

Maryland Hospitals for a Healthy Environment

Monthly News Roundup

Upcoming Healthcare Sustainability Leadership Council Meetings

September 9th, Greening the OR: The Maryland Health Care Sustainability Leadership Council (HCSLC) will host Dr. Lauren Berkow to discuss methods for reducing anesthetic gasses (potent greenhouse gasses), tips for greening the operating room, and how to engage physicians in sustainability. She is currently an Associate Professor of Anesthesia at the Johns Hopkins School of Medicine and the Associate Chief of the Division of Neuroanesthesiology. Colleen Cusick, Materials Director for Johns Hopkins Hospital will also be on the agenda to speak about Greening the OR with changes to the supply chain.

December 4th: Environmental Health Legislative Updates and Advocacy
Registration is free, but required, and open to health care providers only. Please contact [Barbara Colleran](#) for more information or to register.

September meeting is Co Sponsored by Physicians for Social Responsibility and MedChi



Join the MD HCSLC Greener Purchasing Workgroup

Colleen Cusick, Director, Materials Management, The Johns Hopkins Hospital, and Joan Plisko, MD H2E will lead this call, TUESDAY AUGUST 12TH from 9am-10 am as a follow up to the Maryland Health Care Sustainability Leadership Council meeting in June.

This work group of **hospital materials managers and sustainability directors** will focus on the collective impacts and actions that Maryland hospitals can take to procure greener products and services.

Contact Joan Plisko to join the call: jplisko@som.umaryland.edu

PLEASE INVITE OTHER HEALTH CARE PROVIDERS TO ATTEND!

MD H2E is now tweeting!

Follow us @MDH2E for updates, tools, events, tips, resources, articles and discussion on all things sustainability, healthcare and Maryland. Healthcare Sustainability Leadership Council updates will also be featured.



Summer • 2014



Mark your Calendars!

OCTOBER 30TH

MD H2E

Trailblazer

Education event,
scheduled to be held
at GBMC.

IN THIS ISSUE:

BWMC Workplace Charging challenge; Al Iannuzzi; Clean	2
Reflections from Clean Med	3
Reflections from Clean Med, cont.	4
Sustainable Food Pages	5
Tools, Tips and Resources	6-7



www.mdh2e.org

Sustainability is about more than just the environment

Lessons from Al Iannuzzi of Johnson and Johnson

The Health Care Sustainability Leadership Council met June 18th for its quarterly meeting, hosting Al Iannuzzi, Sr. Director of Environment, Health, Safety and Sustainability at [Johnson & Johnson](#).

Mr. Iannuzzi explained J&J's sustainability program and [presented](#) on the "Business Case" for both greener products and purchasing. Mr. Iannuzzi also introduced the council to the Johnson and Johnson credo, which stated that the company "must maintain in good order the property we are privileged to use, protecting the environment and natural resources," long before words like sustainability and corporate social responsibility were introduced.

The Credo directs J&J to look at sustainability across many business facets: Environment, employee treatment/ safety, customer satisfaction,

benevolency, outreach, research, product development, product design, procurement, and being good corporate citizens in the community. "Robert Wood Johnson was a visionary that understood J&J's stockholders would receive a fair return when the company kept our customers, employees and communities in which we do business at the forefront."

J&J has significant experience with renewable energy, recently investing over \$260 M in renewable energy. All new J&J buildings (over \$5M) must be LEED certified or the equivalent. Mr. Iannuzzi also spoke about EARTHWARDS®, Johnson & Johnson's **proprietary plan for reducing their product's environmental footprint** and strengthening product stewardship efforts.

Baltimore Washington Medical Center takes 'charge'

University of Maryland Baltimore Washington Medical Center (UM BWMC) recently signed a pledge to become part of the United States Department of Energy's Workplace Charging Challenge, which encourages employers to install plug-in electric vehicle charging stations for their employees. UM BWMC is the first—and so far, the only—hospital in Maryland to become a part of the Workplace Charging Challenge.

