

# Maryland Hospitals for a Healthy Environment Monthly News Roundup

September • 2014



## Agenda announced for MD H2E Trailblazer event October 30th

7:30-1:00 • Greater Baltimore Medical Center

- 7:30 Registration/Networking/Breakfast**
- 8:30 Welcome:** Michael A. Forthman, GBMC; Chair, MD Health Care Sustainability Leadership Council; Joan Plisko, Director, MD H2E
- 9:00 Increasing the Health and Nutrient Value of Food:** Justin Graves, University of Maryland Medical Center
- 9:30 Cleaning For Efficiency and Health:** Mary Moise and Dionne Anderson, MedStar Franklin Square Medical Center
- 10:00 Group Sustainability Exercise with Prizes**
- 10:45 Implementing an Energy Master Plan; and Employing Low Unit of Measure:** Jim Duerr and Michael Forthman, GBMC
- 11:15 Constructing a Combined Heat and Power Plant:** Don Alik, University of Maryland Upper Chesapeake Medical Center
- 11:45 Lunch**
- 12:15 Keynote: The Intersection of Environmental and Population Health—How Hospitals Can Take Action to Improve Both:** Clifford S. Mitchell, MS, MD, MPH, Director, Environmental Health Bureau, Prevention and Health Promotion Administration, Maryland Dept. of Health and Mental Hygiene

Tickets are free but required. Click [HERE](#) to register

## Where to find MD H2E staff this fall

Did you know MD H2E is available for speaking engagements? Staff members can speak at your meeting or conference on a variety of topics. Here is where you can find some of us this fall:

- **Louise Mitchell, Tarah Ranke** [LifeSpan Conference](#): Sept 29 – Oct 2, Ocean City, MD - Healthy Food in Health Care – Best Practices, Cost-Saving Strategies, and Tools and Resources for Providing Healthier Foods
- **Joan Plisko**, [Maryland Clean Energy Summit](#): Oct. 15, College Park, MD Plenary III – Data Drives Decisions: “The Need for Enlightenment.” Find out what you need to know for your organization to successfully participate in the energy Renaissance!
- **Gina Navarro**, [BioCycle](#) Conference: October 27-30, Baltimore, MD, Track 4: Hospital, University, Farm Organics Recycling Foods Scraps Composting At Maryland Hospitals
- **Louise Mitchell**, [Webinar](#): Sept 24, Strategies for Increasing Healthy Foods & Beverages in Cafeterias: *Cost-Saving Initiatives & Other Best Practices*

Follow us @MDH2E on Twitter for updates, tools, events, tips, resources, articles and discussion on all things sustainability and healthcare in Maryland.



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

## Community Engagement through Recycling

### MedStar Good Samaritan Hospital forms unique partnerships with local charities

#### Arc Baltimore

In 2013, MedStar Good Samaritan established an electronics recycling partnership with the Arc Baltimore. The Arc is dedicated to providing advocacy and high-quality, life-changing support for adults and children with intellectual and developmental disabilities and their families.



MedStar Good Samaritan  
Hospital

The Arc recognized the chance to create work opportunities for citizens by breaking down and recycling electronics in exchange for recycling rebates. Neil MacDonald, VP of Operations for MedStar Good Samaritan and Board Member for Arc Baltimore, was more than happy to provide old electronics from the hospital. Once electronics began coming in to the Arc, organizers realized that the items could provide further benefit via repair and repurposing, versus recycling alone. With that goal in mind, program organizers have been modifying their operations to conform to an established hierarchy of reuse over recycling. Citizens are now learning how to disassemble and reassemble computer components.

In 2013, MedStar Good Samaritan donated nearly 9,408 pounds of material to the organization, including monitors, PCs, laptops, printers, scanners and WOW carts. During that same period, MedStar Union Memorial donated 4,400 pounds of electronics. Donations are now being collected from all MedStar facilities.

#### Maryland School for the Blind

A hospital team member with connections to the Maryland School for the Blind devised a unique toner recycling partnership between the school and MedStar Good Samaritan Hospital. Through the program, a central collection point for all hospital departments was established and communications were sent out to promote the program and encourage participation. A student and chaperone from the Maryland School for the Blind visit monthly to pick-up the toners.

