



June 2013

Maryland H2E News Roundup



MD H2E has a new home!

Maryland Hospitals for a Healthy Environment is joining forces with the Center for Integrative Medicine (CIM) at the University of Maryland School of Medicine, effective immediately. Through its partnership with CIM, MD H2E will continue its work supporting environmental sustainability in Maryland's health care community, while giving MD H2E the exciting opportunity to explore physician engagement and promote integrative health and wellness.



WE HAVE NEW EMAIL ADDRESSES!

Our phone numbers have not changed.

Joan Plisko, Technical Director, 410.706.2107
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Molly Englund, Communications Coordinator, 410.706.6832
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Go to page 7 to learn more about MD H2E and CIM.

Words from a retiring green leader

Joan Plisko spent a few minutes chatting with Lionel Weeks, VP of Facilities, LifeBridge Health. After 18 years with LifeBridge and most recently as the green team leader, Lionel is retiring later this month. On behalf of MD H2E, we will miss Lionel's enthusiasm, wit, insights, and good nature in Maryland. We wish Lionel the best of luck and much happiness in the next phase of his life's journey!!!

The Maryland Health Care Sustainability Leadership Council is one of the best things that has happened to Maryland's environmental health care community. LifeBridge has been a leader in the greening community and we have been able to connect with and help other facilities AND learn from other facility experiences.



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Molly Englund is moving on!

Communications Coordinator Molly Englund will be leaving MD H2E at the end of June as she moves to New York City. Please join MD H2E in wishing her all the best! In her own words:

My three years at MD H2E have been so meaningful: challenging yet satisfying as we've tackled serious issues while still having fun. I've forged many deep connections through my work, and I've learned so much from all of you! While I'm so excited for what my future holds, I'm grateful for all the inspiration I've gathered from the MD health care community. It's been an honor. Thanks so much to all of you for your dedication to sustainability, your willingness to engage, and - of course - for reading my newsletters! I wish you all the best and look forward to watching your accomplishments from the sidelines.



MD H2E's Earth Day winners!

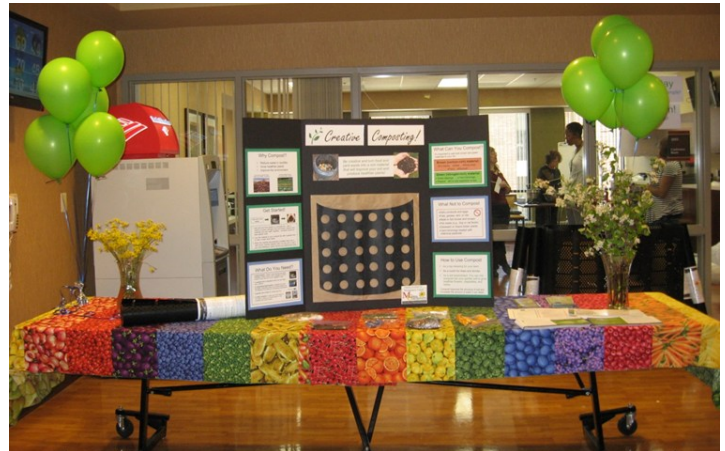
These facilities had great photos and stories from their Earth Day Activities.

Holy Cross Hospital reinforces commitment to green practices during Earth Week



Participants who took a "green" quiz received free plants

MedStar Montgomery Medical Center's two-day Earth Day Celebration



The composting display



Leafy greens grown in newspaper pots



Right, [A surprise Flash Mob](#) was held to help raise awareness about environmental sustainability.

Story on page 3



Salad container kits

Holy Cross Hospital Earth Day, continued from page 2



Mother and son employees pick up plants at the Earth Day giveaway at Holy Cross Hospital.

As an EcoLeadership Award winner for the fifth year in a row from the Alliance for Workplace Excellence, Holy Cross Hospital has demonstrated leadership and an outstanding commitment to an environmentally sustainable workplace and the efficient use of resources. This Earth Week, Holy Cross Hospital reinforced its commitment to green practices through a series of outreach and educational activities for employees that culminated on April 24 with an Earth Day presentation.



Activities and opportunities included poster and slogan contests; Green "lunch and learn" sessions with employees; exhibits from vendors; recycling information tables; fruit and flower give-aways; and a surprise entertainment flash mob to raise awareness about Earth Day.

