

# Maryland Hospitals for a Healthy Environment Monthly News Roundup

## Maryland Hospitals recognized for sustainability efforts

[Anne Arundel Medical Center](#) and [Walter Reed Medical Center](#) were recently recognized by a healthcare [website](#) as being two of the most environmentally friendly hospitals in the world, and Johns Hopkins Hospital was highlighted in a national article for its efforts in Greening the OR. AAMC was recognized for its Hospital Pavilion South, and for being the first acute-care facility in the state to receive LEED Gold certification. Recycled scrap steel accounts for 87 percent of the total steel used at AAMC and nearly 93 percent of the 1,280 tons of construction waste generated was recycled.

Additionally, AAMC partnered with the [Maryland Energy Administration](#) to publish a case study that documents their commitment to energy efficiency and sustainability. Download the case study and other work in MEA's series, [HERE](#).

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## Howard County General hospital is going Green—again!

[Howard County General Hospital's](#) new green team is little more than a year old, with Nick Nutting, Administrator for Patient Care Services, at the helm.

What was the catalyst behind the re-launch of the "green team" at Howard County General? Nick explains, "We view sustainable and environmentally friendly conduct as central to our mission 'of improving the health of our entire community'. Sustainability is the right thing to do, and we feel strongly about it. And, many sustainable projects can be cost effective. These things are important to our staff, our patients, and to the community we proudly serve."

A [recent article](#) in FacilityCare.com cited *building a knowledgeable team* as the first step in tackling a green initiative. In April 2013 the HCGH green team, now called the G.R.O.W. Team, (Green Response Outreach Workgroup) started meeting and educating itself on current sustainability trends and areas to target improvement. Nutting credits MD H2E with a lot of the education and connecting of resources for the team.

**Track, Analyze, Report:** HCGH partnered with [Key Green solutions](#) in June 2013. "As we have limited resources to dedicate to sustainability, a sustainability dashboard is a fantastic way to track and analyze initiatives. We are currently focusing on waste reduction and energy conservation," said Nutting. HCGH is recycling OR blue wrap and focusing on RMW reduction.

**Be a good neighbor:** HCGH has made it a point to be community partner. For example, it is an inaugural member of the Howard County Sustainability Alliance, comprised of the largest employers in Howard County. "The Alliance meets once a month and discusses environmental, transportation, energy and human health challenges across the county, said Nutting."

*Continued on Page 3...*

May • 2014



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

**Join MD H2E for a discussion on Combined Heat and Power (CHP)**

Tues. May 6th  
8:30 am—10:30 am  
Maryland Hospital Association

[Register](#) for this **free** event.

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## MD Healthcare Sustainability Leadership Meeting

JUNE 18TH • 8 AM– 10 AM • MARYLAND HOSPITAL ASSOCIATION

Sponsored by Johnson & Johnson

The next Maryland Health Care Sustainability Leadership Council (HCSLC) meeting will focus on the **Sustainable Supply Chain**.

Guest speaker will be **Al Iannuzzi**, Senior Director, Health, Safety and Sustainability at Johnson & Johnson. Mr. Iannuzzi is a global expert in green marketing, product stewardship and regulatory compliance. He will share his insights in “green” products, tools, and methods for sustainable purchasing. Mr. Iannuzzi is a Board of Member of Practice Green Health and the author of *Greener Products; the Making and Marketing of Sustainable Brands*.



Registration is free, but required, and open to health care providers and employees only. RSVP by June 11th to [bcollera@gbmc.org](mailto:bcollera@gbmc.org)



### Report: Health Care & Climate Change

Health Care Without Harm released a [report](#) in April, entitled "Health Care & Climate Change: An Opportunity for Transformative Leadership." The report focuses on climate change, with the discussion tailored specifically toward healthcare leaders. According to the HCWH website, "The report goes on to make compelling arguments that the potential for climate leadership begins with energy and water efficiency investments and that a second component of a comprehensive clean energy strategy is investment in renewable power generation."

### Whitepaper: Understanding & Linking Sustainability for Healthcare

Johnson Controls published this white paper earlier this year. It is focused on the "Triple Bottom Line," very similar to MD H2E's mission. If you missed it, download a copy [HERE](#).



