



August 2013

Maryland H2E News Roundup



Reducing Energy Costs in Maryland's Hospitals

October 10, 2013

Maryland Hospital Association



In collaboration with the Maryland Healthcare Sustainability Leadership Council and the Maryland Hospital Association and with the technical support of AtSite, Inc., MD H2E is pleased to announce a forum for reducing energy costs in Maryland's hospitals. This

leadership forum is the ideal setting to compare and discuss energy consumption and conservation best practices. By reducing the consumption of non-renewable energy through operational efficiencies and through the procurement of more renewable energy sources, hospitals can improve environmental health outcomes and save money at the same time. Topics will include:

- Results and observations from MD H2E surveys on hospital environmental sustainability practices and energy benchmarking**
- Incorporating "high tech" tools and processes with "high touch" employee and staff engagement
- Energy management case studies from Maryland hospitals: perspectives and insights from a hospital executive and facilities manager
- Correlating energy projects to environmental and health benefits

All are welcome to attend, although seating is limited and priority is given to health care providers. Registration is free but required.

To register, click [HERE](#).

**To participate in the Hospital Energy Benchmarking Survey, contact Joan Plisko, jplisko@som.umaryland.edu

MD Health Care Sustainability Leadership Council Quarterly Meeting

September 19, 2013

Want to join other health care providers who are leading environmental sustainability efforts across Maryland's hospitals and healthcare facilities? Join the Maryland Health Care Sustainability Leadership Council's (MD HCSLC) next quarterly meeting, on Thursday, September 19th, from 8 a.m. to 10 a.m.

- Hear from the Advocacy committee about ways your healthcare facility can support policy change that can lead to sustainability in health care.
- Explore the results of the state wide sustainability survey with the Best Management Practices committee.
- Discover the secrets to going fryer free, successful hydration stations and reducing sugar sweetened beverages with the Education Committee.

For Health Care Providers Only

R.S.V.P. to Nicole at

by September 9th Nicole.Bradfield@meritushealth.com.

Save the date: Next HCSLC meeting is December 10th

NYC Special Initiative for
Rebuilding and Resiliency

Post Sandy Lessons Learned for Resiliency

On June 11, Mayor Michael Bloomberg announced "A Stronger, More Resilient New York", a comprehensive plan that contains actionable recommendations both for rebuilding the communities impacted by Sandy and increasing the resilience of infrastructure and buildings citywide. Check out the chapter specific to healthcare which outlines 12 initiatives for moving forward!

Click [HERE](#) to access the report.



Monday, July 8, 2013

White House Highlights Public Health and Climate “Champions of Change”

On July 9th, the White House honored eleven people as “Champions of Change.” These people are working on the front lines to protect public health in a changing climate. The President’s Climate Action Plan recognizes the need for responsible steps to cut carbon pollution, so we can protect our kids’ health and begin to slow the effects of climate change. These Champions are raising awareness about these health consequences and helping their communities prepare for climate-related impacts. From doctors and educators helping communities cope with poor air quality worsened by carbon pollution, to a patient who has suffered from chronic obstructive pulmonary disease advocating for clean air protection, each of these Champions are leading the way on climate and health. Here are a few winners!



- **Dr. Laura Anderko**, Georgetown University School of Nursing & Health Studies. As a nurse, scholar, and educator, she has worked to raise awareness of students, nurses, and the general public about the impact of climate change on health, especially on those most vulnerable, such as children.
- **Gary Cohen**, Jamaica Plain, MA. Mr. Cohen is Co-Founder and President of Health Care Without Harm, a global non-profit organization working to aid the healthcare sector in becoming more sustainable. He also founded Practice Greenhealth, a membership organization with 1,300 hospitals and 85 businesses, to green the healthcare sector.
- **Dr. Susan Pacheco**, Houston, TX. Dr. Pacheco, specializes in pediatric asthma, allergy, and immunology, and is the founder of The Alliance of Health Professionals Against Climate Change – a group of medical and health-related professional organizations in Texas that educate their patient populations on the adverse effects of climate change on human health.
- **Dr. Linda Rudolph**, Oakland, CA. Dr. Rudolph leads the Center for Climate Change and Health at the Public Health Institute. She works to incorporate health considerations into climate change action, and climate change considerations into work to promote healthy communities and health equity.
- **Therese Smith**, Westland, MI. As a nurse, Ms. Smith educates her patients about lung disease and the effects of poor air quality.
- **Dr. Jeff Thompson**, La Crosse, WI. Dr. Thompson is CEO of Gundersen Health System, headquartered in La Crosse, Wisconsin. He is a visionary leader in the area of environmental stewardship for healthcare organizations, setting a goal for Gundersen to be energy independent in 2014

GBMC Green!

