



May 2013

# Maryland H2E News Roundup



## MD health care community reflects on CleanMed

CleanMed, the annual national sustainability conference for health care professionals, was held in Boston this year, April 23-26. MD H2E asked several Maryland health care employees who attended this year to reflect on their experiences.

Starting on page 2, find reflections by:

**Colleen Duerr**, RN, BSN, Clinical Manager, Carroll Hospital Center

**Holly Emmons**, MPA, RD, LD, Food Service Manager, Union Hospital of Cecil County

**Molly Englund**, Communications Coordinator, MD H2E

**Bill Griffith**, President, Reduction in Motion

**Gina Navarro**, Sustainable Foods Project Manager, MD H2E

**Joan Plisko**, PhD, Technical Director, MD H2E

**Tim Saunders**, MSW, LCSW-C, Manager of Social Work and Care Transitions, Care Management Department, Greater Baltimore Medical Center

## 2013 PGH awards announced - 17 to Maryland winners!

Practice Greenhealth has announced its 2013 Environmental Excellence Award winners. These awards are given within the health care sector for outstanding programs to reduce the facility's environmental footprint. Congrats to all the Maryland winners!

### System for Change Award

MedStar Health

### Partner for Change with Distinction

Levindale Hebrew Geriatric Center

University of Maryland Medical Center

### Partner for Change Award

Bon Secours Hospital, Bon Secours Baltimore Health Corporation

Greater Baltimore Medical Center

Kaiser Permanente of the Mid Atlantic States

MedStar Franklin Square Medical Center

MedStar Good Samaritan Hospital

MedStar Harbor Hospital

MedStar Montgomery Medical Center

MedStar Union Memorial Hospital

Northwest Hospital

Sinai Hospital of Baltimore

### Making Medicine Mercury-Free Award

Carroll Hospital Center

Greater Baltimore Medical Center

### Partner Recognition

Carroll Hospital Center

### Champion for Change Award

Maryland Hospitals for a Healthy Environment



Questions or comments, please contact:

Joan Plisko, Technical Director, 410-706-2107, [plisko@son.umaryland.edu](mailto:plisko@son.umaryland.edu)

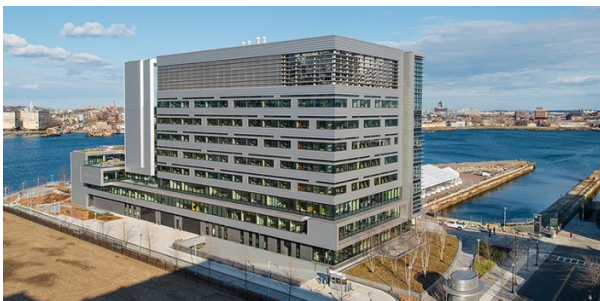
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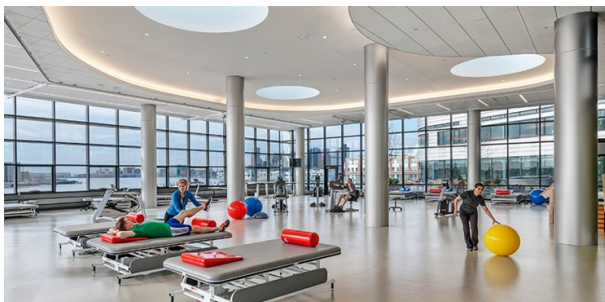
## Tim Saunders, GBMC

As one of the pre-conference activities, I attended a tour of Spaulding Rehabilitation Hospital - a climate-resilient and LEED Gold Certified hospital. The tour was facilitated by leadership from Spaulding Rehabilitation Hospital (SRH) and the design team from [Perkins+Will](#), the Architecture Firm. The comprehensive, walk-through presentation was very informative and I was immediately struck by the incredible amount of planning that went into every detail of the soon-to-be inhabited facility. The design team did a phenomenal job of ensuring a patient-centered and staff-friendly design while at the same time achieving the needed sustainability and environmental goals.

Located on a remediated brownfield parcel in the Charlestown Navy Yard, SRH brings an obvious new life to this community. Due partially to the code restrictions of the shipyard and partially to the mission of healing the hospital has embraced; a large percentage of the main floor is open to the public. This allows the recovering patients to maintain connection with the community as a part of their recovery.



