

# Maryland Hospitals for a Healthy Environment

## Special Edition

Welcome to the Sustainability Victories in Maryland special edition News Roundup. Recently [MD H2E](#) asked its partner hospitals to describe three sustainable victories achieved in 2013. Maryland hospitals responded to the call via the MD H2E Listserv. The victories were later sorted into major categories that are reflective of the national sustainability movement: *Leadership, Energy Consumption, Waste Prevention and Management, Toxics Reduction, Sustainable Food, and Water Conservation.*

This is not a comprehensive list of activities, but a snapshot in time illustrating the sustainability programs being implemented in Maryland hospitals. Full details can be found [HERE](#). Contact [Joan Plisko](#) to join the Listserv or find out more about MD H2E programs.

## LEADERSHIP

### Supporting the sustainability infrastructure

- Beckers Hospital Review named Anne Arundel Medical Center ([AAMC](#)) and Sinai Hospital of Baltimore ([SHB](#)) [two of the 50 greenest hospitals in the U.S.](#) Additionally, Maryland hospitals won dozens of "green" awards.
- A [Maryland H2E survey](#) shows that 80% of hospital respondents have green teams.
- Carroll Hospital Center ([CHC](#)), Johns Hopkins Hospital ([JHH](#)), the University of Maryland Medical Center ([UMMC](#)), and others have adopted tracking software for the monitoring and managing of sustainability practices and associated carbon footprint.
- Shore Medical Center at Chestertown ([SMCC](#)) developed a strategic sustainability plan, demonstrating strong leadership commitment.
- The implementation of Earth day activities are commonplace at LifeBridge Health ([LBH](#)), Greater Baltimore Medical Center ([GBMC](#)), Holy Cross Hospital Center ([HCHC](#)), MedStar Montgomery General Hospital ([MSMGH](#)), Johns Hopkins Bayview Medical Center ([JHBMC](#)) and many more. MSMGH had a [flash mob](#) and LifeBridge posted a [YouTube video](#) on sustainability.
- Hospitals such as [UMMC](#), [JHH](#), [AAMC](#) are *Greening the Operating Room* with dedicated teams addressing waste management, energy conservation, and toxics reduction.
- [Adventist Health](#) has developed a Green Revolving Fund — an internal fund that provides financing for cost-saving sustainability projects. Savings are tracked and used to replenish the fund for the next green investment.

April • 2014

### 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  
Community  
Collaboration  
Innovation

### Contact Joan Plisko

**410.706.2107**

[jplisko@som.umaryland.edu](mailto:jplisko@som.umaryland.edu)



[www.mdh2e.org](http://www.mdh2e.org)

## ENERGY CONSUMPTION

### Build/Purchase Renewable, Conserve, Promote "Less"

- Upper Chesapeake Medical Center ([UCMC](#)) is building a new 2.0 MW on-site Combined Heat and Power (CHP) system to serve as the primary power source for the hospital's electrical load. Read more about it in MD H2E's [March News Roundup](#).
- Washington Adventist Hospital ([WAH](#)) installed a new cooling tower that is projected to save more than \$9,000 annually.
- Mercy Medical Center ([MMC](#)) is upgrading the chiller system which is estimated to save more than 750,000 Kwh annually.
- These seven hospitals installed LED lighting, some utilizing BGE rebates all realizing significant reduction in Kilowatt consumption: [MMC](#), Baltimore Washington Medical Center ([BWMC](#)), [GBMC](#), [MSHH](#), Shady Grove Adventist Hospital ([SGAH](#)), Washington Adventist Hospital ([WAH](#)), and Western Maryland Health System ([WMHS](#)).
- Howard County General Hospital ([HCGH](#)) and Northwest Hospital ([NWH](#)) are participating in Maryland Department of the Environment's Plug Load Assessment program, measuring the energy consumption of equipment and devices when not in use.
- [JHBMC](#) installed six electric car charging stations in staff and visitor parking lots.
- Holly Center ([HC](#)) adjusted ordering to promote consolidation of deliveries to conserve energy and transportation costs.
- [GBMC](#) participates in a demand load response program from June through September, utilizing "yellow" and "red" day alerts that communicate energy saving action items to staff, depending on the anticipated energy demand.
- [SMCC](#) evaluated solar opportunities for onsite roof or nearby properties.



*New LED Light fixtures in GBMC garage—ROI slightly over 6 months.*

## WASTE PREVENTION AND MANAGEMENT

### Donate, Reuse, Recycle, Segregate



*Mini trash compactor*

- Regulated Medical Waste represents, on average, 17% of the total waste stream for these seven hospitals: [AAMC](#), [GBMC](#), [JHBMC](#), [JHH](#), [St. Agnes](#), MedStar Good Samaritan ([MSGS](#)), and MedStar Harbor Hospital ([MSHH](#))
- Five hospitals recycle, on average, 27% of their waste streams with [MSHH](#) leading at 39%. [MSGS](#) is a close second at 36%.
- Medstar Franklin Square ([MSFS](#)) piloted a mini trash compactor in its main lobby and Doctor's lounge, reducing service call needs and increasing sanitary conditions.
- Six hospitals sent 261 tons of organic material to be composted.

