste stream this year," Justin says. He and Denise are also furthering the hospital's sustainable food initiatives this year, looking at sugar sweetened beverage reduction and price incentives for healthy food.

But Justin's green projects don't stop at the end of the workday. He also tends several garden plots, including one in his own backyard. Congratulations on the new position, Justin!



UMMC's new sustainability coordinator, Justin Graves, RN, BSN.

Climate Change, Health & You: A special training for health professionals Feb. 19



Physicians for Social Responsibility - Chesapeake Chapter is offering a free program Feb 19 from 6:30 to 8pm in Baltimore.

Dr. Cindy Parker, Johns Hopkins physician, professor of public health, and noted expert on the health effects of climate change will speak.

For more information, contact Brenda Loya at bloya@psr.org.

Complete this transportation survey!



The Maryland Department of Transportation (MDOT) is launching an update of the 20-year Maryland Bicycle and Pedestrian Master Plan. The Bicycle and Pedestrian Master plan establishes a 20-year vision to support cycling and walking as modes of transportation in Maryland. The plan will provide guidance and investment strategies to support cycling and walking. There will be several opportunities to get involved in the plan development, and your input is welcomed!

Please click [here](#) to visit the project webpage and complete the bicycle and pedestrian needs survey. The survey is design to help MDOT better understand how people currently use bicycle and pedestrian facilities and what types of improvements are most important.

Please help spread the word about this important opportunity to set a course for improving biking and walking in Maryland!

Greening the Health Care Sector

On January 17, MD H2E's technical director, Joan D. Plisko, presented a webinar on the greening of the health care sector to the Maryland Recycling Network. The focus was on hospital recycling programs. A video of the webinar presentation can be seen here:

http://www.youtube.com/watch?feature=player_embedded&v=2L9XMmGX35c

Waste Diversion and Recycling in Maryland's Hospitals



Joan D. Plisko, PhD, Technical Director
Maryland Hospitals for a Healthy Environment

Presented to: Maryland Recycling Network, January 2013



Hospitals Prepare for More Extreme Weather Events

The Wall Street Journal reports that hospitals in New York are making changes to avoid another Superstorm Sandy.

Hurricanes and other extreme weather cannot be prevented, but hospitals need to be a lot more prepared to handle the events.

Flooding and power outages shut down several hospitals for weeks after the storm, and some are still not fully operational.

Hospitals undamaged by the storm still were under strain, having to absorb patients from the affected hospitals.

Changes can be costly, but necessary. Hospitals are considering putting equipment on roofs, building storm barriers and floodgates, and even moving to higher ground.

As extreme weather events are predicted to happen more regularly in the future, hospitals across the Eastern Seaboard must weigh the costs of emergency preparedness with the costs of what can be expensive, unsettling, and severely damaging aftermaths. [Read the article here.](#)

Sustainable Food Page

Register Now!

**39th Annual Symposium
of the Philadelphia/South Jersey
Chapter of the
Association for Healthcare
Foodservice (AHF)
March 7, 2013**

7:30 am – 6:00 pm

Exton, PA

<http://www.psjahf.org/news/news.htm>

**To Register or for Schedule: 609-605-1901
or pamferg01@aol.com**

Chesapeake Food Leadership Council meeting features 'meaty' discussions

Twenty-five people came out last Thursday to the Chesapeake Food Leadership Council meeting at MedStar Harbor Hospital. After introductions and a business meeting, participants split off for small group discussions. The groups each focused on a topic: marketing and education, purchasing, culinary strategies, and hospital-farmer relations. Each small group then summarized their discussion for all council members.

Mike Brannon, Roseda Beef, and Shane Hughes, Liberty Delight Farms, then presented on why sustainable meat and poultry costs more. They each pointed out how much higher quality local sustainable meat is in general, with less fat and no additives. Local farmers are also much more flexible than the big commercial options, and can usually work with the hospital to get them exactly what they want.

The Chesapeake Food Leadership Council is planning to meet quarterly. The next meeting will be in April or May.

For More Information: <https://sites.google.com/site/mdh2eflc>

CleanMed and FoodMed: April 24-26

This year's CleanMed includes the FoodMed conference, with more sessions, pre-conference tours and workshops on healthy sustainable foods and food service than ever before, with the Awards Ceremony for the Healthy Food in Health Care Award Winners!

Register: [here](#)

See the full agenda [here](#)

Practical plan for hospital food waste recovery

Americans throw away an estimated 40 percent of the total U.S. food supply. Hospitals are a major contributor to this waste stream, with food waste making up 10 to 15 percent of the 6,600 tons of waste they dispose each day.

For hospitals with a mission-driven commitment to sustainability, tackling food waste at all levels — from purchasing to food recovery — brings multiple organizational goals into alignment. Source reduction and careful supply chain management can reduce food expenditures in a time of increased budgetary pressure. Donating unused food to recovery organizations provides a community benefit in keeping with the hospital's mission. And composting the remaining waste, or using other forms of recovery for biofuel or animal feed, can shrink the hospital's carbon footprint and bring the facility closer to a goal of zero landfill.

The first step in planning a comprehensive hospital food waste program is to examine the waste generated — where it comes from and how much there is. Although hospital food and nutrition managers often first look towards the kitchen, food and other organic wastes are actually found throughout the hospital: in cafeterias and other dining areas; break rooms and lounges; and at special events. A typical 1,000-bed hospital reported serving over 8,600 meals/day, over half of which were patient meals, and the rest divided between the main cafeteria, smaller food service vendors and the doctors' dining room. Other sources of organics included paper towel waste from bathrooms and yard trimmings from the landscaping department.