The rehabilitation/gym areas of the hospital were designed with as much natural light as possible and with the patient and the therapy staff's input.



*Continued on page 4*

## Holly Emmons, Union Hospital of Cecil County

Clean Med is one of my favorite conferences. This year, for the first time, a Healthy Foods track was introduced, essentially combining FoodMed activities with CleanMed. The General sessions and featured speakers were so motivating, and help to keep environmental concerns at the forefront of our creative activities. The individual food tracks were very informative. I was very moved by Diane Imrie's presentation, along with Dr. Preston Maring and Dr. Michael Sernyak, "Reconnecting Medicine to Environmental and Public Health: The New Frontier of Environmental Nutrition". There is a lot to learn from hearing other people's stories. One of the most exciting elements of the conference is meeting people in person, whereas all communications prior to the conference have been electronic or by phone. I was thrilled to meet David Zuckerman whose report "Hospitals Building Healthier Communities, Embracing the anchor mission", discussed the idea of hospitals and economic anchor strategies, one of those which is local food purchasing. The Healthy Food in Health Care representatives from Health Care without Harm, from all across the country, are all amazing women and so passionate about their work that it provides inspiration for the rest of us. I feel refreshed and rejuvenated after CleanMed, and so proud to have this community of people as role models for our sustainability work.

## Colleen Duerr, Carroll Hospital Center

I enjoyed another very informative Clean Med. The two most informative Sessions that I will be taking back to Carroll Hospital Center is the **Environmental Community Benefits** with Julie Trocchio. She did a wonderful job discussing Community Benefits and how it could be tied in with IRS benefits. The other interesting session was **Physician Engagement** and having the panel comprised of physicians helped me understand ways of communicating sustainability in a "scientific" language so that physicians would understand the need for sustainability in hospital settings.

## Joan Plisko, MD H2E

Having just returned from my 7th CleanMed conference I am to launch Maryland's health care community to the leading edge of environmental sustainability!

CleanMed was a time to absorb the tremendous energy and enthusiasm of the over 800 attendees that gathered in Boston. I am particularly proud that PGH presented so many awards to Maryland organizations that serve as sustainability leaders. While the mission of CleanMed is to "accelerate the health care sector's commitment to environmental sustainability and regenerative health in order to improve the health of people and the environment," the vision of MD H2E is to create "a culture of environmental health and sustainability in Maryland's health care community."

Accordingly, CleanMed served as a fertile breeding ground for ideas, connections, and innovations that will be transformative in the way we work in MD.

With so many inspiring speakers and conversations at CleanMed, I want to share just a few nuggets of wisdom that I collected in my thought basket:

### **ON CULTURE AND INNOVATION...**

- Think – not out of box, but out of building!
- Courage is key to improvement; improvement is key to courage
- Education must precede action

### **ON PURCHASING AND SOURCING...**

- Strive for a transparent/toxic free supply chain
- Consider full lifecycle attributes

### **ON PERFORMANCE AND METRICS:**

- Develop a performance roadmap and drive performance with sustainability metrics
- Be proud and share economic, environmental, health, and social performance!

### **ON COMMUNITY BENEFIT AND RESILIENCY**

- Align hospital mission and vision with community and environmental benefit
- Integrate environmental health and community benefit activities
- Collaborate with community, public health, and emergency preparedness partners to foster resilient community

With all the fabulous work being done in Maryland's hospitals, I look forward to hearing from you about your progress and about your needs. Please reach out to me with questions, thoughts, ideas, and inspirations. Together, we are transforming Maryland!!!

## Gina Navarro, MD H2E

As I sit on the plane heading south to Baltimore, I begin reflecting on my first CleanMed Conference and the first thought that comes to mind is: ***Be willing to have courageous conversations.***

The effects of environmental degradation surround us: the smog in our cities; chemicals in our water and on our food; toxic waste lacking adequate disposal sites; threats to the health of industrial and farm workers. The problems, however, reach far beyond our own neighborhoods and workplaces. Our problems are the world's problems and burdens for generations to come.

At its core, the environmental crisis is a moral challenge. It calls us to examine how we use and share the goods of the earth, what we pass on to future generations, and how we live in harmony with all creation. A just and sustainable society and world are not an optional ideal, but a moral and practical necessity. Without justice, a sustainable economy will be beyond reach. Without an ecologically responsible world economy, justice will be unachievable.