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## WASTE PREVENTION AND MANAGEMENT continued...

- [UMMC](#) developed a process for laundering and reusing safety belts that were previously thrown away after each patient, saving \$60,000 annually.
- [JHBMC](#) Improved the single use device reprocessing program resulting in a 31% increase in savings and diversion of approximately 7,000lbs of waste from landfills.
- At least 10 hospitals made donations of mattresses, toners, shoes and other materials to local and global non profit organizations.
- [WMHS](#) Recycled 121 tons of paper/cardboard, 181 tons of confidential paper, 3839 pounds of mixed plastics, 1400 pounds of steel, 2,100 pounds of batteries, and 6,876 pounds of miscellaneous electronic saving an estimated 3,084 trees, 895,710 gallons of water, 743,884 kW of energy, 544 cu yards of landfill space and 18,144 gallons of gasoline.

## TOXICS REDUCTION

### Safer, Healthier Products and Services

- [MSFS](#) utilized bio-based chemicals made from plant derived natural resources that require no PPE use, and began utilizing the Xenex robot technology that will disinfect MRSA and C-Diff spores in less than five minutes utilizing a pulse xenon light that requires no chemical usage.
- [AAMC](#) implemented a portable UV disinfection robot, The Lumalier, Tru-D UVC light that reduces risk of exposure to potentially hazardous chemicals while eliminating harmful pathogens.
- Northwest Hospital ([NWH](#)) established a no-VOC paint policy for all new purchases.
- [HCGH](#) won the Integrated Pest Management in Health Care Facilities project "Green pest management" award.
- [Springfield Hospital Center](#), a 400 acre campus, continues to achieve positive results for effective pest prevention through non chemical pest management strategies.



*The Xenex Robot*

## SUSTAINABLE FOOD

### Healthy, Nutritious, Local

- [Union Hospital](#) of Cecil County purchased 58% of the meat, poultry, fish, vegetable, fruit and dairy from local sources and [BWMC](#) increased their local food purchasing by 5%.
- Calvert Memorial Hospital ([CMH](#)) implemented Meatless Mondays and [UMMC](#) reduced their meat purchasing by 8% in 2013.
- [Meritus Health](#) went Fryer Free. See MD H2E's [December Newsletter](#) article for details.
- [HC](#) utilized 700 pounds of fresh produce from their garden to produce 70 meals for individuals and customers with revenue exceeding \$600.

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## SUSTAINABLE FOOD continued...

- There are over 17 farmers markets across the state, including [UMMC](#) who began accepting SNAP— (Supplemental Nutrition Assistance Program) and [AAMC](#) who more than doubled sales when moving to a new location and improved employee engagement by partnering with Wellness, Dietitians, and Communications.
- [UMMC](#) reduced its meat purchases by 8%, increased more healthful food purchases by 23% and planted an herb garden.
- [CMH](#) replaced two drinking fountains with fountain/water bottler filler combo, saving 7199 plastic water bottles from the landfill this year.

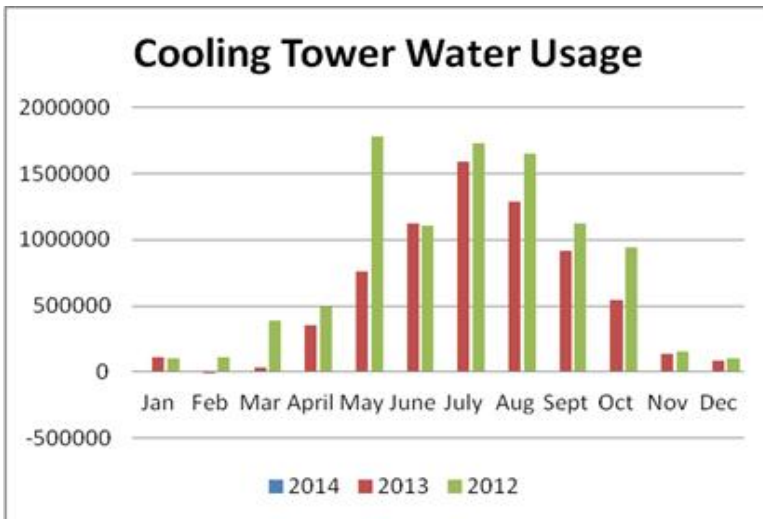


UMMC Farmer's Market

## WATER CONSERVATION

### Audit, Implement, Measure

- [SGAH](#) conducted a full water audit of its facility and identified more than a dozen projects that are estimated to save more than \$140,000 when they are all implemented.
- [AAMC](#) and [MSFS](#) both switched to Microfiber Mops for general cleaning, reducing the amount of water used. AAMC estimates the amount of water used will be reduced from 21 gallons to 1 gallon—per cleaning. MFSH estimates a savings of 65,640 gallons of water annually.
- [MSMGH](#) replaced cooling towers earning savings of 2,734,514 gallons of water per year. Boiler plant steam repairs have reduced water consumption by 494,452 gallons per year.



This graph showcases Medstar Montgomery's water conservation efforts and their comparison year-over-year.

**Don't see your facility mentioned? Was something overlooked? Email [MD H2E](#) and tell us YOUR sustainability victory!**