

Maryland Hospitals for a Healthy Environment Monthly News Roundup

April • 2014

MD H2E presents

The Benefits of Cogeneration: A case study at University of Maryland Upper Chesapeake Medical Center

TUESDAY MAY 6TH • 8:30 AM TO 10:30AM • MARYLAND
HOSPITAL ASSOCIATION

Is your facility ready for the next major power loss event?

Presenters will discuss evaluating feasibility for combined heat and power (CHP), healthcare-specific challenges for installation, utilizing CHP systems for primary and backup power, power purchase agreement financing options, and tax and other incentives. Presenters Include:

Claudia Meer, Energy and Structured Finance, Clark Financial Services Group

Kathryn O'Rourke, ICF EmPOWER MD CHP Incentive Program

Donald Allik, Upper Chesapeake Medical Center

Moderator, **Joan Plisko**, [Maryland H2E](#). Register for this **free** event [HERE](#).



Parking is going green at the Johns Hopkins Bayview campus

Johns Hopkins Bayview campus is continuing to do its part to encourage sustainability in the hospital and the community. Last fall, five electric charging stations were added to staff and visitor lots, as well as the parking garage. Three more stations are scheduled to be installed this spring. Each station will be able to fully charge two cars at one time in less than four hours. Several employees currently own electric cars. Clinton Ramsundar, vice president of property management and facilities for Broadway Services, Inc, believes the number will continue to grow as gas prices increase and the price of electric cars decreases. At least initially, the charging stations will be free of cost to use.

The charging stations aren't the only thing 'green' about parking at Bayview. Last summer, all exterior and interior lights in the parking garage (more than 250 total) were replaced with lower wattage LED lights. These new lights are brighter, safer and reduce energy consumption in the garage by half. "It was the right thing to do," says Ramsundar. "These LED lights offer advanced technology that allows them to shine brighter, while using less energy."

Both of these projects are funded by the Maryland Health and Higher Educational Facilities Authority ([MHHEFA](#)), which owns and maintains the parking lots and structures on the East Baltimore and Hopkins Bayview campuses.



Be sure to send
[MD H2E](#) photos
and stories of your
Earth Day
celebrations this
month!

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www.mdh2e.org

University of Maryland Medical Center Designs and Selects Sustainable Furniture and Interiors

The R. Adams Cowley Shock Trauma Center, part of the University of Maryland Medical Center, (UMMC) established sustainability as a project priority when working with PLDA (a Baltimore-based full service interior design firm) to handle the interior design for the new 140,000-square-foot, LEED Gold Certified tower. The \$160 million tower opened in November 2013.

UMMC worked with PLDA to find finishes that were PVC free, made of bio-based and recycled content, and that could be cleaned with safer chemicals. Addressing the flooring and wall finish materials, such as synthetic rubber flooring and trims, was challenging, however, the furniture selections proved much more complicated.

Meeting with UMMC maintenance staff, nursing and medical staff, administrators, purchasing agents, and allied healthcare staff, key criteria were identified and included:

- Ability to be maintained and last a long time, including "cleanability" with cleaning solutions the

hospital uses for infection control as well as environmentally-sensitive products such as Oxivir

- Products made from recycled and renewable resources (products with these materials can be easily disassembled and repurposed);
- Function and ergonomics



The result? The furniture UMMC selected for the Shock Trauma Center was manufactured by environmental leaders in the industry. The upholstery was readily cleaned with environmentally sensitive Oxivir and water. In addition, the furniture has components that can be recycled: wood arms and legs as well as frame components, upholstery fabrics, metal frame and urethane foam. Last but not least, the interior design project was kept under budget. The aesthetics are pleasing and feedback on the look and feel has been positive.

Barbara Portnoy, CID, IIDA, LEED AP
Founding Principal, PLDA, Inc.
www.pldainteriors.com



Maryland ranked #2 for green building

According to the US Green Building Council, the Chesapeake Region led the country in Green Building in 2013. Maryland is the #2 state in the country for LEED building, measured by square foot per capita. What's more, Virginia is ranked #3. Washington DC actually placed higher than any state, but was not officially listed as it is not a "state." Read the full release [HERE](#).

Brother's Brother Foundation

Founded in the 1950's by Dr. Robert Hingson to provide necessary vaccinations overseas, the mission of [Brother's Brother Foundation](#) is to promote international health and education through the efficient and effective distribution and provision of donated medical, educational, agricultural and other resources. In 1974 Dr. Hingson's son, Luke, took over the operations, and is still President today.

All BBF programs are designed to fulfill the mission by connecting people's resources with people's needs. To date, they have provided/processed over 100,000 tons of donated items across the globe, including 13,000 tons on medical side and 36 million bottles or tubes of medicine—fulfilling a need, making the community a better place and keeping toxics and waste out of landfills.