As *citizens*, each of us needs to participate in this debate over how our nation best protects our ecological heritage, limits pollution, allocates environmental costs, and plans for the future. We need to use our voices and votes to shape a nation more committed to the universal common good and an ethic of environmental solidarity.

These are beginning reflections for me—not final conclusions. These are matters of powerful urgency and major consequence. As individuals, as institutions, as a people, we need a change of heart to preserve and protect the planet for our children and for generations yet unborn. At the very minimum, we need food and energy policies that are socially just, environmentally benign, and economically efficient.

But I do proceed with hope because there are hopeful signs which were clearly demonstrated at CleanMed: public concern is growing; some public policy is shifting; and private behavior is beginning to change. From broader participation in recycling to negotiating international treaties, people are searching for ways to make a difference on behalf of the environment.

I am not a scientist, but I can work with experts, citizens, and policymakers to continue to explore the serious environmental, ethical, and human dimensions of these ecological challenges.



## Molly Englund, MD H2E

I went to my first CleanMed in Baltimore in 2010. I had just started working with MD H2E the week before, and was brand new to health care. During the sessions, I furiously took notes and kept a list of things to look up—what's a green team? What's a GPO?

I looked back on those notes before heading up to Boston for CleanMed 2013, and was amazed at how much I've learned and how far health care has come in the past three years. My first session in 2010 was called "Three Systems Going Green: Baby Steps and Leaps of Faith." Back then, the speakers talked about starting with the low-hanging fruit, such as increasing recycling rates. By 2013, at a session on funding a sustainability coordinator, the discussion had advanced so much that the audience offered each other the most advice!

It was immensely gratifying to see how far greening health care has evolved – and how much I have as well! This year, instead of trying to catch up and figure out what people are even talking about, I got to take in the bigger concepts (especially Bill McKibben's talk on climate change) and absorb the future of health care. Now there is so much collaboration between hospitals and schools, local governing bodies, and businesses. In Texas, Resolute Health has partnered with the local school district to get kids and seniors gardening. The health system's farm includes rain barrels, composting, chicken coops, and aquaponics. Next, they're launching a food truck. In New York City, the Mayor's office has invited local hospitals to participate in the NYC Carbon Challenge to reduce greenhouse gases by 30% in 10 years. And in one truly impressive session, attendees saw a glimpse of the future: what hospitals will look like in the next one hundred years. A cardiac surgery center in Sudan is built and functioning to European standards, sealed and with AC, but completely off the grid.

A fully-functioning surgery center that's completely off the grid? That was unimaginable to me in 2010. This CleanMed, I'm not just amazed by how much health care has accomplished, but also by all the innovations, designs, and partnerships that have yet to be created, changes that have yet to be imagined. But they're coming, and I can't wait to see what happens next.

I wrote this quote in my notes in 2010: "You don't have to do everything at once, but you have to keep moving forward."

And that's precisely what is happening, in Maryland and around the country.

## Bill Griffith, Reduction in Motion

I was very impressed with this year's annual CleanMed Conference held in Boston, MA. Since I attended my first conference in 2008 in Pittsburgh, it's been encouraging and inspiring to see the growth of, not only the conference, but its participants and their associated programs. I recall a very "local" and "grassroots" feel of my first conference experience, but this year's event showed how influential and far-reaching the conference has become. Sustainability in healthcare has truly taken off and continues to reach new heights.

On a personal and business note, I was very impressed with the conference's stride towards zero-waste. As a company who specializes in assisting healthcare facilities with waste separation and waste-flow strategies, I couldn't help but be impressed with their actions.

### *Continued from page 2, Tim Saunders, GBMC*

The patient rooms were again designed to connect recovering patients with the nature/environment outside (again with maximum natural light) and are very accommodating to family and visitors.



From the blueprint design to every last detail, from the energy-efficient "Mechanical Penthouse" to the bench seating constructed from re-purposed wood found on the original construction site, SRH was truly a green facility through and through.

## New tools available for healthcare plastics recycling



By Editorial Staff, Resource Recycling

The Healthcare Plastics Recycling Council has released tools and best practices guidelines to assist hospitals in initiating a plastics recycling program.