"We are delighted to be the first health care institution in Maryland to provide charging stations for our employees, staff and visitors," said UM BWMC Vice President Susan Ward. "UM BWMC takes great pride in helping to keep our

environment as clean as possible through our recycling programs and now through the Workplace Charging Challenge."

Currently five charging stations are located on the UM BWMC campus – four in the employee garage and one on the back parking lot so employees and visitors with electric vehicles can charge their cars during their stay at the medical center. UM BWMC's Green Health Committee began

working on the initiative last year. Click [HERE](#) for more information on the challenge.



Maryland Clean Energy Summit

Oct. 14-15, 2014 Hyattsville, MD Marriot

[Early bird registration](#) ends **July 31st!** Hear from inspired speakers (including MD H2E's own Joan Plisko) and panel presenters in sessions that will cover energy literacy, efficiency, reliability, resiliency and affordability within the related technological, financial, policy, and regulatory framework.

Relevant data, best practice models and real life case studies will be examined to address the challenges and opportunities customers are facing in their transformation as energy users

www.mcecs Summit.org



MD H2E asked several health care professionals to reflect on their experience at Clean Med, held this year in Cleveland June 2-5.

Jonathon Spitz—AtSite, Inc.



The Global Center for Health Innovation in Cleveland, Ohio was the perfect (and energy efficient!) venue to engage thought and industry leaders alike. CleanMed, the premier national environmental conference for healthcare sustainability, inspires its 1000+ attendees by supplying them with strategies for success.

I came to CleanMed to learn how the industry is contending with pressing sustainability adoption issues, engage with those serving the healthcare industry as vendors, be inspired by members of the industry who are bringing new and creative ideas to life, and leave with takeaways to share with my colleagues.

Keynote speaker Joe Flower's presentation seemed to resonate with the audience; he encouraged the crowd to think about how technology is often thought to be a "silver bullet" that can fix any healthcare ailment, yet the experiences of the past 30 years have led to a different conclusion. He went on to share that each new technology may have its benefits, but is expensive and complicated.

I walked away from the event considering how the "sustainability" conversation has begun to shift to a conversation about resiliency. It is clear that weather events across the country are happening with greater force and increased frequency. This impacts the healthcare industry in a unique way – its facilities must withstand these events to respond to the needs of the community. While industry leaders clearly recognize the need to plan for significant weather events, these alterations place unique demands on the entire system. What actions do hospitals take first? And how to fund them?

CleanMed was an informative and inspiring event – I look forward to attending it again next year!

Zach Hetrick, Communications and Outreach Coordinator, Reduction In Motion



CleanMed offers an opportunity to celebrate progress, promote priorities and share best management practices and technology within healthcare sustainability. As someone who helps healthcare facilities tackle sustainability challenges every day, the conference allows me to hear different perspectives on challenges that most everyone faces day-to-day. This ultimately helps us better tailor our services to meet the evolving needs of the healthcare industry. Whether discussing innovative technology with a vendor or a specific project with a healthcare representative, I never know when that idea will surface that will help them or someone else down the road.

Many leading healthcare facilities are making innovative strides in sustainability, including divestment in fossil fuels, prescribing healthy food, and defining the industry's role in community resiliency in the face of climate change. Some hospitals are not quite at these stages, yet, or are just getting started. Given this, sustainability milestones from one facility to another vary greatly, but the goals are the same: reduce impacts on environmental and public health and ensure financial and operational leanness and stability.

This was the first conference following Practice Greenhealth's overhaul of their award system. New awards include recognition for the top 25 greenest facilities in the country as well as top 10 recognition in areas such as waste, food or energy. Maryland had representatives in the top 10 in leadership, chemicals, food, EPP and greening the OR. In fact, two separate Maryland representatives were awarded the Greenest OR award and cracked the top 25 overall list, all of which are strong accomplishments for the state.

Reflections on Clean Med continued....

