

Maryland Hospitals for a Healthy Environment Monthly News Roundup

October • 2014

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Maryland hospitals use of sustainability dashboards: a case study

MD H2E and Key Green Solutions published a case study demonstrating the five Maryland hospitals experiences in using a *sustainability dashboard* to measure and track facility energy consumption and performance, waste management and food procurement, including:

- Anne Arundel Medical Center
- Carroll Hospital Center
- Johns Hopkins Hospital
- Northwest Hospital and
- University of Maryland Medical Center.



Some of the benefits of using a sustainability dashboard include: automated data collection and loading, detailed analysis of facility performance, benchmarking within a system or nationally, identifying effective usage of resources for improved performance and cost savings, and direct links to download vendor and utility specific data.

To download the case study, click [HERE](#).

Register 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

Trailblazer keynote preview: Cliff Mitchell, Department of Health and Mental Hygiene

Cliff Mitchell directs the [Environmental Health](#) bureau at the Maryland Department of Health and Mental Hygiene, overseeing epidemiology, food protection, healthy homes and communities as well as an emerging program, climate change and health. On the intersection of these two aforementioned areas, Mitchell says: "We know it is happening and will continue—we can already see changes happening—so we are thinking about what state and local health departments need to do to be prepared for the changes."

Some emergencies, such as drought, flooding and severe storm events, will occur more frequently and with greater severity than in the past. Accordingly, Mitchell and his department's perspective on climate change is focused on preparation, collaboration, and community connectedness. According to The Union of Concerned Scientists, Earth, will experience in increase in hot days, poor air quality days, and as time passes, an increased sea level rise and flood risk. Mitchell says "healthcare can and should be prepared to deliver messages that people can respond to for adapting to various situations, whether it be a large magnitude disaster or simple aggravated allergies."

Mitchell indicates there will be challenges confronting healthcare related to climate change. For instance, an individual provider will need to talk to patients about specific health effects: "We know there will be more pollen, more hot days, and we are more likely to see more days with high ozone and poor air quality."

In addition to addressing how patient health is affected, a hospital must prepare its infrastructure in the face of a severe climate event. "When there are severe weather events, hospitals close to the 100 year flood level and within 100 miles from coasts are vulnerable," says Mitchell. Public health agencies and departments such as Mitchell's understand there is a need to ensure a degree of resilience that wasn't present 50 years ago. "Maryland is a coastal state where sea level rise is happening. We have significant issues ensuring the integrity of people on the coast. We also have to be prepared for severe weather that contributes to flooding," says Mitchell.

According to Climate Central's [sea level rise analysis](#), there are more than 55,000 Maryland residents below the level equal to a 5 foot rise in sea level, which is equal to or higher than the 100 year flood level for Maryland. Projections from a recently released Climate Central report state that there is a 100% chance for a flood of this magnitude in Maryland between now and the end of the century. "There is a unique responsibility on the part of healthcare and hospitals by virtue of the fact that they are the ones that will be called upon to respond when issues arise."

To catch Cliff and his Keynote address at MD H2E's Trailblazer education event, click [HERE!](#)

Trailblazer winner featured in Baltimore Sun

University of Maryland Upper Chesapeake Medical center was recently featured in the Baltimore Sun. Join us at our [Trailblazer](#) event to hear all about it on October 30th. UCMC's Combined Heat and Power Plant project is the first recipient of installation incentives from BGE's Smart Energy Savers Program, receiving \$1.5 million in incentives. The Combined Heat and Power Plant will generate approximately 13 million kilowatt hours annually.

Read [MORE](#).



L to R: Jim Libertini, BGE, William Wolf, BGE, Lyle Sheldon, president and CEO, Upper Chesapeake Health, Calvin G. Butler Jr., CEO, BGE, Ruth Kiselewich, BGE (Business Wire)

Health Care Sector Moves Away from Flame Retardants in Upholstered Furniture

Major U.S. health systems commit to purchasing furniture without toxic flame retardants; building sector-wide momentum to eliminate unnecessary health threat

Last month, Advocate Health Care, Beaumont Health System, Hackensack University Medical Center, and University Hospitals announced that they will stop purchasing furniture treated with toxic flame retardant chemicals. Combined, these four health systems represent 7,000 patient beds throughout Illinois, Michigan, New Jersey, and Ohio, with almost \$50 million in annual spending power among them on furnishings.

