

July 2013

Maryland H2E News Roundup



AAMC's Charlotte Wallace: "Champion for environmental health"



Anne Arundel Medical Center's Sustainability Coordinator, Charlotte Wallace, was featured in the May issue of [ADVANCE for nurses](#) magazine.

The article tells the story of Charlotte's sustainability journey. After five years at the Medical Center, Charlotte sent a letter to

the CEO explaining why they should have a green team. From the article:

"I've always struggled with the paradox of working in an area that promotes wellness and saves lives yet is so negligent with simple steps that can help prevent some of the diseases and social issues we treat," she wrote. "Isn't it ironic that we treat cancer victims, yet we treat them in a building that is built and run with materials linked to cancer?"

Wallace explained how patients had repeatedly asked where to recycle bottles and cans, and that she had no answer for them. Others wondered aloud why the hospital still used nonbiodegradable Styrofoam. Again, she lacked any satisfactory response.

"As a nurse, I believe in science," she continued, "and there is undeniable scientific evidence that connects global warming to catastrophic disasters and diseases all around the world."

Six years later, Anne Arundel Medical Center has a green team; a farmers' market in its fourth season; and environmental health classes for birthing and for the home. **And—recycling rates have gone up from 1% to 24%.**

Congratulations to Charlotte on an inspiring profile!

Nursing facility farmers' market grand opening

Genesis Hammonds Lane Center in Brooklyn, MD, held the grand opening of its farmers' market last Friday.

The market, funded by the US Department of Agriculture-National Institute of Food and Agriculture, is part of an initiative to provide fresh produce to staff and seniors in low-income areas of Baltimore.

The market will be open every Friday from 1-4 through October, at 613 Hammonds Ln Brooklyn Park, MD 21225.



Questions or comments, please contact:

Joan Plisko, Technical Director, 410-706-2107, plisko@son.umaryland.edu

www.mdh2e.org

HCSLC studies occup. health & cleaning for infection

The Maryland Health Care Sustainability Leadership Council met June 16th for its quarterly meeting. Following breakfast and a business meeting, the group, including representatives from across Maryland's healthcare facilities, listened to presentations from peers. First, Katie Huffling, RN, MS, CNM, director of programs for the Alliance of Nurses for Healthy Environments (ANHE), spoke on occupational health and healthcare. Katie told the group that those with high rates of exposure to harsh cleaning chemicals has 47% higher rates of asthma than those that don't.

Anne Van Waes, director of quality and patient safety at Anne Arundel Medical Center, spoke about her hospital's experience and success using ultraviolet technology to disinfect hospital rooms. Anne mentioned that only 48% of high risk surfaces in hospitals (like bedrails) are cleaned appropriately.

Finally, Denise Choiniere, director of sustainability and facilities services at University of Maryland Medical Center, recounted the facility's switch from alcohol-based wipes to peroxide-based ones. All presentations will soon be available at www.mdh2e.org. The next quarterly meeting is on September 19th, 8-10 am.

Johns Hopkins Sustainability Network awards lab

Each year the Johns Hopkins Sustainability Network will recognize a department that has exhibited leadership and innovation in their sustainability approach at JHH. This year, JHH recognizes the Histology Lab in the Department of Anatomic Pathology. By reusing everyday coverslip containers, they were successful in growing tomato plants in their laboratory. The plants were later transplanted to personal gardens where fruit blossomed and enjoyed by all. Their creativity and commitment to sustainability helped reduce hazardous waste, build teamwork, and set an example for all employees at Johns Hopkins that sustainability can be fun and easy.



Baltimore Washington Medical Center and Healthy Markets, Benefit LLC are teaming up to offer

Farmers' Markets

(rain or shine)

Every Saturday
June - October 2013
9 a.m. to 1 p.m.
BWMC/Executive Center
300 Hospital Drive
Glen Burnie



BWMC and Healthy Markets are committed to promoting healthy living by supporting local farmers and artisans through offering healthy, locally grown and produced food to the community. Items will include seasonal fruits, vegetables, baked goods and prepared foods. EBT/SNAP benefits, WIC Fruit & Vegetable Checks (FVC) and Farmers' Market Nutrition Program (FMNP) checks accepted.

Local farmers. Fresh food. Your health.

For more information, contact BWMC's Community Outreach Department at 410-787-4367 or visit healthymarketsmd.wordpress.com.



Children's National promotes sustainability

The Children's National Medical Center just recently posted a video on sustainability. The hospital has committed to environmental sustainability in a number of ways:

- Purchasing local, sustainable food
- Vegetable garden
- Increased recycling
- Reduced pharmaceutical waste
- And much, much more.

[Check it out on YouTube](#)

[And for more on Children's National Medical Center's environmental initiatives](#)



Practical advice from Practically Green



Practically Green, a group engaging people in sustainability and social responsibility, offers many online tools and resources.

The easy tips below for greening the office came into our MD H2E inbox and were too good to share! Check our Practically Green at: <http://www.practicallygreen.com/>.

4 Things You Can Do Right Now

Quick! Take a look at the actions below. Do you already do one of them? Some of them? All of them? If the answer is yes, make sure you've checked them off to reap the rewards. If no, learn more about how to do them and then add them to your list of goals for the month. Don't forget to share with your friends and colleagues any great tips or tricks you learn along the way for mastering these actions.

[Reduce your computer's power consumption](#)

[Use an LED desk lamp at work](#)

[Switch to rechargeable batteries](#)

[Set up an office supply reuse station](#)



Join governor at MD Climate Change Summit

Thursday, July 25, 2013, 9:30 a.m.