Being environmentally conscious is a part of the way Holy Cross Hospital does business. Waste minimization; water conservation; pollution prevention; environmentally-conscious travel practices; and energy efficiency are all investments the hospital has made today that will make a huge difference in the environment tomorrow. Environmental sustainability is also at the center of the hospital's two major construction projects — the building of Holy Cross Germantown Hospital and a new Patient Care building on the Holy Cross Hospital campus, which will reach LEED certification standards from the U.S. Green Building Council. To learn more about Holy Cross Hospital's green practices, contact Green Team Chairs [Claudia Schreiber](#), [Ellen Sullivan](#), or [Kyle Jossi](#).

MedStar Montgomery Medical Center Earth Day, continued from page 2

The sustainability team at MedStar Montgomery Medical Center hosted a two-day Earth Day Celebration in the cafeteria on May 1 and 2 from 11:30 a.m. to 1:30 p.m. Approximately 305 associates, volunteers, physicians, and visitors attended the celebration.



The celebration included poster displays on composting and native plants and demonstrations on how to grow leafy greens and make biodegradable newspaper pots. Approximately 130 salad kits were given out for a total of 650 leafy green plants. The leafy greens were grown in newspaper pots, and the plastic containers used for the kits were recycled from the Medical Center's kitchen.

To make learning fun, the sustainability team created two games, an Earth Day Prize Wheel and a Clean the Stream game. Participants were able to win prizes by answering questions about sustainability and the Chesapeake Bay. Prizes included plants and gardening tools. The sustainability team also gave out over 200 plants and 13 composting bins that were giveaways for all participants. A "green" entrée was served at the cooking action station and free food samples were offered both days.

Prizes: Plants (violas, pansies, petunias, begonias, black-eyed Susan vines, coleus, and geraniums) and gardening supplies

Free Raffle: Hanging plastic bag container with begonias

Freebies: Leafy green salad container kits, composting bins, Japanese maple trees, plants (native St. John's Wort, lemon balm, chives, and lily of the valley) and sunflower and marigold seedlings.

Words from a retiring green team leader, continued from page 1

MD H2E and the MD HCSLC promote so many programs. There is no reason why hospitals should not be implementing cost neutral and cost saving programs. LifeBridge facilities as well as a group of several others have personally reached out to hospitals that have requested help with their programs and yet they are not taking advantage of programs such as BGE rebates, which virtually pay for themselves! The ROI on lighting is 1.5 years. I am not sure why folks are not doing it and would strongly encourage them to get on board.

When Pete Arn and I revived the green team here at LifeBridge there were plenty of people interested in the subject and volunteers stepped to the plate!

The operating room and food services staff were ahead of the game and took it upon themselves to develop and implement great programs. The green team brought it all together. Quite honestly, there were staff who were annoyed at one point that LifeBridge was not recycling enough. The green team harnessed the energy of the collective and we worked with a great vendor for education and waste reduction. I would encourage everyone to do the same.

Some final thoughts from Lionel:

1. Focus on the process and not just the cost. In the long term most of these programs save money, especially for waste and energy. At the end of the day, if it's a nominal fee, it's the right thing to do.
2. Reach out and offer assistance to others if you are blazing the trail. On the flip side, don't reinvent the wheel – reach out to others and ASK for help. We are all in the same business working toward same common goal.
3. Get buy in from administration – that's critical.
4. MD H2E is the driving force behind this work in Maryland. If not for MD H2E, we would all be doing our own separate thing. MD H2E is the nucleus and the rallying force that blends us all together.
5. I have enjoyed working with the people; it's about community and relationships. We are all working toward patient care and greening of health care.

ICU infections plunge 60% with copper surfaces

Fierce Healthcare—Copper surfaces in intensive care unit hospital rooms reduced healthcare-acquired infections by more than half, according to a study published in the May issue of *Infection Control and Hospital Epidemiology*.

The results were surprising even to the researchers from the Medical University of South Carolina (MUSC). Microbiologist Michael Schmidt, Ph.D., said he anticipated a 10 percent reduction in infections, but the study found infections were slashed by 60 percent, according to an [announcement](#) from MUSC.

Cleaning practices didn't change, but patients at three test hospitals were randomly assigned to ICU rooms with copper-coated bed rails, tables, IV poles and nurse call buttons over the 11-month test, according to the announcement.

The electrical conductivity of copper "literally steals the electricity inside the microbes, rendering them inactive," Schmidt said in the announcement. "They literally die because they run out of juice."

[Click here to continue reading.](#)

Donate medications here!

The Dispensary of Hope is a national not-for-profit that recovers short-dated and surplus medications and redistributes them to charitable clinics and pharmacies across the country.



