



# Maryland H2E News Roundup

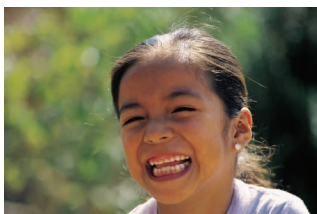


March 2013

## Bon Secours Baltimore's Clean & Green initiative part of community improvements

Bon Secours Baltimore Health System is dedicated to serving and improving its community in a unique way, incorporating environmental programs with community improvement programs.

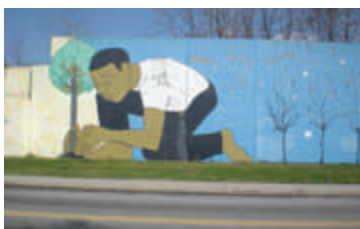
Bon Secours Baltimore has worked to improve its surrounding community in Southwest Baltimore since the mid 1990s. With more than 950 employees, the system is among the largest employers in Southwest Baltimore, a low-income area of the city located in a food desert.



*Bon Secours ties Clean & Green to community improvement*

Part of Bon Secours Baltimore's neighborhood revitalization effort is the Clean & Green initiative, which in 2002 became a program under Bon Secours' Community Works' Housing and Neighborhood Revitalization, a nonprofit organization. The Clean &

Green initiative hires community members to plant low-maintenance grass and trees in vacant lots, pick up trash, and plant community gardens in Baltimore city neighborhoods around the hospital. Its landscape training program hires up to eight children each year.



*The Clean and Green Program turns vacant lots into attractive green spaces and consistently maintains them at a community-wide scale*

To date, 1,000 trees have been planted, 640 vacant lots converted into green spaces, 1.1 million square feet of streets, sidewalk, and lots cleaned up, and 133 tons of waste removed.

Tony Goff, the Bon Secours staff member in charge of the program, told the [Watershed News](#), "When

community folks have an opportunity to contribute to cleaning and greening,

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## Trailblazer Education Event

**Greater Baltimore Medical Center**

April 4 8 am—12pm

**Free to register!**

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

Register now for 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)

## MedStar Harbor Hospital's strategic waste management program

In 2012, MedStar Harbor Hospital began implementation of a strategic waste management program to reduce regulated medical waste and increase recycling. The hospital recognized the positive environmental and fiscal impact of having such a program. Hospital employees were also eager to reduce waste onsite.

MedStar Harbor Hospital created a steering committee to lead the program including representatives from: Operations, Materials Management, Environmental Services, Support Services, Infection Control, Safety, Nursing Administration, Laboratory, Pharmacy, and Clinical Education.

**Continued on page 2**

## MedStar Harbor Hospital's strategic waste management program, continued from page 1

The steering committee set goals for the project:

- Reduce regulated medical waste generation (excluding sharps) to 10% in one calendar year
- Increase recycling generation to 33% in one calendar year
- Increase municipal solid waste generation to 57% in one calendar year

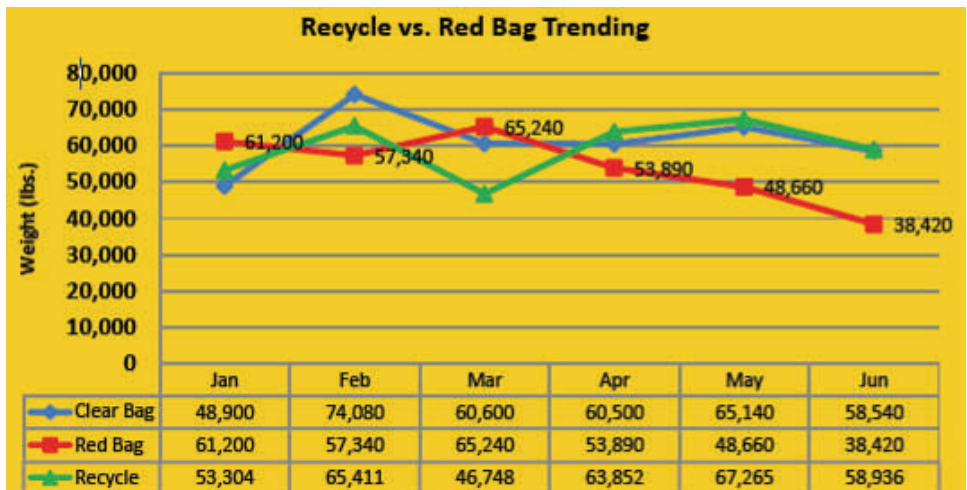


The steering committee developed a waste segregation strategy for each hospital unit, based on the type of waste each unit generated. Red bag roll dispensers were installed in units that generate minimal volumes of regulated medical waste. A dispenser was mounted in each patient room, replacing a standard container. Clinicians pull a bag when needed and place the filled bag in a communal container located conveniently on the unit. There are currently dispensers in the medical and surgical units, specialty practice offices, and emergency department.

