

Maryland Hospitals for a Healthy Environment Monthly News Roundup

Sustainability best practices survey results released

On Thursday October 30th, [MD H2E](#) presented the results of its 2nd annual hospital best practices survey. The survey was completed by 24 Maryland hospitals, who answered questions in Leadership, Purchasing, Toxics and Chemical reductions, Waste Management, the Operating Room, Energy Conservation, Utility Management and Food Services.

Some takeaways include:

- **91%** have the support of at least one executive
- Waste Management and Recycling continue to be areas of **very high** achievement.
- Operating Room initiatives are being implemented by about **half** of respondents.
- In Green Building, LEED certification and gardens are on the rise, while the green roof category participation remains low.
- **91%** of respondents have virtually eliminated mercury; **91%** are employing Integrated Pest Management
- **30%** more hospitals reported green cleaning as a Best Management Practice over 2013.
- **70%** are on their way to adapting a sustainability foods policy.

The full presentation can be found [HERE](#) on the MD H2E website.

Join the MD Healthcare Sustainability Leadership Council December 4th

**Advocacy: Helping to shape policy on sustainability and health
8:00 am-10:00 am • Maryland Hospital Association**

The meeting will feature:

- Networking opportunities over breakfast
- Business Meeting: Workgroup Updates, HCSSLC Slate for 2015 Elections
- Key note speaker: **Mark Boucot, CEO of Garrett County Memorial Hospital: "The Role of Health Professionals in Advocacy: The Health Effects of Unconventional Natural Gas Development and Production in Western Maryland"**
- Upcoming legislative items of interest: Hydraulic Fracturing (chemical disclosures), Cumulative Impacts of pollution on health, Overuse of antibiotics
- Roadmap to Leadership: What's next for HCSSLC Advocacy?

MD HCSSLC meetings are free to attend. Open to healthcare providers only. RSVP to Barb Colleran at bcollera@gbmc.org

November/
December • 2014



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New soap dispensers offer recycling opportunity at LifeBridge Health

Article by Zach Hetrick, Reduction in Motion with contributions from Carrie Flora, MD H2E

[Sinai Hospital of Baltimore](#), a LifeBridge Health facility, has long been a healthcare sustainability steward in Maryland. In 2013, Becker's Hospital Review recognized them as one of the 50 greenest hospitals in the nation; just one of the 28 environmental excellence awards that [LifeBridge Health System](#) has earned since 2009. With programs in waste and recycling, green cleaning, facilities and energy, food and gardening, surgical services, and employee and community engagement; the [Freedom to Be Green](#) team is helping to sweep a culture of sustainability across the organization and community.

The ability to identify and capitalize on green opportunities within regularly scheduled projects is part of what has helped LifeBridge Health and Sinai Hospital create impactful programs. In May 2014, more than 2,000 new soap dispensers were set to be installed house-wide. One of the first questions to be asked was, *how to responsibly dispose of the old units?*



Old dispensers and soap packaged ready for donation

Collaboration between Sinai Hospital's Facilities, Environmental Services, and Central Supply departments with EcoLab, the dispenser provider, Reduction In Motion, their recycling consultant, and [The Loading Dock](#), a local non-profit reuse facility, helped construct a solution. While installing the new dispensers, the old dispensers were placed back into the boxes of the new and stacked for shipping. Since the new dispensers required a different soap insert, all remaining stock of soap was donated in addition to the dispensers to The Loading Dock. A total of 8 pallets has been donated, totaling 3,200 pounds. The Loading Dock has already found a home for the new dispensers in "[residential homes], churches, schools and others" and even in their own offices.

Maryland Healthcare Sustainability Leadership Council: Advocacy and Policy

On December 4th, the Maryland Healthcare Sustainability Leadership Council will devote its meeting to advocacy. Mark Boucot, CEO of [Garrett County Memorial Hospital](#) will speak about the health effects of unconventional natural gas production in Western Maryland. Mr. Boucot has been an outspoken opponent of the process known as "fracking," and will discuss his role as a healthcare leader going "on record," for or against a particular issue.

In addition to hearing Mr. Boucot speak, attendees will be invited to break into small groups and have earnest discussions on the role of the HCSLC as it relates to advocacy. What are the issues impacting hospitals? What is coming up in the legislature? How can the council become involved in those issues? This is an opportunity for healthcare leaders to speak about what is important to THEM in terms of sustainability and environmental policies. If you are interested in attending this meeting, please email Barbara Colleran at bcollera@gbmc.org. All MD health care providers are invited to attend.

Dr. Steven Band of [Mt. Washington Pediatric Hospital](#) serves as the committee chair for the governance/advocacy within the Maryland Healthcare Sustainability Leadership Council. MD H2E spoke with him this week in preparation for the final council meeting on December 4th.