Through their "Fill the Box Fill the Need" campaign, over 1000 physician practices across the country are donating their sample medications 6 months prior to expiration. By doing so, practices are PREVENTING waste, increasing sample management compliance, saving time and destruction costs, and ultimately serving the medication needs of the uninsured. They've worked with some of the largest health systems across the country to incorporate their Hope Boxes and are growing quickly—adding just under 40 practices a month. Join the movement!

[Read the case study](#)

Find Out More:

<http://www.dispensaryofhope.org/give-meds>

A prescription for energy efficiency

HEALTHCARE DESIGN

In order to maintain competitiveness and profitability, healthcare systems must balance rising energy costs with increased needs for advanced technology. But is it possible for hospitals to increase their use of energy-intensive medical equipment while also reducing energy consumption?

Each year healthcare systems spend more than \$8 billion on energy, making them one of the largest consumers of energy among U.S. institutions. The most recent data available from the [Healthier Hospitals Initiative](#) reports that hospitals' energy costs rose 56 percent between 2003 and 2008.

While the [Environmental Protection Agency](#) reports that every dollar saved on energy is equivalent to a \$20 increase in revenue for a hospital—or a \$10 increase for a medical office building—most healthcare systems have been slow to reduce energy related to their equipment needs. From CT scanners to heart monitors, medical machines account for 18 percent of hospitals' total energy use. The more doctors rely on sophisticated equipment to help patients, the more a hospital's energy use goes up.

Because of this, architects and healthcare administrators need to make sustainable equipment a priority from the start of any project. Medical equipment makes up 10-40 percent of a total project budget, so prudent spending decisions on these items will support budget compliance from conceptual stages through commissioning, while supporting sustainability and energy-saving efforts.

[Click here to read the entire article.](#)



HHI's 1st Milestone Report

In the first-ever Healthier Hospitals Initiative [2012 Milestone Report](#) released today, 370 HHI-member hospitals indicate that they have reduced their environmental footprint, lowered costs and improved patient health by incorporating sustainability initiatives into their business models. This is the first time hospitals have quantified sustainability efforts by collecting and reporting data to show movement.

Launched in April 2012, HHI is a national campaign to improve health of patients, staff, and the community; reduce environmental impact by the sector; and experience considerable fiscal savings that reduce the overall national health care costs through better public health.

The data in the report was collected from HHI-member hospitals in six key "Challenge" areas: Engaged Leadership, Healthier Food, Leaner Energy, Less Waste, Safer Chemicals, and Smarter Purchasing.

"HHI is a multi-year campaign and our first Milestone Report shows movement toward delivering a more sustainable hospital environment," said Gary Cohen, president, [Health Care Without Harm](#) (HCWH) and founder of the [Healthier Hospitals Initiative](#). "This report is a baseline from which we can move forward and continue to measure our future successes by encouraging hospitals to purchase more environmentally-preferable supplies, serve healthier foods, use less energy, reduce waste and more."

Led by 13 sponsoring health systems that represent more than 500 hospitals with more than \$20 billion in purchasing power, and in conjunction with three nonprofit organizations—HCWH, [The Center for Health Design](#) and [Practice Greenhealth](#)—HHI aims to advocate for environmentally responsible health practices by spurring sustainable change across the health care industry.

Each HHI member has committed to improve the health and safety of patients, staff and communities by implementing at least one of the Challenges. The 2012 HHI Milestone Report summarizes the Initiative's first year of progress, with 370 HHI enrollees of all sizes and types contributing their experiences to the data.

Sustainable Food Page

The **Healthy Food in Health Care Team** is excited to share with you a new resource to inform your distributor of your sustainable purchasing efforts. The **Distributor Welcome Kit** can now be found on the [Healthy Food in Health Care Resource webpage](#) at the bottom of the Purchasing Guides for Hospitals section. We hope that using this tool will help start and/or frame conversations many of you are having with broadline and secondary distributors about labeling and tracking sustainable food purchases.

In this kit you will find...

A Cover Letter: This letter is addressed to you from us, explaining how to use the kit and provides you with links to our website and contact information.

A Welcome Letter: This letter is for you to share with your distributors. In it you have the opportunity to explain your sustainable food work (as a Healthy Food in Health Care participant, pledge signer, or Healthier Hospitals Initiative challenge taker) and the support you would like from them to help you succeed in your endeavors. The letter is modifiable to choose how to describe your sustainable food work and add your facility logo.

Congratulations to Holly Emmons!

Holly Emmons, MPA, RD, LD, is the first place winner of the Healthy Food in Health care's Exemplary Food Service Professional Award. Emmons is the food and nutrition services manager of Union Hospital of Cecil County.