The steering committee introduced single-stream recycling throughout the facility by strategically deploying green containers, making it easy for staff to locate and use and easy for environmental services to transport.

MedStar Harbor Hospital generated 25% regulated medical waste, 37% municipal solid waste, and 38% recycling in June 2012. From January to June, the hospital reduced regulated medical waste from 64,682 pounds per month to 42,326.

Lessons learned? Collaborating with waste vendors and strong staff communication are necessary to drive the hospital's cultural change. A strong steering committee is needed to overcome challenges, such as educating the staff and implementing a plan for meeting ambitious waste goals. An assessment of current practices, future opportunities, and future needs is a necessary preliminary step. MedStar Harbor Hospital recommends starting small and implementing a project in phases. Each area of the hospital is different in its generation of waste, but all of them will need to be effectively taught the proper definitions and guidelines of a new program for it to succeed. For more info, contact Jill Donaldson, VP Operations, MedStar Harbor Hospital, at 410-350-3828, [Jill.Donaldson@MedStar.net](mailto:Jill.Donaldson@MedStar.net)



## EPA recognizes medical centers for energy savings, emissions reduction

The U.S. Environmental Protection Agency (EPA) Feb. 20 recognized three healthcare facilities with the Energy Star Combined Heat and Power (CHP) Award: Medical Area Total Energy Plant, LP, Boston, Mass.; Montefiore Medical Center, New York, N.Y.; and New York Presbyterian Hospital/Weill Cornell Medical Center, New York, N.Y.

CHP, also known as cogeneration, simultaneously produces electricity and useful heat from a single energy source such as natural gas. The winning facilities' CHP systems range in operating efficiencies from 69 to 75 percent, which not only reduces energy costs, but also prevents carbon emissions equal to those created by electricity use in 17,400 homes.

One of the key drivers for any healthcare facility considering a move to CHP is to increase energy reliability by decreasing the facilities' dependence on the local utility. This is critically important to hospitals, which need to remain fully operational during power outages. [Click here for more.](#)

## Earth Day ideas from Northwest Hospital

Each year, Northwest Hospital holds an Earth week celebration to engage employees and the community to raise awareness of sustainability. In 2012, the Earth Week celebration at Northwest Hospital events included an educational table with battery give-a-way, community and employee eWaste collection, facility yard sale, compost give-a-way, mentee educational program, and a sustainability fair. Proceeds from the yard sale were \$300 which Northwest Hospital donated to the Employee Relief Fund. Over 150 people attended the sustainability fair. The green team educated a group of 10 mentees from local elementary schools on the sustainability issues and helped them plant trees on campus.

For more information on LifeBridge Health's 'Freedom to Be Green' program, please visit <http://www.lifebridgehealth.org/Main/FreedomtoBeGreen.aspx>.



*Compost give-away*

## How is your facility celebrating Earth Day?

What's your hospital doing for Earth Day? Trying something new? [Email MD H2E today](#) to let us know!

Here's a look at a list MD H2E put together last year for fun and educational Earth Day activities you can host at your hospital:

<http://mdh2e.org/wp-content/uploads/2012/03/Earth-Day-Activities-for-Hospitals-by-MD-H2E.pdf>

## Bon Secours Baltimore's Clean & Green initiative part of community improvements, Continued from page 1

they take ownership of the effort and develop pride in their community, and we are seeing that happen here. It's infectious and it's passed on to family and friends."

Read about Bon Secours community improvements, and its Clean & Green initiative, in a new report from the Democracy Collaborative released March 5. Titled "Hospitals Building Healthier Communities: Embracing the Anchor Mission," it includes six case studies from hospitals across the country.

According to the case study, "Bon Secours is focused on neighborhood revitalization and house rehabilitation, family and women's services, youth employment and workforce development, and financial services."

[Read the case study and the full report HERE.](#)



*A before and after shot of a vacant lot revitalized by the Clean & Green team.*



## Sustainable Foods

### Over 500 health professionals and 19 hospitals express concern about GE salmon



On February 24, the Healthy Food in Health Care Program delivered a letter to the Food and Drug Administration (FDA) on behalf of 519 health care

professionals and 19 hospitals around the country voicing concern about the FDA's cursory Environmental Assessment on AquAdvantage Genetically Engineered (GE) Salmon.

Health professionals and hospitals are deeply concerned about the impacts this salmon will have on human health, and also on the environment and the economy.

#### Comment Period Extended!

#### Express Your Concern Here:

<http://www.regulations.gov/#!documentDetail;D=FDA-2011-N-0899-0685>



Carroll Hospital Center

### Calling all farmers market coordinators!

*Would you help MD H2E collect information about your health care farmers markets or farm stands by filling in this excel spreadsheet?*

<http://mdh2e.org/wp-content/uploads/2013/03/Health-Care-Farmers-Markets-Farm-Stands-CSAs-BLANK-TEMPLATE.xlsx>

MD H2E would like to include some of this information in a report that summarizes the Healthy Food in Health Care initiatives in Maryland.