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[Walter Reed National Military Medical Center](#) in Bethesda is the second Maryland hospital to be named as one of the most [environmentally friendly](#) in the world. It was awarded Project of the Year in the U.S. Green Building Council National Capital Region Chapter's New Construction category in 2011. Advanced green technology at the facility, which is the work of global firm [HKS Architects](#), includes energy-efficient, centrifugal water-cooled chillers and an innovative ventilation system.



Walter Reed Medical Center

[Johns Hopkins Hospital](#) rounds out the Maryland mentions this month, as it was recognized for its

sustainability efforts over the past few years in a recent article on [Greening the Operating Room](#) at Dotmed. As MD H2E wrote about in its [FEBRUARY](#)

[NEWS ROUNDUP](#), the OR is a critical area for hospitals, with many opportunities for waste and greenhouse gas reduction.

For Johns Hopkins, one of the biggest cost savings came from medical waste management, segregating paper products in recycle bags instead of clear (landfill) or red (medical waste) bags, and ensuring operating rooms have the correct waste receptacles.

Congratulations to these and other forward-thinking hospitals in Maryland, that are putting sustainability on the map.

## Greening Strategies: A view from the boardroom

In the [February 2014](#) issue of Roundup, MD H2E wrote about “making the business case” for sustainability—Greening the OR, specifically. This month’s article examines the c-suite perspective.

In the most recent Price Waterhouse Cooper’s annual [CEO survey](#), Global leaders in healthcare were asked, “How concerned are you, if at all, about each of the following threats to your growth prospects?”

The answer *high or volatile energy costs* was the third most cited response. As many hospitals in Maryland already know, sustainability solutions abound to help mitigate this concern. It is [estimated](#) that hospitals in the US could save \$5.4 billion over a five year period by adopting environmentally friendly measures.



*The 293,000 square foot LEED certified five story tower addition at Central DuPage Hospital of Illinois, part of Cadence Health System*

Sustainability investments have been shown to spur employee retention, improve public health and mission-based goals, increase or maintain reimbursement rates through patient satisfaction, and encourage CFOs to engage in [life-cycle thinking](#). In addition, as community anchors, hospitals benefit from a lasting positive impact on the hospital’s brand.

But when it comes to making the case for sustainability at the boardroom level, metrics matter: from reprocessing of single-use devices to eco-friendly materials, energy saving strategies, green building, water conservation, recycling and beyond.

Cadence Health System of Illinois built a five story LEED Silver certified tower in 2011. CFO John Orsini said the total cost had to be looked at. “It’s easy to

just say whether we’re going to build something or buy something. You also have to think about what are the maintenance costs, what’s the energy usage and — when you get into medical devices and patient care — what are the costs of disposing things?”

New Jersey based Saint Peter’s Healthcare System CFO Garrick Stoldt greenlighted the construction of a solar power system in 2011. “I was very skeptical,

quite honestly, at the beginning,” Stoldt said. “I was not necessarily in favor of it. But this is a hedge on future energy prices.”

PSE&G financed 60 percent of the project with a loan, while a federal grant covered 30 percent. Stoldt says those pieces were necessary to move the initiative forward.

Solar renewable energy credits and the ability to produce power helps pay for the project and will help it eventually become an independent cash flow. The combined solar system is expected to save Saint Peter’s \$10 million in electricity costs over the next 25 years.

As hospitals continue to be energy intensive institutions, investing in large scale sustainability projects may prove beneficial in the long run, both for the environment and for the organization.

“Almost every CFO has to look at the impact of energy and energy use on healthcare facilities. To me, [the project] made tremendous sense once we were comfortable with the economics,” said Stoldt.

*Original interviews appeared in [Becker’s Hospital Review](#)*

...Howard County, from Page 1.

Through the system-wide Environmental Sustainability Council, HCGH is also working closely with its colleagues at Johns Hopkins Medicine on sustainable efforts.

**Peer sharing:** Nutting reaches beyond HCGH for assistance too. He recently traded notes with Mike Forthman (Chair of the Maryland Health Care Sustainability Council and Vice President, Operations at GBMC) who shared energy auditing information and outcomes of a successful garage [LED light retrofit](#) project. HCGH is planning their own retrofit this year, and is currently in the vendor selection process.