The award acknowledges significant achievement and leadership, inspires competition to achieve measurable and lasting results, and encourages continuous improvement in sustainable health care food service operations. Emmons was selected for making the critical link between our industrialized food system and public health through a competitive process with other hospital food service professionals engaged in sustainable health care.

"For the past four years, Union Hospital has embraced healthier foods and has worked towards achieving significant results through Health Care Without Harm's and MD H2E's healthy food initiatives," stated Emmons. "This award represents a culmination of these efforts, but most importantly, defines a legacy for others to follow toward a more sustainable future."

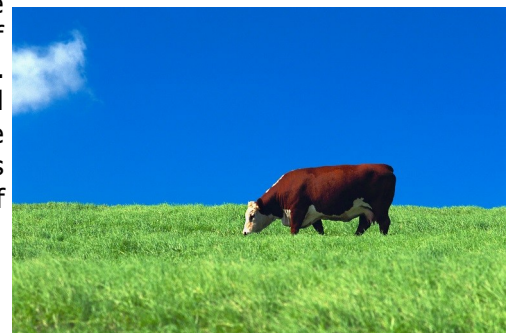
For more information on Emmons' award winning activities, go to: <http://mdh2e.org/2013/05/16/>

Hospitals say "no" to meat raised with antibiotics

On April 8, the University of California at San Francisco (UCSF) Medical Center stepped into the debate about antibiotic use in animal agriculture. Under the guidance of physicians and foodservice staff alike, UCSF's Academic Senate unanimously approved a resolution to phase out the procurement of meat raised with non-therapeutic antibiotics and urged all ten University of California campuses to do the same. This resolution is not just a symbolic decision – serving over 650,000 meals per year to patients, staff, and the community, and with a food budget of close to \$7 million, UCSF and its food purchasing choices have the power to send a strong message to the market and to policymakers.

"There is overwhelming scientific consensus that overuse of antibiotics in livestock is a health hazard to people," says Dr. Thomas Newman, a member of the Academic Senate who spearheaded the resolution with the help of the non-profit [San Francisco Bay Physicians for Social Responsibility](#). He is in good company. Independent experts ranging from the World Health Organization to the U.S. National Academy of Sciences agree that the routine use of antibiotics in animal agriculture cultivates antibiotic-resistant bacteria, threatening the long-term efficacy of antibiotics for human use...

Read More: <http://civileats.com/2013/05/20/hospitals-say-no-to-meat-raised-with-antibiotics/>



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

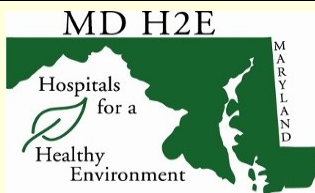
Meghan Allen <i>Maryland Hospital Association</i>	Laura Armstrong <i>Maryland Department of the Environment</i>	Peter Arn <i>Sinai Hospital of Baltimore</i>	Scott Burleson <i>Chester River Health System</i>
Denise Choiniere, MS, RN <i>University of Maryland Medical Center</i>	Cecilia DeLoach Lynn, MBA, HEM, LEED AP <i>Practice Greenhealth</i>	Holly Emmons <i>Chesapeake Food Leadership Council</i>	Mike Forthman <i>Greater Baltimore Medical Center</i>
Kristian Hayes, MPH <i>Johns Hopkins Hospital</i>	Katie Huffling, RN <i>Alliance of Nurses for Healthy Environments</i>	Dena Jackson <i>Anne Arundel Health System</i>	Mark Miller <i>Washington Adventist Hospital</i>
Barbara Sattler, RN, DrPH <i>Alliance of Nurses for Healthy Environments</i>	Charlotte Wallace, RN, BSN <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
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- Louise Mitchell, PT, Sustainable Foods Program Manager
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- Molly Englund, Communications Coordinator
Englund@compmed.umm.edu, 410-706-6832
- Gina Navarro, Sustainable Foods Project Coordinator
gnavarro@compmed.umm.edu, 410-706-2352



About the Center for Integrative Medicine

Founded in 1991, the Center for Integrative Medicine (CIM) is an inter-departmental center within the University of Maryland School of Medicine. A leading international center for research, patient care, education and training in integrative medicine, the CIM is a National Institutes of Health (NIH) Center of Excellence for research in complementary medicine. [Click here for more.](#)

The MD H2E initiative is now co-directed by CIM's Drs. Berman and D'Adamo:

[Brian Berman, MD](#)

Director, Center for Integrative Medicine
Professor, Family & Community Medicine, UMSOM

[Chris D'Adamo, PhD, CPT](#)

Assistant Director of Education, Center for Integrative Medicine
Professor, Family & Community Medicine, UMSOM