Each of the systems will specify with their suppliers that upholstered furniture should not contain flame retardant chemicals where code permits. Together with Kaiser Permanente's similar announcement in June, these health systems are leading a movement within the health care sector—and the broader market—to transition away from toxic chemicals commonly found in furniture. This is a bold step that will help shift the market for safer, healthier furniture not just in health care facilities, but also in business, schools, and homes.

Commonly used flame retardant chemicals can pose a threat to human health and the environment. Depending on the flame retardant, effects include reproductive, neurocognitive, and immune system impacts, among others. Safety data on newer flame retardants are still emerging and often not complete.

"Hospitals take very seriously the links between chemicals in the environment and rising rates of disease," said Gary Cohen, president and founder of Health Care Without Harm and the Healthier Hospitals Initiative (all four hospitals being enrolled in the latter). "They are committed to creating healing environments, free from products containing chemicals linked to chronic diseases."

On September 8, Health Care Without Harm and HHI brought together major health systems and leading institutional furniture manufacturers to discuss opportunities to accelerate the development of furniture without flame retardant chemicals.

"Demand from these health systems will drive the production of furniture that does not include toxic flame retardant chemicals," said Mr. Cohen. "Because the health care sector is such a large part of the economy, hospitals can help shift the entire marketplace, which will benefit public health and make products safer for all consumers."

Anne Arundel Medical Center plants employee herb garden

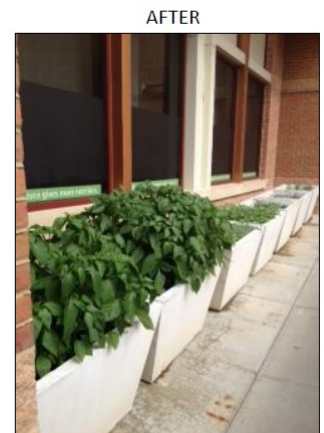
AAMC has been active in the Healthy Food in Health Care program for several years, and already has a green roof in place on their LEED gold certified tower. Continuing in that vein, the hospital recently converted empty planters used for cigarette butts and garbage to an employee herb garden on campus.

Sustainability Coordinator Charlotte Wallace said, "After seeing the staffs' excitement and engagement with our employee herb garden, I often wonder 'why did we wait so long to put a garden in?'"

AAMC's Employee Garden



May 2014 – In the past it was common to find cigarette butts, garbage and of course weeds.



August 2014 – Now it is common to find staff lingering, snipping herbs and enjoying the aromas.

Resources, Reports & Tools

Better Buildings Alliance: Healthcare Sector Resources

The Healthcare Sector connects its members with an experienced network of hospital energy experts, providing them with the information, tools, training, and resources to help make their buildings more efficient. Since its launch, it has grown to represent nearly 0.5 billion square feet of space and 14% of the sector by floor space.

For more information on opportunities or to join the BBA, click [HERE](#)



Plastic recycling guide for hospitals now available for continuing education credit

Developed by the Healthcare Plastics Recycling Council as a compliment to its HospiCycle tool, [A Plastic Recycling Guide for Hospitals](#) is intended to assist hospitals in navigating the process of initiating a plastics recycling program in a patient care setting.



Supply Chain Sustainability: Are you savvy?

September's issue of Healthcare Purchasing News had a 'special focus' on sustainability, including trends and success stories, as well as questions to ask to gauging your organization's readiness for embarking on a sustainability initiative.



Study: Climate change and opportunities for global health

A [study](#) recently published by the Journal of the American Medical Association explores climate health and societal impacts and co-benefits from climate change mitigation, among other topics.

The study's results indicate that substantial health and economic co-benefits could be associated with reductions in fossil fuel combustion.

Sustainability Survey



The GreenBiz Group [Employee Engagement survey](#), conducted in March 2014, examines aspects of corporate environmental and sustainability education initiatives at companies at varying stages of

program development. This survey, done in partnership with the National Environmental Education Foundation builds on two prior surveys conducted in 2008 and 2011.

Articles

- **Greenbiz.com**, Jessica Shankleman, "[Do sustainable buildings really cost more?](#)", August 15, 2014
- **Missoulian**, Beth Schenk, "[Environment, Healthcare Connected](#)," August 2014
- **Hospitals and Health Networks**, Paul Barr, "[Most hospitals still green at going green](#)" 8/27/14
- **Virtual Mentor (AMA)**, Various, "[Physicians as agents of social change](#)," September 2014.