Wendy Smith, Medstar Montgomery Medical Center

As chairperson of the sustainability team at MedStar Montgomery, I was fortunate to attend the CleanMed conference in June to accept the Practice Greenhealth Partner for Change Award for our hospital. The speakers were very knowledgeable and inspiring. It was exciting to hear what other facilities are doing in their workplaces and communities to promote healthier patients, staff, and community members through nutrition education programs, community gardens, farmer's markets, sustainable food purchasing, and workforce development programs.



There was something for everyone at the conference. As a clinical nutrition manager, I chose the food track. The session that stood out the most for me was **"Balanced Menus: Addressing Antibiotic Resistance and Climate Change in the Cafeteria."** Before attending this talk I had not realized what a serious problem the use of antibiotics in meat production is and that it has contributed to a sharp increase in antibiotic-resistant bacteria.

Presenters showcased ideas for implementing the Balanced Menu Program in healthcare facilities and reducing meat purchases.

In addition to the educational sessions, I attended a "Local Foods Celebration," sponsored by Healthcare Without Harm, at a nearby restaurant which provided healthy and delicious food samples and dinner made from products sourced from local farmers. The conference ended with the Practice Greenhealth Environmental Excellence Awards Ceremony and Gala Dinner which gave attendees an opportunity to receive recognition for their accomplishments.

If you have not had the experience of attending CleanMed, I would highly recommend that you mark it on your calendar for 2015 in Portland, Oregon. It is a wonderful learning experience and opportunity to network with others who share your passion for creating a healthier environment. You will come back inspired and renewed to add to the sustainability programs at your facility and in your community!

Tarah Ranke, MD H2E



Dr. Aparna Bole, Sustainability Manager, and Assistant Professor, Pediatrics, CRWU School of Medicine, University Hospitals, Cleveland presented an inspiring example of how anchor institutions have the opportunity to promote change from within. Dr. Bole exemplifies how clinical advocacy can improve institutional healthy food procurement by sharing how her team overcame three main challenges in the process of change.

- Challenge area #1 was data collection and management; collecting and reporting data is a 'new ask' of vendors. Dr. Bole and her team found the answer with the dashboard from [Key Green Solutions](#). They chose to flag data points within University Hospitals that were also parameters of the Healthy Hospitals Initiative (HHI) in order to be consistent with the outcomes that they measured.
- Challenge area #2 was prioritizing the goals; simply put, there are many areas of interest within sustainable food procurement. Dr. Bole's team chose three of HHI's targets by focusing on the most clinically relevant (Antibiotic free meat) and the most in-sync with the strategic priorities of the health system (local procurement and climate change). By prioritizing within the organizational framework, her team was successful and relevant to the hospitals mission. This ensured support for healthy food procurement from all levels of management and staff within the hospital.
- Finally, challenge area #3 was 'siloes' decision making. Many decisions in food procurement are made independently in various departments including: menu planning, clinical concerns, contracts and cost, revenue and sustainability. Dr. Bole's team-centered approach led to the creation of a sustainable food committee which brought all the players to the table and fostered goal setting. In the next year, Dr. Bole and her team aim to increase local and sustainable food spending by 5%, decrease total pounds of meat by 10% and add three antibiotic free meat options to the menu.

More info can be found [HERE](#).

SUSTAINABLE FOOD PAGES

Sustainable Food Procurement in health systems and large institutions

Healthcare Highlight

"Spice up Your Life!" Lunch and Learn at MedStar Montgomery Medical Center



MedStar Montgomery Medical Center hosted their fourth annual "Spice up Your Life!" Lunch and Learn on May 20. The Lunch and Learn was a success, with 200 hundred associates and visitors attending. MDH2E Sustainable Foods Coordinator Gina Navarro and Montgomery County Master Gardeners Nadene Neel and Harry Rea assisted Clinical Nutrition Manager Wendy Smith. Wendy, who is also a master gardener, grew over 300 herbs and peppers to give away at the event. Herb plant varieties included basil, chamomile, cilantro, dill, mint, oregano, parsley, and thyme. Packages of dried herbs and container herb gardens were given out. Food samples included caprese and fiesta bean salads made with fresh locally grown herbs. The featured Sodexo Mindful entrée was Grilled Chicken with Cilantro Mint Pesto. Recipes and handouts on growing and preserving herbs and the health benefits of herbs and spices were provided. Several container herb gardens were displayed to give participants ideas for creating their own herb gardens.