HCGH is looking beyond the next fiscal year at other cost-effective waste and energy projects. The hospital is working with Baltimore Gas and Electric and the Maryland Department of the Environment and looks forward to identifying and implementing many exciting sustainability projects in coming months.

**SUSTAINABLE FOOD PAGES**

Sustainable Food Procurement in health systems and large institutions

**A case for cage free eggs**

Responsible institutions today have a big decision to make when it comes to egg purchasing. Conventional. Organic. Omega 3 enriched. Free Range. Cage Free. What SHOULD a sustainable steward of a healthy environment and community anchor such as a hospital look for when purchasing eggs?

MD H2E spoke with several industry practitioners regarding this issue: Josh Balk, Director of Food Policy, the [Humane Society](#), Craig Phillips, VP of Purchasing for a local food service management company, Sarah Church, of the [Responsible Purchasing Network](#), MD H2E’s Gina Navarro, Sustainable Foods Project Coordinator and Holly Emmons, Food Service Manager at [Union Hospital](#) in Cecil County.



Example of a cage-free farm

Labels such as *fertile*, *Omega 3 enriched*, *natural* and *vegetarian-fed* have little meaning, with regard to the welfare of the animal, the environmental impact and the health benefits to humans.

“Conventional” eggs: These eggs come from hens housed in what are known as battery cages, given fewer square inches than the size of a piece of paper to themselves. These hens become stressed, unable to participate in natural activities (such as nesting, perching, dust bathing, etc.) and are susceptible to disease. According to Josh Balk, all studies published comparing salmonella contamination in cage and cage-free egg operations since 2005 found higher rates of salmonella in the cage facilities. Two more studies tied increased salmonella risk to cage-egg consumption at the consumer level. More detailed analyses of these studies can be found [HERE](#).

Story continued [HERE](#) on the MD H2E website

**Toolkit for Reducing Wasted Food & Packaging:**

**A Guide for Food Services and Restaurants**

The Guide to Conducting and Analyzing a Food Waste Assessment provides step-by-step instructions to conducting a one-time assessment of the food waste thrown in garbage bins. These free, new resources can be found at <http://www.epa.gov/foodrecovery/tools/index.htm>

**Annual ACF-NCCA Vendor Fair**

**May 12<sup>th</sup> 2014 • 5:00PM – 8:00PM**

Host, Chef Tim Recher, CEC  
 Location: Army Navy Country Club - 1700 Army Navy Drive, Alexandria, VA 22202  
 Click [HERE](#) for more information.

**Baltimore Food Justice Forum**

**Saturday, June 7<sup>th</sup> • 8:30am – 4:00PM**

Reach community members, organizers, non-profits, government agencies, and others fighting for food justice and food access in their community!

**World Famous Lexington Market • Register [HERE](#) or Contact [Christina Bodison](#) 443-305-9424**

**Town Hall Meeting**

**Thurs, May 15 • [Central Branch of the Enoch Pratt Free Library](#) • 400 Cathedral Street**

[Meeting](#) hosted by Marc Steiner, featuring [author Christopher Leonard](#) on his compelling and controversial book ***The Meat Racket: The Secret Takeover of America's Food Business.***

**NACUFS National Conference**

**Tuesday, July 8 - Saturday, July 12<sup>th</sup>**

National Academy of College and University Food Services—Baltimore Convention Center

For more information or to register, click [HERE](#).