Brother's Brother accepts donations in the form of medicine and surplus overstock from private corporations and other non-profits in addition to hospital system donations. In Maryland Brother's Brother has worked with [UMMC](#), [Johns Hopkins Bayview](#), [Adventist health](#), and recently got its first donation from [Medstar Union Memorial](#), Hospital in the form of 180 IV poles.

Luke Hingson feels Maryland is ahead of the curve when it comes to ensuring surplus items do not go to waste: "We are very grateful to the health systems in the Maryland and DC area. It's obvious to us that they are attuned to this opportunity. When we first approached Johns Hopkins and Adventist Health, they were ready within 2 weeks to start donating. The thoughts were in place, it just needed the execution. It was amazing. I didn't understand from the outside how 'ready' Maryland was. Somehow Maryland was just ready."

Contact Luke Hingson, President Brother's Brother Foundation

lhingson@brothersbrother.org • 412-321-3160



IV Poles ready to ship

BGE Smart Energy Savers Program

The BGE Smart Energy Savers Program offers a variety of programs and incentives that can help healthcare facilities cut costs. Incentives are available for such things as retrofitting lighting, adding personal occupancy sensors, installing new HVAC equipment, replacing chillers, retro-commissioning existing equipment and upgrading kitchen and refrigeration equipment.

On average, about 78% of a medical facility's total energy use is for lighting, heating, ventilation and air conditioning. The BGE Smart Energy Savers Program offers a variety of energy efficiency programs and incentives that can help all types of healthcare facilities adopt energy-saving solutions like these:

- Reduce energy use by 25% in assisted living facilities with packaged terminal air conditioners by installing room controls for heating, ventilation and air conditioning (HVAC) systems.
- Improve lighting quality and safety while reducing energy use by retrofitting visitor and employee parking areas with LED lighting fixtures.
- Achieve significant energy savings by replacing inefficient ice machines on patient floors.
- Install occupancy sensors or manual switches in operating rooms to reduce the operating speed of the supply and exhaust fans when rooms are unoccupied.

See [here](#) how we're helping one healthcare facility save energy and money.

Contact us today BGESmartEnergy.com • 410.290.1202 Email: Business@BGESmartEnergy.com

SUSTAINABLE FOOD PAGES

National Nutrition Month Highlight

Medstar Montgomery Medical Center celebrated with the many activities they had planned for National Nutrition Month®. Staff utilized the Academy of Nutrition and Dietetics’ theme "Enjoy the Taste of Eating Right" and Sodexo's National Nutrition Month Tool Kit, "Savor the Flavor of Health", which complemented the Academy's materials. Staff used weekly Lunch and Learn themes promoted in the hospital newsletter, Pillar Talk. Activities included games, food samples that corresponded with the topic of the week, recipes, and a weekly themed Mindful (wellness) entrée in the cafeteria! Way to go MedStar Montgomery Medical Center!!

Looking for Data on Local & Sustainable Food Purchases

The Chesapeake Food Leadership Council (CFLC) and the Maryland Food System Mapping Project of the Johns Hopkins Center for a Livable Future are seeking data for an upcoming survey on the amount of local and sustainable foods purchased annually at hospitals and other institutions.



We would like to track progress and report aggregated results on healthier food purchasing in the region. You can find our Definitions of Local and Sustainable Food [HERE](#) but we will be asking for you to report on your own institution’s definitions, since they may differ. Be sure to have your hospital or institution represented in these numbers! In order to prepare for the survey, please gather the following information:



1. Local food purchases vs. total food and beverage purchases in 2012 and in 2013
2. Sustainable food purchases vs. total food and beverage purchases in 2012 and in 2013

If you are participating in the [Healthier Hospitals Initiative \(HHI\) Food Challenge](#), data to collect includes:

1. Reductions in meat purchasing (pounds)
2. Increase in or annual percentage of healthier beverages (dollars)
3. Increase in or annual percentage of local and/or sustainable food (dollars)

The CFLC is also developing a monthly tracking tool to assist you with collecting this data annually. If you’d like to provide input on this tool, or have other questions contact GNavarro@som.umaryland.edu.

How do you support local year-round?

Keep track of your local sustainable food purchasing and send your Earth Day stories– MD H2E would love to promote your efforts. Email [Gina Navarro](#) to brag about your great work!