Wendy Smith, Clinical Nutrition Manager; Harry Rea, Montgomery County Master Gardener; Nadene Neel, Montgomery County Master Gardener; Gina Navarro, MDH2E Sustainable Foods Coordinator

Buy Local Week



Congratulations to the many hospitals and other institutions throughout the Mid-Atlantic

region that are participating in Buy Local Week this week by serving and promoting foods from local farmers, and even going further than before! Be Sure to Send us:

1. Your Pictures
2. Your Stories
3. The Total Dollars Spent on Local Foods Served During the Week

Email [Gina Navarro](mailto:gnavarro@som.umaryland.edu) or call 410-706-2352. And, keep serving local foods throughout the season!

Food Day is October 24th



**Join hospitals around the country in
preserving the effectiveness of antibiotics in human
medicine**

Serve at least one meat or poultry item produced without routine antibiotics! Be on the lookout for information on how to register. For more info gnavarro@som.umaryland.edu, 410-706-2352.

Letter to Hospitals from Food Day Organizers:

Food Day is a great opportunity to highlight the work you are already doing to increase access to healthy, sustainably produced, affordable food, or kick start a new initiative in your health care facility or community.

If you're looking for some ideas, Food Day has many resources, including this [Company Opportunities](#) two-page guide that can help you start brainstorming.

Join us for a Maryland Food Day Planning Webinar in the coming weeks to hear from some groups who have held successful events in the past, and help connect groups to plan for this year.

[Read the Full Letter Here](#)

Resources, Reports & Tools

Maryland Green Purchasing Committee Resources



The [Maryland Green Purchasing Committee](#) is an inter-agency committee created

by the Green Maryland Act of 2010 and tasked with providing the State with education and training promoting environmentally preferable purchasing. The Committee develops statewide green purchasing policies, guidelines, programs, best practices, and regulations that provide benefits to the health and well-being of Maryland citizens and environment.

Their Summer 2014 Product Focus is: [Using Green Janitorial Services](#)

Maryland Green Registry Results

The Maryland Green Registry's mission is to protect and restore the quality of Maryland's air, water and land resources, while fostering smart growth, a thriving and sustainable economy and healthy communities. Below are just a few of the results achieved this year by members:

- 525,000 pounds of hazardous waste reduced
- 11.6 million lbs of nonhazardous waste reduced
- 547.8 million lbs of non-hazardous waste recycled
- 2.7 million gallons of wastewater reduced
- 533,000 gal of fuel saved



Click [HERE](#) to view the infographic that visually sums up the results.

Integrating Environmental and Human Health

A report by the Wharton School of Business Initiative for Global Environmental Leadership (IGEL)

Wharton IGEL and Johnson and Johnson recently published a report highlighting the financial and human impacts of sustainable healthcare. Two of the report's authors, Keith Sutter and Joanne Spigonardo share a few tips for introducing sustainability into hospitals.