The students carry out the entire process of picking-up the toners, placing them in the recycling room, packaging them to be shipped and delivering them to the mailroom. To date, the School has received 800 credits from toners recycled from Good Sam alone. Credits are used by their Career Education program to purchase aprons, hats, and cooking supplies in the café.

Medstar Good Samaritan's **Green...for Good** mission is aimed at providing the knowledge and tools necessary to help colleagues and neighbors make healthier, more environmentally responsible choices. Learn more about the **Green...for Good** program [here](#).

## Kaiser's Kathy Gerwig releases new book

In a newly released book, "Greening Health Care: How Hospitals Can Heal the Planet", Kaiser Permanente's environmental stewardship officer, Kathy Gerwig, explores a universal paradox of health care: As hospitals deliver life-saving care to individuals, their substantial environmental footprint can often be detrimental to environmental and community health.

"Greening Health Care" examines the intersection of health care and environmental health, analyzing failures and describing the revolution that is currently underway to fix them. From the health implications of climate change to creating a healthier food system and minimizing hospital waste, Gerwig provides a picture of what is happening now in the movement to green health care and what we can expect in the future.

You can [read the press release here](#).



## Pharmaceutical Waste Information

### Management Standards for Hazardous Waste Pharmaceuticals, Regulatory Agenda Spring 2014

A small portion of pharmaceuticals are regulated as hazardous waste under the Resource Conservation and Recovery Act when discarded. Healthcare (and associated) facilities have reported difficulties complying with the manufacturing-oriented framework of the subtitle C hazardous waste regulations for several reasons. Responding to these concerns, EPA is proposing to revise the regulations to improve management and disposal of hazardous waste pharmaceuticals. The revisions are also intended to clarify regulation of reverse distribution, a key mechanism for management of unused and/or expired pharmaceuticals. In 2008, the Agency proposed to address pharmaceutical hazardous waste management issues by adding them to the Universal Waste rule. However, in order to address the adverse comments received on the 2008 proposal, EPA is now considering re-proposing healthcare facility-specific regulations for the management of hazardous waste pharmaceuticals in order to provide a regulatory scheme that is adapted to the unique issues that hospitals, pharmacies and other healthcare-related facilities face. The EPA anticipates proposing the rule in December 2014.

View: <http://www.reginfo.gov/public/do/eAgendaViewRule?pubId=201404&RIN=2050-AG39>

### Online tools to reduce pharmaceutical waste

The University of Wisconsin – Extension has listed various resources for healthcare facilities to utilize to reduce drug waste online at [Pharmaceutical Waste Reduction](#). The website includes:

- A step-by-step process to identify ways to reduce pharmaceutical waste
- Waste reduction strategies proven to show results
- A database searchable by drug, delivery method or source area
- Forms for sharing results, ideas and studies
- Additional resources for reducing pharmaceutical waste and complying with regulations in the USA

UWEX designed the website to be interactive, and encourages users to submit ideas and results, whether from published studies or their own experience. The more studies are added, the more useful the website will be to all of us and the less pharmaceutical waste will end up in environment.



### National Prescription Drug Take-Back Day is September 27th

The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. More information: [http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/)

## Resources, Reports & Tools

### Water Saving Tips for Healthcare Facilities

The Maryland Department of the Environment offers water-saving tips for healthcare facilities:

- Turn off water required for film processing or cooling in the X-ray department when not in use.
- Recycle water where feasible, consistent with state and county requirements.
- Use full loads in sanitizer, sterilizer, dishwasher, and washing machine consistent with infection control requirements.
- Overhaul faulty steam traps on sterilizers.
- Reduce the load on air conditioning units by shutting off air conditioning when and where it is not needed.
- Recover condensate from air conditioners, refrigerators, freezers, and ice machines; use it as make-up water.

For a more comprehensive list, visit MDE [HERE](#).



*The 2013 Healthier Hospitals Initiative Milestone Report was released last month, showing local and sustainable food purchasing on the rise, along with healthy beverages, PVC/DEHP-free products and single-use medical device reprocessing*



*Healthcare Without Harm alternative healthcare waste treatment technologies*

The [database](#) of State Incentives for Renewables and Efficiency is a one-stop listing of available energy rebates sorted by state. It lists residential and commercial incentives available through various utilities and government agencies.