[HospiCycle](#) offers a step-by-step guide on how to begin and administer a plastics recycling program, including assessing the economic feasibility of a plastics recycling program, understanding relevant regulations, identifying staff and available resources, and securing infrastructure and logistics to make it happen. The guide also offers tips on conducting a waste characterization study and selecting a recycling partner.

HPRC estimates that between 20-25 percent of the 6,600 tons of waste generated annually by healthcare facilities is plastic scrap. More hospital recycling initiatives were recently covered in [Resource Recycling](#).

Click [here](#) for the full **Plastics Recycling Update newsletter**.

## Premier launches energy reduction, efficiency website

The Premier healthcare alliance is committed to a clean environment and protecting community health, evidenced by its new website on [healthcare energy reduction and efficiency](#). Investment in energy efficiency lowers cost and increases profitability while improving the environment and health of the communities we serve. Launched in April, the site is part of Premier's environmental leadership program, [GreenHealthy®](#).

Located on Premier's Safety Institute website, it provides user-friendly information on how to get started with low or no cost measures for improving energy efficiency in your healthcare organization, with tips, tools, sample policies and case studies on lighting, air filters, heating and air condition, water, financing and more. Learn the details of specific energy efficient initiatives that help Geisinger Health System of Danville, Pa., achieve more than \$6 million annually in Premier's white paper: [Energy efficiency call to action](#).

## Climate change and health care



Gary Cohen, President of Health Care Without Harm, published a powerful blog post titled ["What Does Climate Change Have to do with Health care?"](#) Cohen makes the case that health care has three main responsibilities

regarding climate change and the resulting extreme weather events: to be a resource during a weather emergency, not a victim; to transition out of fossil fuel dependency; and to advocate for climate change policy. *An excerpt:* In the last six months, we have witnessed Superstorm Sandy flooding New York City, New Jersey and surrounding areas, a massive Midwest drought impacting 40 percent of the US corn crop, and unprecedented air pollution from burning fossil fuels that forced Chinese authorities to tell Beijing residents to stay in their homes. When we think about climate change, we are no longer thinking about polar bears stranded on melting ice caps. Climate chaos has come home and its impacts are being felt all around the world.

What health scientists are telling us is that climate change will bring increased asthma, more virulent allergens, medical emergencies from heat stress, the spread of water- and vector-borne diseases and increased severe weather events. The Lancet, Britain's premier health journal, calls climate change "the biggest global health threat of the 21st century." Given these dire warnings, one would expect that the healthcare sector would be prepared for the coming public health storm. Nothing could be further from the truth...

[D]uring Hurricane Sandy...[b]oth Bellevue Hospital and New York Langone Medical Center had to be evacuated because all their electrical systems were in the basement. At NYU Langone, millions of dollars of medical research specimens were destroyed because of lack of consistent refrigeration. It took Bellevue more than ten weeks to clean up the mess and reopen its doors to patients. We are learning the hard way that the healthcare sector's understanding and ability to respond to climate change is still in a primitive stage of development. What, then, should the role of healthcare be in dealing with climate change?

[http://www.noharm.org/us\\_canada/news\\_hcwh/2012/dec/hcwh2013-04-05.php](http://www.noharm.org/us_canada/news_hcwh/2012/dec/hcwh2013-04-05.php)

## Sustainable Foods



### Chesapeake Food Leadership Council meeting

Thursday, May 30<sup>th</sup> 10 am – 12 pm  
Holy Cross Hospital, Silver Spring, MD

#### RSVP Here:

[http://www.surveymonkey.com/s/  
K8X8DGM](http://www.surveymonkey.com/s/K8X8DGM)

#### Agenda Highlights

- Strategies for Driving Change in our Regional Food System: The Power of Institutions to Change the Market
- Best Practices and Successful Strategies for Purchasing and Selling Local Sustainable Foods
- Aggregating Institutional Demand for Local Sustainable Foods from the Supply Chain

#### The Meeting is in Education Room 1

(EDU 1) - Enter Lobby through the West Concourse, EDU 1 is the first room on right.