Click on image to download full report

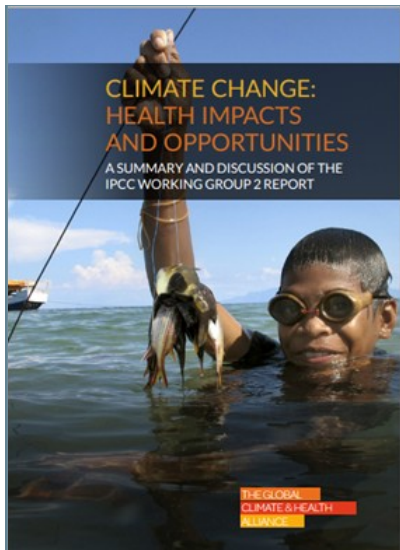
1. *Establish priorities.* Figure out the first step.
2. *Purchasing preferences.* Think broadly. For instance, in the realm of purchasing preferences, reduced packaging and reusability might be a first step.
3. *Targeting [supply chain](#).* Hospitals can develop metrics, then implement them by prioritizing greener purchases.
4. *Waste reduction & local sourcing.* Two other important aspects of sustainability in healthcare include reducing waste and improving the quality of hospital food by increasing access to locally-sourced and sustainably grown meal options.
5. *Physical plant energy consumption.* Hospitals should work on reducing energy consumption through green building construction and retrofits, smart lighting strategies, effective energy management, and looking into renewable resources such as solar and wind.

Newsworthy Articles

- **Greenbiz.com** blog by Janet Howard, "[10 reasons healthcare needs sustainability treatments](#)"
- **Healthcare Finance News**, by Kelsey Brimmer, "[Sustainability tips for hospitals](#)"
- **FierceHealthcare.com**, by Zach Budrick "[Johns Hopkins researcher: US Healthcare system must address climate change](#)"
- **Greenbiz.com**, by Janet Howard, "[How she leads: Cathy Fraser, Tenet Healthcare](#)"

Resources, Reports & Tools

The report summarizes some of the IPCC's key findings, discusses their implications for health, and provides recommendations on the way forward. [CLICK on it to download.](#)



Global Climate and Health Alliance Report

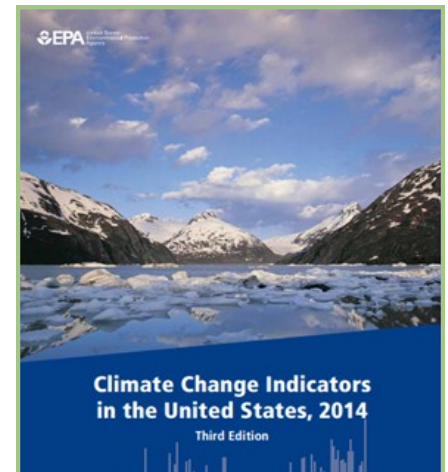
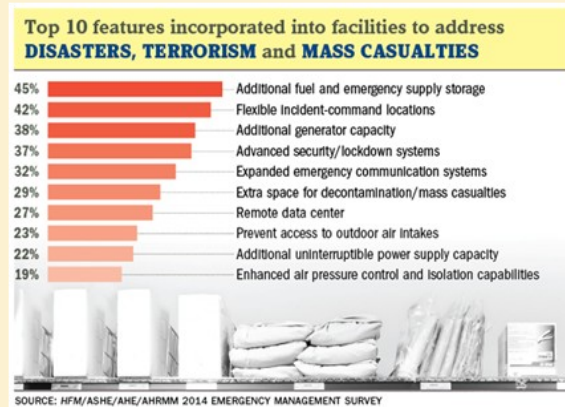
"Can we turn our greatest health threat into our greatest opportunity for better health?" The [Global Climate and Health Alliance](#) tries to answer this question through its briefing report, film and series of infographics to explain the health implications of the Intergovernmental Panel on Climate Change's Working Group II [report](#), which assesses the vulnerability of socio-economic and natural systems to climate change, as well as consequences of climate change, including impacts on human health.

The report is sponsored in part by [Healthcare Without Harm](#). For more information and to learn more about the implications for human health, visit their [website](#).

Emergency Management Survey

According to a recent [survey](#) by Health Facilities Management, 87% of hospitals experienced an event in the past five years that required implementation of an emergency preparedness plan and 58% of respondents said they went to emergency power in the past five years because of an emergency event.

This article summarizes the survey results and provides great infographics for healthcare and facilities professionals to share with their teams, to further illustrate the importance of disaster preparedness.



View the EPA's third and latest release of Climate Change indicators in the United States. Interested in a summary or the technical details? Find them [HERE](#).

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