Please join Governor Martin O'Malley, leading scientists, renewable energy business leaders and climate change policy experts for a discussion on the progress Maryland has made in reducing greenhouse gas emissions that cause climate change along with the important actions that still need to be taken to meet our goals, as the Governor releases Maryland's Greenhouse Gas Reduction Plan.

The Conference Center at the Maritime Institute

692 Maritime Boulevard, Linthicum Heights, MD 21090

[Register Now](#) for Maryland Climate Change Summit

Reflections on the state of health care sustainability

By **Brian White**, President, [Stryker Sustainability Solutions](#)

Being in the business of third-party SUD reprocessing, our organization has long been involved in helping support the advancement of hospital sustainability initiatives. In the early days, sustainability in health care wasn't easy — it required substantial investment and lacked the visibility provided by other initiatives within the hospital. Thanks, in part, to organizations like Practice Greenhealth and the dedication of forward-thinking health systems and suppliers, there has been a dramatic shift in attitudes toward economic and environmental stewardship. Today, health care sustainability is a top priority for most leading hospitals and health systems. Many of the initiatives being pursued, including reprocessing, are helping providers contain costs.



As one illustration of the industry's progress, this year's CleanMed Conference had record attendance with very high C-level participation. This tells me hospital leaders are realizing that environmental initiatives can help "bend" the cost curve. The conference was a good example of how far we've come and, yet, how much more work needs to be done. There are some significant barriers obstructing progress. I've documented some of them here in this column in order to shed light on remaining challenges and spark a productive dialogue that will drive change. [...]

[CLICK HERE to continue reading.](#)

Fracking, the environment, and health in American Journal of Nursing

Ruth McDermott-Levy, Nina Kaktins, and Barbara Sattler had the cover story on this month's American Journal of Nursing - [Fracking, the Environment, and Health](#) (subscription required).

You can hear a podcast with the authors and the Editor of AJN here:

<http://downloads.lww.com/downloads/eJP/NAJ/podcasts/Fracking.mp3>

Sustainable Food Page

Sign up now! Take the Buy Local Challenge

July 20 – 28, 2013



Three ways to participate:

- The food service dept. pledges to serve at least 1 local food every day from July 20th - July 28th
- The organization pledges to engage its employees, customers and/or community members to take the pledge to eat at least 1 local food* every day from July 20th - 28th
- Employees, patients and community members personally pledge to eat at least 1 local food every day from July 20th - July 28th

Bonus — for facilities & individuals:

Also pledge to serve or eat at least 1 local certified organic vegetable or fruit

Also pledge to serve or eat at least 1 local meat or poultry item produced without routine antibiotic use

Be recognized — Participating facilities & leaders in dollars spent & # of employees taking the pledge

[Marketing Tools](#)

[Great ideas & Strategies for Success](#)

REGISTER TODAY!: http://www.buy-local-challenge.com/challenge_hospital.asp

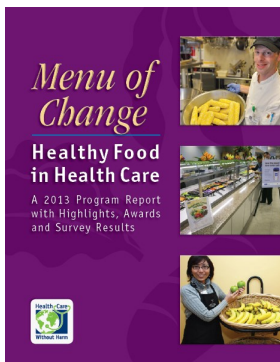
MD hospitals recognized in national report

Menu of Change report finds hospitals serving less meat & sugar sweetened beverages, increasing sustainable food purchases and creating healthy food environments

Health Care Without Harm's Healthy Food in Health Care (HFHC) program has issued its third Menu of Change report, tracking the progress of the health care sector toward healthy and sustainable food service operations and highlighting the work being done to advance these efforts nationally and in regional pilots. "The health care facilities and professionals highlighted in this report are making the critical connection between their missions to protect health, the food they serve and the food system that produces it", says Emma Sirois, National Co-Coordinator of the Healthy Food in Health Care Program. The report includes the results of a recent HFHC nationwide survey.

[Click here for more analysis on the Menu of Change.](#)

[And find the entire report here.](#)



Chesapeake Food Leadership Council meeting

Building & Leading Sustainable/Local Food Initiatives in the Chesapeake Region

August 1st

10:00am – 12:00 noon

Location: R2integrated

400 East Pratt Street, 11th Floor, Baltimore 21202

Marketing Strategies & the Importance of Professional Branding for Your Hospital's Sustainable Food Initiatives

Guest Speaker: **Steve Navarro**
Director, Market Development, R2integrated

Seating limited to 30 – first preference given to food service professionals from institutions.

RSVP Requested:

gnavarro@compmed.umm.edu 410.706.2352

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

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

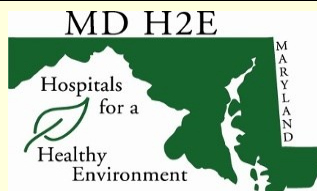
Meghan Allen <i>Maryland Hospital Association</i>	Laura Armstrong <i>Maryland Department of the Environment</i>	Peter Arn <i>Sinai Hospital of Baltimore</i>	Scott Burleson <i>Chester River Health System</i>
Denise Choiniere, MS, RN <i>University of Maryland Medical Center</i>	Cecilia DeLoach Lynn, MBA, 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
jplisko@compmed.umm.edu, 410-706-2107
- Louise Mitchell, PT, Sustainable Foods Program Manager
lmitchell@compmed.umm.edu, 410-706-1924
- 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