SUSTAINABLE FOOD PAGES

Sustainable Food Procurement in health systems and large institutions

Food Day Marketing Toolkit Now Available!

Use the following marketing tools to promote the meat raised without antibiotics on your menu on Food Day!

- Poster
- Table Tent
- Recipe Toolkit
- Host a Screening of an Online Webinar at Your Hospital
- Share the 2014 White Paper on Antibiotics Overuse
- Share the Newest White Paper on Environmental Nutrition

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.



Download the Food Day Marketing Toolkit

Tools & Reports:



- The Healthy Food in Health Care Program of Health Care Without Harm released its newest white paper: Environmental Nutrition: Redefining Healthy Food in the Health Care Sector. This paper presents scientific data and expands the definition of healthy food beyond traditional components such as calories, vitamins, and fat, to include the public health impacts of social, economic, and environmental factors related to the entire food system.
- New Farmer-Chef Express is an online interactive tool to connect buyers and sellers of local food, produced in Virginia. Listings outline product needs and availability so buyers and sellers can connect with each other and



Farmer-Chef Express

establish productive relationships. It's free! Created by The Piedmont Environmental Council.

Podcasts/ Webinars

Podcast—Artificial sweeteners may sour your microbiome Science Friday: 9/19/2014

Webinar— **Successfully Promoting healthy alternatives through programs such as Meatless Monday, presented by the Humane Society of the US**

Oct 8 • 4 - 5 pm | **Register HERE**

Webinar—**Meat Matters Webinar Series. Cosponsored by** Healthy Food Action, Johns Hopkins Center for a Livable Future, Alliance of Nurses for Healthy Environments, and the American Holistic Medical Association.

Food Day Special: The 21st Century Jungle

Oct 23 • 1 pm | **REGISTER TODAY**

Newsworthy Articles:

- **WTOP.com**, Rachel Nania Farm-to-belly: A farmer, chef and doctor discuss the future of food, September 11, 2014
- **Food Service Director**, Hudson Valley Hospital Center opens teaching kitchen, August 4, 2014
- **Greenbiz.com**, Rodale cultivates farm-to-hospital food system in Pennsylvania, September 4, 2014
- **Greenbiz.com**, How far with Chipotle go to source grass-fed beef? , September 11, 2014
- **2 Degrees**, Deborah Fleischer, Three tips for transforming hospital food, September 11, 2014

Upcoming Events!

Upcoming MD Healthcare Sustainability Leadership Council Meeting:

Maryland Healthcare Sustainability Leadership Council Meeting: Last one of the year!

Join us on **December 4th** at MHA from 8 am-10 am for our last council meeting of the year. Our focus this meeting will be Environmental Health Legislative Updates and Advocacy. Special guests TBD.

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). Email [Barb Colleran](mailto:Barb.Colleran@mdh2e.org) for more information.

Don't miss us!

- **Joan Plisko**, [Maryland Clean Energy Summit](#): **Oct. 15**, College Park, MD Plenary III – Data Drives Decisions: “The Need for Enlightenment.” Find out how to successfully participate in the energy Renaissance!
- **Gina Navarro**, [BioCycle Conference](#): **October 27-30**, Baltimore, Track 4: Hospital, University, Farm Organics Recycling Foods Scraps Composting At MD Hospitals

Upcoming Chesapeake Food Leadership Council Meeting:

Tuesday, **November 18th** 10:00am – 12:00 noon

Location: 306 W. Redwood Street, 4th Floor, Baltimore 21201

Join the Conversation and learn about alternatives to antibiotics in food production animals.

Secure your seat and send your [RSVP](#) Today!



Food Day culinary cook-off

Food Day in Our Communities • October 16th, 2014 5:30– 8:30 pm
Moveable Feast • Baltimore, MD

Join Moveable Feast and Maryland Hunger Solutions in celebrating Food Day to help create a movement for healthy, affordable, and sustainable food in the United States. This is a two part event featuring a culinary cook-off challenge and a panel discussion on the topic of how "Food=Medicine." The panel will explore the connections between nutrition, food access, and community health. Click [here](#) to register or for more info.

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