Peak Load Consumption Days: The GBMC Green Team has again committed to reduce the hospital's peak electrical load on critical summer days. This will reduce environmental impact, as well as operational expenses. The Peak Load Consumption Predictor indicates Green, Yellow or Red days. On **Green** days, follow standard conservation steps. On **Yellow** days, follow the same steps as you would on a Green day, but maintain a heightened awareness. On **Red** days, a notification will be emailed to Leadership for sharing with all staff. Some steps to follow on Red days include:

- Ask patients if room lights can be turned off
- Keep all blinds closed
- Minimize opening of refrigerators and freezers
- Turn off all non-essential equipment



GBMC Recognized with Two Environmental Awards:

GBMC was recently honored with awards for efforts to advance its environmental sustainability: the "Partner for Change Award" and the "Making Medicine Mercury-Free Award" by Practice Greenhealth, the nation's leading healthcare membership community. It focuses on increasing efficiencies and environmental stewardship while improving patient safety and care.

New Ink/Toner and Cell Phone Recycling Program: GBMC recently launched a new process for recycling ink/toner cartridges and small electronics, such as cell phones, through the Office Max Rewards Program. In addition to preventing waste from accumulating in landfills, this program will result in financial rewards for GBMC, which will be re-invested into the hospital's green initiatives.



Dining Room Balcony Reaps Benefits of Composting: Since 2011, GBMC has partnered with Veteran Compost to recycle its organic kitchen waste. This veteran-owned company provides food waste collection services, consultation and finished compost. Some of the compost was recently used to beautify the outdoor balcony area of GBMC's dining room. The flower beds were planted using compost that was partially created by their own kitchen!

ASHE E2C New Website

The American Society for Healthcare Engineering (ASHE) of the American Hospital Association is recognizing the hospitals' efforts as part of its Energy Efficiency Commitment (E2C) program. The program encourages hospitals across the country to reduce their energy consumption by 10 percent or more over a 12-month period in support of the goals of the Environmental Protection Agency's ENERGY STAR® Challenge.



ASHE outlines many hospital energy-saving strategies on its recently expanded Sustainability Roadmap website at <http://www.sustainabilityroadmap.org/implementation/E2C/>

INOVA Health Continues its Sustainability Journey

Project Blue Wrap is Back: Inova's Project Blue Wrap eco-friendly design competition is back for a third year. Participants are invited to submit their clothing and accessory designs made from sustainable materials. Winning designs will be featured on the runways of DC Fashion Week in the fall Eco-Fashion Show, on September 23, 2013.

Inova Releases First GRI Sustainability Report: In mid-June we released Inova's third annual sustainability report, written to the Global Reporting Initiative's internationally recognized standards for transparency in reporting. The report shares information on Inova's environmental, economic and social impacts. Inova is one of the first healthcare systems in the country to produce a sustainability report of this level.



Inova's Local Food Olympics are back for a second year – just in time for the Buy Local Challenge: Inova will once again be holding its Local Food Olympics from July 17 – August 14. Hospitals across the system will participate in a three-round competition which includes an employee cook-off and the participation of CEO "chefs." All the recipes prepared in each round of the competition will contain at least two seasonal ingredients available locally. The event will coincide with Inova's system-wide signing of the Healthy Foods in Health Care Pledge.

For more information about Inova's sustainability program click [HERE](#).



Case Study: Strategies for Healthcare Facilities, Construction, and Real Estate Management

Using its Total Building Performance Management solution, AtSite has helped revolutionize Adventist HealthCare's approach to its facilities, while implementing an innovative management strategy of the newly created Facilities and Real Estate Department (FRED). FRED is now leveraging technology, existing infrastructure, resources, and best practices to deliver higher quality facilities and associated patient care, lower operating costs, reduced environmental impacts, and improved public health through a lower carbon footprint. In a Case Study featured in HFMA Magazine, Mr. James G. Lee, CFO and EVP of Adventist HealthCare, Inc. discusses the early results, objectives and lessons learned in executing the FRED Building Performance strategy. For the full study, click [HERE](#).