#### Continuing Education approval is pending for:

**Chefs** through the American Culinary Federation  
**Dietary Managers** through the Association of Nutrition and Foodservice Professionals  
**Dietitians & Dietetic Technicians Registered** through the Maryland Academy of Nutrition and Dietetics

#### Questions on the Day of the Meeting?

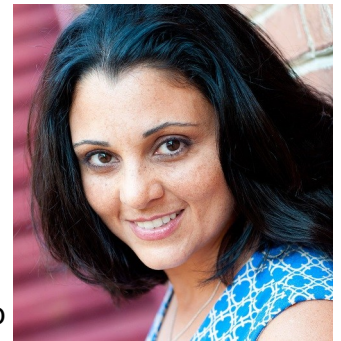
Call or Text: 443-465-4845, Gina Navarro,  
Sustainable Foods Project Coordinator, MD H2E

#### For More Information:

410-706-1924 or

<https://sites.google.com/site/mdh2eflc>

### Meet MD H2E's newest staff member: Gina Navarro



MD H2E is pleased to announce Gina Navarro as MD H2E's Sustainable Foods Project Coordinator. Gina's primary focus will be the Chesapeake Food Leadership Council. Gina brings great skills in cultivating relationships and coaching, critical thinking, project management, marketing and communications, event hosting, and she has a passion for making change.

Gina is certified by the American Association for Nutritional Consultants, the Institute of Integrative Nutrition, and Well Coaches, a behavior modification program. She continues to coach clients and is a co-founder of the nonprofit Mid-Atlantic Health Coach Association.

Gina's work in corporate wellness included group presentations, one-on-one coaching, and group coaching on subjects such as the importance of eating whole, organic foods and cutting out sugary beverages.

Her career includes experience in marketing and communications, with a focus on PR and account management. In college, she was a student athletic trainer, taping ankles for the football team and examining nutrition to help the athletes stay healthy. This sparked her lifelong commitment to healthy eating.

Gina is dedicated to sustainability in her personal life. At home, her family uses as little toxic chemicals as possible, recycles, and shops at farmers' markets and buys meat directly from a local farm. "Our philosophy is, there is so much toxicity out there, whatever we can do in our private home, we'll make that effort," Gina says.

Gina lives with her husband and daughter in Sparks, Maryland. Welcome, Gina!

## About MD H2E

### Vision

To advance a culture of environmental health and sustainability in Maryland's health care community.

### Mission

Through networking, education, technical assistance, and recognition, MD H2E engages Maryland hospitals and health care providers in becoming leaders in environmental health and sustainability.

### Values

Health ~ Stewardship ~ Leadership ~ Integrity Prevention ~ Excellence ~ Community Collaboration ~ Innovation

## MD H2E Advisory Board

Meghan Allen  
*Maryland Hospital Association*

Laura Armstrong  
*Maryland Department of the Environment*

Peter Arn  
*Sinai Hospital of Baltimore*

Scott Burleson  
*Chester River Health System*

Denise Choiniere, MS, RN  
*University of Maryland Medical Center*

Cecilia DeLoach Lynn,  
MBA, HEM, LEED AP  
*Practice Greenhealth*

Holly Emmons  
*Chesapeake Food Leadership Council*

Mike Forthman  
*Greater Baltimore Medical Center*

Kristian Hayes, MPH  
*Johns Hopkins Hospital*

Katie Huffling, RN  
*Alliance of Nurses for Healthy Environments*

Dena Jackson  
*Anne Arundel Health System*

Mark Miller  
*Washington Adventist Hospital*

Barbara Sattler, RN, DrPH, FAAN  
*Alliance of Nurses for Healthy Environments*

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

Robert White, CMRP  
*Carroll Hospital Center*

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

## 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
- Gina Navarro, Sustainable Foods Project Coordinator  
[gnavarro@compmed.umm.edu](mailto:gnavarro@compmed.umm.edu), 410-706-2352



## MD Health Care Sustainability Leadership Council quarterly meeting

**June 13, 2013**

8:00 a.m. – 10:00 a.m.

### Topic to be presented:

Occupational Safety & Cleaning for Infection Prevention

*Speakers TBA*

### Don't miss this great event!

**Please RSVP by June 6th to**

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

**[Click here for more details.](#)**

*Mark your calendars now for:*

*September 19<sup>th</sup>, and December 12<sup>th</sup>.*