Going forward, *we encourage you to talk with your farmers about keeping track of total sales each week at your farmers market!* Then, your hospital could document the financial and health benefits to the local community, economy and farmers, and allow MD H2E to report and recognize total sales at hospital farmers markets throughout Maryland.

If you would send the spreadsheet back [Louise Mitchell](#) by Tues March 12, we would greatly appreciate it!

## Diverse coalition testifies in support of mandatory pesticide reporting

**SMART on PESTICIDES maryland**

*For Safe Water & Healthy Kids*

(Annapolis, MD) – Farmers, public health and environmental professionals, moms, watermen and other advocates testified February 27 before the House Environmental Matters Committee in favor of the Pesticide Reporting and Information Act (House Bill 775/Senate Bill 675). The bipartisan bill, sponsored by Delegate Stephen Lafferty and 14 colleagues, would create a simple and cost-neutral, centralized online pesticide reporting database accessible to public health and environmental experts. The bill is one of the environmental community's top priorities for the 2013 General Assembly session.

Exposures to pesticides are linked to many chronic illnesses, including asthma, autism spectrum disorders, ADHD, cancer, and Parkinson's disease, as well as to birth defects and fertility problems.

Pesticides are particularly dangerous for children. A growing body of scientific evidence links pesticides to adverse health impacts on children's neurological, respiratory, immune, and endocrine systems – even at low exposure levels. In November 2012 the American Academy of Pediatrics issued its first policy statement aimed at minimizing pesticide exposure in children and identifying the need for public health tracking of pesticides.

The Maryland Environmental Health Network's [progress report on children's environmental health](#) also underscored the need to track pesticide use in assessing potential linkage to childhood disorders including cancer, autism, birth defects, asthma and developmental disorders.

**To learn more or get involved, visit: [www.betterpesticideinfo.org](http://www.betterpesticideinfo.org).**

*The Smart on Pesticides Maryland – For Safe Waters & Healthy Kids campaign is a coalition of concerned Maryland citizens working to pass legislation creating a simple and cost-neutral, centralized online pesticide reporting database in 2013.*

## Sustainable Foods

### Launch a greenhouse to grow food at your hospital

#### Diversified Vegetable Production in Unheated High Tunnels

**Thursday, April 4, 4:30 pm - 6:30 pm**, Calvert's Gift Farm - Sparks, MD

**Future Harvest CASA Members \$10; Nonmembers \$20**



Jack and Beckie Gurley of Calvert's Gift Farm have 17 years of experience growing certified organic vegetables. They have used unheated high tunnels for 12 years to extend their growing season, taking weather out of the equation in early spring, which allows them to offer a fuller CSA box and have a greater variety of vegetables at farmers' markets at the beginning of the season. Using three high tunnels, the largest of which is 96' x 30', the Gurleys conservatively estimate they have seen a bottom-line boost of some \$10k per year since using these tunnels.

The farm tour and discussion will cover topics including soil, irrigation, temperature, crop selection, high tunnel rotations, harvest methods and overall production techniques. Visit [www.futureharvestcasa.org/events](http://www.futureharvestcasa.org/events) to register (step-by-step [online registration instructions](#) are also online), or call 410-549-7878.

**Attendance is limited so advance registration by April 2 is required for this event!**

### It's National Nutrition Month! Send MD H2E your pictures & stories

[Send us](#) your stories and pictures on your healthy food activities in March for our newsletter next month.

## You're Invited to a National Nutrition Month Lunch and Learn



**Tuesday March 26<sup>th</sup>  
11:30 — 12:30**



**Union Hospital of Cecil County**

Susquehanna Room, 106 Bow St Elkton, MD 21921

**Guest Speaker:** Kristie Middleton

*Manager, Corporate Policy and Supply Chain Strategy*

*The Humane Society of the United States*

*Discover who is going meat-free on Mondays, why they're doing it,*

*and how you too can get each week off to a healthy start*

*by participating in this growing national movement.*

*RSVP to Brenda O'Connor*

[boconnor@uhcc.com](mailto:boconnor@uhcc.com)

410-392-2679

A "Dishing Up Maryland" Cook Book will be raffled off!

## 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

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Laura Armstrong  
*Maryland Department of the Environment*

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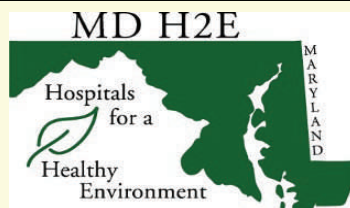
## Who is MD H2E?

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  
[englund@son.umaryland.edu](mailto: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 7<sup>th</sup> to  
[Nicole.Bradfield@meritushealth.com](mailto:Nicole.Bradfield@meritushealth.com)**