Points raised in the Case Study include:

For much of the previous decade, Adventist's efforts to improve the management of facilities, construction and real estate services had not been successful

FRED set out to "collaborate with operational leadership, business unit teams, and industry partners to deliver cost-effective support and leadership of the life cycle of facilities and to implement best practices. . ."

By collecting and analyzing energy and related performance based data streams, Adventist has already saved more than \$8 million, and is on target to reduce energy consumption and related expenses by \$2.9M by 2014 (17% of budget expenses), while reducing the related carbon footprint by 16%

Adventist has become the largest purchaser of green energy of any healthcare system in the United States, according to EPA's Green Power Partnership

Sustainable Food Page



Hospitals Serve Local Foods & Engage Executives

The early results are in — this year, over 45 hospitals, institutions and health agencies served at least one food from a local farmer each day for a week. Additionally, many hospitals engaged employees, patients and community members in pledging to eat local foods during the Buy Local Challenge. Some hospitals went even further by engaging their executives or by serving local sustainable meat, poultry and/or local certified organic foods. Hospital Highlights include:

- **Frederick Memorial Hospital** engaged 69 Green Team members and close to 100 other employees.
- **Meritus Medical Center** had eight executives and 300 employees & community members sign up.
- **University of Maryland Medical Center** served local sustainable meat, poultry and local produce.
- **Western Maryland Regional Medical Center** engaged 45 food service employees and their families.
- **Inova Health's** five hospitals engaged their employees and CEOs in their Buy Local Olympics recipe competition and just published their [new Inova Health cookbook "Sustainable Foods, Healthy Lives."](#)



MedStar Montgomery Medical Center engaged 245 employees to take the pledge to eat local, under the leadership of Clinical Nutrition Manager Wendy Smith, RD, LDN (center in red).



Anne Arundel Medical Center's Executive Team joined over 75 department directors in signing the pledge to eat local foods!

University Farmers Market First in Maryland to Open to SNAP Recipients



CEO Jeff Rivest of the **University of Maryland Medical Center** and President Jay Perman, M.D., of the University of Maryland Baltimore proudly announced on July 2nd, with city and

federal food policy officials, the launch of their EBT (Electronic Benefits Transfer) program at the University Farmers Market. This program, the first of its kind at a hospital farmers market in Maryland, allows recipients of the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) to use their SNAP dollars to purchase fresh, healthy vegetables and fruit.

SNAP shoppers can also get Baltimore Bucks at the University farmers market, a matching dollar incentive that doubles the amount of food they receive. Eat Fresh Maryland and Maryland Hunger Solutions are assisting in this effort. [Read more ...](#)

Team Up with Chesapeake Food Leadership Council

Participate in a strategic purchasing solution with US Foods or Sysco, establish a policy for local sustainable foods at your facility, receive technical assistance for increasing your purchase of local sustainable foods, and more! Contact Gina for more info at gnavarro@som.umaryland.edu

Food Day is Oct 24th

Serve Organic Foods & Educate on Pesticides' Risks to Health

The Chesapeake Food Leadership Council invites hospitals and other institutions to serve organic foods and educate their employees and community members about the benefits of certified organic foods and the health risks of pesticides.

Ask your distributor for their list of certified organic foods and local certified organic foods. [Stay tuned for educational marketing tools](#) you can use.

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

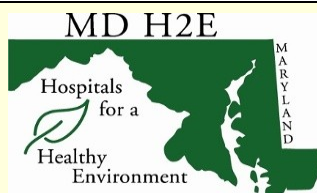
Meghan Allen <i>Maryland Hospital Association</i>	Laura Armstrong <i>Maryland Department of the Environment</i>	Peter Arn <i>Sinai Hospital of Baltimore</i>	Scott Burleson <i>Chester River Health System</i>
Denise Choiniere, MS, RN <i>University of Maryland Medical Center</i>	Cecilia DeLoach Lynn, MBA,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