[Read the rest here.](#)

Sustainable Food Page

Health Care Without Harm offers opposition to FDA's approval of genetically engineered salmon

This past December, the FDA moved closer to approving AquaBounty AquAdvantage transgenic salmon, the first genetically-engineered (GE) animal designed for human consumption, amid widespread opposition. GE salmon could pose a significant threat to native salmon populations, and the threats to human health from consuming GE salmon are unknown. The healthcare sector can play an important role in voicing concern about this unprecedented and potentially harmful decision.

Although data on human health impacts of GE fish is sparse, recent studies have proved cause for concern. These fish may contain increased insulin, which could disrupt blood sugar levels in humans. It may also contain the hormone IGF-1 (Insulin-Like Growth Factor), which may be linked to the increased incidence of cancer in humans. Finally, these fish may also be lower in omega-3 fatty acids – nutrients that are typically found at high levels in fish and are beneficial to human health.

Additionally, GE fish threaten natural marine environments, wild salmon populations, and the fishing communities who depend on catching wild salmon for their livelihoods. Each year, millions of farmed salmon escape, outcompeting wild populations for resources and straining ecosystems. Any approval of GE salmon would represent a serious threat to the survival of native salmon populations, many of which have already suffered severe declines related to salmon farms and other human-made impacts. The AquAdvantage salmon are said to eat five times as much and act more aggressively than wild salmon.

Health Care Without Harm will be delivering the hospital & clinician sign-on letters to the FDA on February 25.

Hospital sign-on letter is here:

http://org2.democracyinaction.org/o/5140/p/dia/action/public/?action_KEY=12814

Healthcare Professional sign-on letter is here:

http://org2.democracyinaction.org/o/5140/p/dia/action/public/?action_KEY=12815

Nursing Page

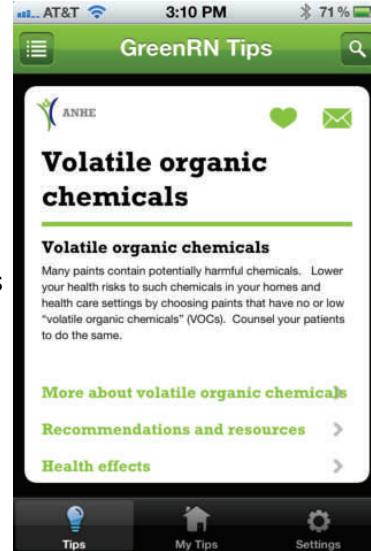
Get the Green RN app

You know what your smartphone is missing? [The Green RN app!](#)

Green RN provides tips for nurses three times a week to educate and inspire nurse professionals and students about environmental health factors and ways to positively affect their patients and themselves. With this app, created by the [Alliance of Nurses for Healthy Environments \(ANHE\)](#), nurses will receive quick snippets of useful environmental health information such as ways to green your nursing practice, environmental chemicals of concern and how they impact human health, and ways to reduce exposures. Green RN also provides more in-depth information based on the tip of the day for nurses that want to delve deeper into the topic as well as links to vetted web resources. Tips and resources can be accessed anytime once they have been published and tips can be saved in your favorites folder for easy access.

Features:

- Provides free, up-to date environmental health information for nurses
- Allows you to share tips via email, Facebook, or Twitter
- Lets you save tips in your favorites folder for quick and easy access of the tips most relevant to you
- Has an integrated search function and index of previously released tips



[Get the awesome app here.](#) And sign up for ANHE's newsletters [here.](#)

Please review AORN position statement on environmental responsibility

(From the Association of periOperative Registered Nurses [AORN]):

The AORN position statement on Environmental Responsibility is up for public review. The AORN task force updated the existing document and merged some components from the AORN Guidance Statement. We welcome your comments. As you can see from the snip below, it will be posted until February 25.

Here are the links for accessing the document and commenting form. The form asks for an AORN membership number, but the only required field is your e-mail (so be sure to include that)

<http://www.aorn.org/>
<http://www.aorn.org/Secondary.aspx?id=24172>

Please feel free to invite others to comment as well. We will presenting a session at AORN Congress on Monday, March 4 and will include a summary of the comments we receive. We expect to do the final touches on the document after Congress and send it on for approval by the AORN Board of Directors .

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 <i>Maryland Hospital Association</i>	Laura Armstrong <i>Maryland Department of the Environment</i>	Peter Arn <i>Sinai Hospital of Baltimore</i>	Denise Choiniere, MS, RN <i>University of Maryland Medical Center</i>
Colleen Cusick, MBA, RN, CMRP <i>Johns Hopkins Hospital</i>	Cecilia DeLoach Lynn, MBA, HEM, LEED AP <i>Practice Greenhealth</i>	Mike Forthman <i>Greater Baltimore Medical Center</i>	Dena Jackson <i>Anne Arundel Health System</i>
Barbara Sattler, RN, DrPH, FAAN <i>Alliance of Nurses for Healthy</i>	Leonard Taylor <i>University of Maryland Medical Center</i>	Charlotte Wallace, RN <i>MD Health Care Sustainability Leadership Council</i>	Robert White, CMRP <i>Carroll Hospital Center</i>
Jo Wilson, MBA, FACHE <i>Western Maryland Health System</i>			

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, 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



MD HCSLC Quarterly Meeting

March 14, 2013

8:00 a.m. – 10:00 a.m.

The topic to be presented is:

Pharmaceutical Waste Regulation and Management Compliance

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

and
Steve Todisco, HEM, CHMM, Corporate Healthcare
Director & Pharmaceutical Program Director
Triumvirate Environmental, Inc.

8a-8:15a—Networking/Breakfast

8:15-8:30 Business Meeting

8:30-10:00—Guest Speaker/Discussion

Don't miss this great event!

Please RSVP by March 7th to

Nicole.Bradfield@meritushealth.com