## SUSTAINABLE FOOD PAGES

### Sustainable Food Procurement in health systems and large institutions

#### Chesapeake Food Leadership Council

**Chesapeake Food Leadership Council (CFLC) Meeting in June - [Details Coming Soon](#)**

**CFLC Advisory Committee Notification:**

Data Collection and Consumer Education Tools Coming Your Way Soon to Review -- contact [Gina](#) with questions

#### Upcoming Webinars:

- Tues. **May 27, 2:00 -3:30PM:** *Clinical Advocacy around Antibiotics: From Resolutions to Policy Engagement*
- Tues. **June 24, 2:00 -3:30PM:** *Purchasing: Success Stories and Strategies for Hospital Food Service*



**Hosted by Healthcare without Harm. [Register](#) for both webinars or contact: [sapna@sfbaypsr.org](mailto:sapna@sfbaypsr.org)**

#### Food for Thought:

*“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease”*

- **Thomas Edison**

#### Resource:

Health Care and Healthy Food Resource: ***An Examination of Sustainable Food Purchasing Practices in U.S. Hospitals—Click [HERE](#)***

#### Upcoming Campaigns — Plan NOW:

- May: Hospital Farmer Markets Kick-Off
- July: Buy Local Challenge, 19<sup>th</sup> – 27<sup>th</sup>
- Sept: Maryland Home Grown School Lunch Week
- Oct: National Food Day, 24<sup>th</sup>, [American Diabetes Walk](#), D.C, 18<sup>th</sup>
- Nov: Sustainable Thanksgiving
- Dec: An Organic Holiday Season

#### Newsworthy:

- March, 2014, *The Cecil Whig*—The Cecil County Health Department and [Union Hospital](#) partnered to [kick off a new initiative](#) aimed at tackling the county’s high rates of heart disease and strokes. Part of the national “Million Hearts” program, created by the U.S. Department of Health and Human Services in 2011, the initiative aims to prevent one million heart attacks and strokes in the U.S. over the next five years.



- March 2014, from *Cleveland News 8*—Cleveland is one of first cities in US to pass [ban on the misuse of antibiotics](#) on factory farms.

- April 2014, from *University of Washington Newsbeat*—...antibiotic-resistant bacteria increasingly hinders infection controls, prompting UW Medical Center to opt for antibiotic-free pork and poultry – [read more](#)

- April 2014, from the *United States Healthful Food Council (USHFC)*—USHFC honors eight exceptional leaders who champion the production and consumption of healthful and sustainable food during the inaugural [REAL Food Innovator Awards](#).

- March 2014, from *Food Service Director*—Iowa Hospital [cuts food waste in half](#).

#### EARTH DAY RECAP:

The Sustainability Team at [MedStar Montgomery](#) hosted an Earth Day Celebration in the cafeteria on April 17th. Approximately 70 associates, volunteers, and visitors attended the celebration.

Participants were given an Earth Day Passport to travel to six different stations, including information on gardening, composting, native plants, and recycling, and prizes were offered at each station. Three Master Gardeners attended the event and assisted with handing out leafy green plants and answering gardening questions.

For details and photos, read more [HERE!](#)

## Upcoming Events!

### Healthcare Sustainability Leadership Council

June 18th • 8am-10am • Maryland Hospital Association

Sustainable supply chain, featuring **Guest speaker Al Iannuzzi**, Senior Director, Health, Safety and Sustainability 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, workers and managers only.**

Don't miss this great event. One lucky winner will win a copy of Mr. Iannuzzi's book! RSVP by June 11th to [bcollera@gbmc.org](mailto:bcollera@gbmc.org).

#### Upcoming Maryland Healthcare Sustainability Leadership Council Dates:

- **September 9th** - Greening the Operating Room, featuring Colleen Cusick and Dr. Lauren Berkow, both of Johns Hopkins Hospital
- **December 4th** - Environmental Health Legislative Updates and Advocacy

...all MD HCSLC council meetings are held at the [Maryland Hospital Association](#) from 8am- 10am and are **FREE** to attend (for healthcare providers only, please).

### Upcoming Energy Star Webinars

There are 10 Energy Star webinars this month, including Benchmarking Water/Wastewater Treatment Facilities in Portfolio Manager, Portfolio Managers 101 and 102 and the Federal Guiding Principles Checklist. Sign up [HERE](#).

### Clean Med 2014

June 2-5 • Cleveland, OH



Register [HERE](#).

### Maryland Recycling Network Awards Application Deadline

Send in your application by Friday, May 24th.



maryland recycling network

Click [HERE](#) for more details or to download an application!

### Mark your Calendars!

October 30<sup>th</sup> is the MD H2E Trailblazer Education event, scheduled to be held at GBMC.

### Contact MD H2E Staff

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