Food for Thought:

“Don’t underestimate the power you have” – Craig Phillips, [VP of Purchasing, Metz Culinary Management](#)

Resources

- **Antibiotic resistance is one of the world’s most pressing public health problems**, responsible for over two million illnesses and 23,000 deaths annually. ASTHO conducted a survey to better understand current state health department strategies to address antimicrobial resistance. [State Strategies to Address Antimicrobial Resistance – Survey Results](#)
- **Webinar Archive, Pesticides in our Food: The Who, What, Why Dietitians Need to Know** –hosted by the Hunger and Environmental Nutrition (HEN) Dietetic Practice Group. You can access the archive directly by following the [Streaming Recording link](#)



Click this link to find [Maryland Seasonal Fruits and Vegetables](#)

SUSTAINABLE FOOD PAGES

Governor Invites Chefs to submit recipes for “Buy Local” cookout

Governor Martin O’Malley [invites chefs](#) using local Maryland ingredients to submit original recipes for the **7th Annual Buy Local Cookout**, to be held at Government House in Annapolis on Thursday, July 24, from 7 p.m. to 9 p.m. Recipes must be submitted by May 5th and include products from at least one Maryland farmer, waterman, or other producer. Who will be the winner? Show the Governor how great Hospital Food can taste!



Governor Martin O’Malley at 2012 Cookout with [Recipe Contest winners](#) on the FutureCare Cherrywood Team: L to R- Executive Chef Frank Leake; Clinical Dietitian Margie Ginsberg; Clinical Dietitian Joselyn King; Performance Improvement Director Annette Fleishell.

Sustainable Food Articles

Click [HERE](#) to download these sustainable food-related news items from around the country.

- Read about one national chain of grocery stores is refusing Non-GMO Salmon
- Boston area hospitals embracing sustainability and getting 'healthier'
- Problems with the Global Food Supply
- The new FDA nutrition label: making some progress (From the *New York Times*)

Also... read the [statement](#) from the Trust for America’s Health regarding the proposed updated Nutrition Facts Label

Sustainability Roadmap for Hospitals

The American Society for Healthcare Engineering ([ASHE](#)), the Association for the Healthcare Environment ([AHE](#)), and the Association for Healthcare Resource & Materials Management ([AHRMM](#)) of the American Hospital Association ([AHA](#)) have created a [Sustainability Roadmap for Hospitals](#) to support efforts to integrate sustainable practices into the health care environment.

Have you visited the site yet? It is a valuable resource for healthcare professionals trying to implement sustainability practices in their work, mission, and lives.



Eco Jeopardy for Earth Day

Earth Day is **Tuesday April, 22nd**, but many hospitals and healthcare facilities will host week-long activities and promotions. In that vein, MD H2E has developed an Eco Hospital Jeopardy game for hospitals to use. Teams of employees can compete on issues like *H2O*, *Power Down*, *You are what You Eat*, *Chemical Soup* and “Who Are You?”

Email [Joan Plisko](#) or [Carrie Flora](#) for your copy or find it [HERE](#) at the MD H2E website (under resources).



Answer: A fun and interactive way to engage employees during Earth Week awareness

Upcoming Events!

Healthcare Sustainability Leadership Council Meeting June 18th

Guest speaker Al Ianuzzi, Senior Director, Product Stewardship & Green Marketing at Johnson and Johnson and author of *Greener Products: the Making and Marketing of Sustainable Brands*.

Registration is free, but required, and open to health care providers only. Please contact the HCSLC Chair, [Mike Forthman](#), for more information.

Clean Med 2014

June 2-5 • Cleveland, OH



Register [HERE](#).

Baltimore Food Justice Forum

Saturday, June 7th • 8:30am – 4:00PM

Reach community members, organizers, non-profits, government agencies, and other residents interested in fighting food justice and increasing food access in their community!

World Famous Lexington Market, 400 W. Lexington Street • Register [HERE](#) for free.

Contact [Christina Bodison](#) or Direct: 443-305-9424

Baltimore Green Week

Presented by Baltimore Greenworks

Apr 18 – 26, 2014

The 11th Annual [Baltimore Green Week](#), hosted by Baltimore Green Works, is a series of fun and engaging activities that offer a deeper glimpse into what it means to be "green". Open to the public, activities include tours, workshops, film screenings, and more.

Maryland Green Registry leadership awards



Applications for the 5th annual [Maryland Green Registry Leadership Awards](#) will be posted **April 8th** and are due **April 30th**.

Questions? Contact Laura Armstrong at green.registry@maryland.gov, or 410-537-4119.

Contact MD H2E Staff

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, CHC, CNC, Sustainable Foods Project Coordinator, gnavarro@som.umaryland.edu
410-706-2352

Carrie Flora, Communications Coordinator cflora@som.umaryland.edu, 410-706-6832

Deb Smith, Sustainable Foods Program Associate Dsmith@som.umaryland.edu, 410-371-2005

Mindie Flamholz, Sustainable Foods Program Associate mflamholz@som.umaryland.edu, 410-336-1060