### Articles

- [The carbon taxes we're already paying](#), **LA Times Op Ed**, July 2014
- [Hospitals illustrate latest building meme, climate resistance](#), **Forbes**, June 2014
- [Treating medical waste](#), **Health Facilities Management**, July 2014
- [Supply Chain Strategies](#), **Executive Insight**, April 2014

## SUSTAINABLE FOOD PAGES

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

#### Celebrate Food Day with Us!

MD H2E and Health Care Without Harm are asking health care facilities to **serve at least one meat item raised without routine antibiotics on Food Day, Oct 24th**

By [purchasing meat raised without routine antibiotics](#), you are on the forefront of saving antibiotics for human medicine. Antibiotic overuse in animal agriculture can create antibiotic resistant superbugs that threaten human health (see recent [white paper](#) on antibiotics stewardship). Celebrate health care's commitment to building a healthy/ sustainable food supply.



[Register HERE](#) - "We Will Serve Meat Raised Without Antibiotics on Food Day!"

Hospitals registered by Oct 1st will be part of the national story shared with media and will receive marketing tools, including table tents and sample recipes. Stay tuned for updates!

#### Health care facilities serve local foods during buy local week

This year, 59 [hospitals, nursing homes and other health care facilities](#) throughout Maryland, Washington, DC and Northern Virginia served at least one local food each day during the Buy Local Challenge from July 19-27, 2014. They also engaged approximately 240 employees and community members in taking the pledge to eat local foods. Several hospitals also served local, certified organic produce and local meat and/or poultry produced without routine antibiotics. See the full list of health care participants [HERE](#).

#### Adventist Healthcare & Union Hospital showcase local food recipes at Governor's cookout

Executive Chef Randall Smith of Adventist Healthcare & Executive Chef Aaron Bessick of Union Hospital of Cecil County led their food service teams in displaying and sampling their local recipes at the Governor's Annual Buy Local Cookout on July 24th. Their recipes can be found in the [Maryland Buy Local Cookout Recipes Cookbook](#).

*Photos courtesy of the Executive Office of the Governor.*



#### Newsworthy Articles:

- **Health Leaders Media**, Christopher Cheney, "[Healthcare costs start with what we eat](#)" (July 2014)
- **Triple Pundit**, Deborah Fleischer, "[3 tips for transforming hospital food into something more sustainable](#)" (August 2014)
- **Public Radio International**, Joe Rubin, "[Consumers are demanding antibiotic-free meat, and Big Food is starting to listen](#)" (August 2014)
- **Baltimore Business Journal**, Kevin Litten, "[Coastal Sunbelt Howard County HQ to double capacity](#)" (July 2014)

## Upcoming Events!

### Webinar:

#### Strategies for Increasing Healthy Foods & Beverages in Cafeterias: *Cost-Saving Initiatives & Other Best Practices*

**Wednesday, September 24, 2014 • 2:00 pm EST**

Food service professionals are frequently challenged with balancing their budgets while meeting the growing demand for increasing healthy food and beverage options in their cafeterias. This demand comes as communities seek to reduce obesity, diabetes and other chronic diseases. This webinar will present cost-saving strategies and other best practices implemented by two Maryland hospitals to increase their healthy food and beverage offerings, as well as tools and resources to do the same at your institution.

**Who should attend:** Institutional food service directors, chefs, cooks, food purchasing managers, dietitians, nurses, administrators, wellness coordinators, health departments, and other facilitators of healthy food and beverage initiatives.

Click [HERE](#) to register!

*Hosted by: MD H2E and the Healthy Food in Health Care Program, Health Care Without Harm*

*Sponsored by: Maryland Department of Health and Mental Hygiene, Institute for a Healthiest Maryland, American Culinary Federation – Greater Baltimore Chapter*

### Healthcare Sustainability Leadership Council Meetings

**September 9th: Greening the OR • Maryland Hospital Association 8 –10 am**

The Maryland Health Care Sustainability Leadership Council (HCSLC) will host [Colleen Cusick](#) and Dr. [Lauren Berkow](#) at the next meeting on **September 9th**. Dr. Lauren Berkow will discuss methods for reducing anesthetic gasses (potent greenhouse gasses), tips for greening the operating room, and how to begin the conversation when engaging 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.

**Registration is free, but required, and open to health care providers only.** Please contact [Barb Colleran](#) for more information or to register.

**Co Sponsored by Physicians for Social Responsibility and MedChi**

**Mark your calendar for the December 4th meeting: Environmental Health Legislative updates and Advocacy**

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