Continued on next page...

Trailblazer Recap

On Thursday October 30th, sustainability in healthcare professionals gathered at [GBMC](#) to hear presentations from MD H2E's Trailblazer winners.

Increasing the Health and Nutrient Value of Food: Justin Graves, University of Maryland Medical Center

Cleaning For Efficiency and Health: Mary Moise, MedStar Franklin Square Medical Center

Implementing an Energy Master Plan and Employing Low Unit of Measure: Michael Forthman, GBMC

Constructing a Combined Heat and Power Plant: Don Allik, University of Maryland Upper Chesapeake Medical Center



Attendees network over breakfast at the Trailblazer Education Event

Maryland Energy Administration charging station rebates

MEA is working to expand the State's growing electric vehicle recharging infrastructure through the [Electric Vehicle Supply Equipment Rebate Program](#).

Through the program, hospitals may acquire a state rebate for purchasing and installing an electric vehicle charging station, known as Electric Vehicle Supply Equipment (EVSE). In order to receive these rebates, eligible participants must apply with MEA, which will issue rebates on a **first-come, first-served basis, for systems purchased and installed between July 1, 2014 and June 30, 2017.**



Systems purchased before July 1, 2014 can qualify for the tax income credit program here: <http://energy.maryland.gov/Transportation/evse/index.html>

...continued from page 2.

One role of the committee is to examine different sustainability issues and find interfaces between current topics such as climate change and pesticide use, and how they interact with healthcare. Then, the goal is to identify what can be done in terms of policy, education and/or advocacy. "There are many environmental issues right now such as overuse of antibiotics, use of pesticides and fracking that have likely impacts on human health. We are trying to explore these connections more concretely and find ways to make an impact on the policy surrounding them," said Dr. Band.

The advocacy committee explores these impacts this in a number of ways. They look at how are other organizations are currently addressing similar concerns. They also educate themselves on the issues by engaging with subject matter experts, reading reports and listening to presentations.

Dr. Band stated, "Our focus as part of the HCSLC has been in developing structure for the council and governance for the committee. We are now trying to move beyond that in figuring out where our impacts will be greatest, whether it's signing letters, attending conferences, testifying or speaking."

Each hospital's legislative agenda moves forward in a unique direction and at its own with varying processes on how to vet issues.

At the hospital where doctor Band works, Mt. Washington Pediatric, the greening effort has included switching to LED Lighting, using solar power, and removing the fryer in the cafeteria. "The administration is committed to creating space on the loading dock and implementing a hospital-wide, comprehensive recycling program within the next year," said Dr. Band.

Resources, Reports & Tools

Schedule your MD H2E team visit!

MD H2E is taking appointments now for Spring 2015 to visit your hospital's green team, executives, or other departments to speak on the following topics:

- Results and further discussion on the 2014 Best management practices survey
- Preparing to apply for the 2015 trailblazer awards
- Setting sustainability goals

Email [Joan Plisko](mailto:Joan.Plisko@mdh2e.org) for more information.

Stormwater fee calculator

Check out Clean Water Baltimore's



[Stormwater Fee Assessment Calculator.](#)

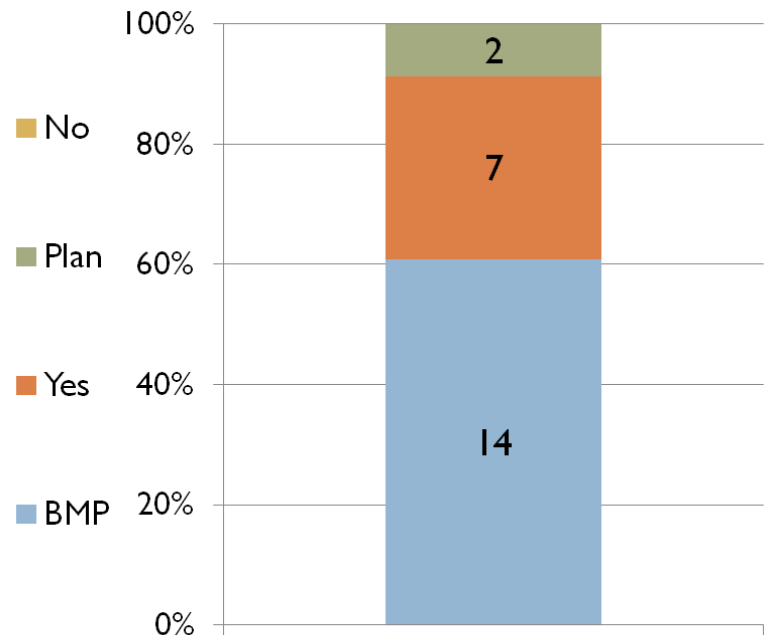
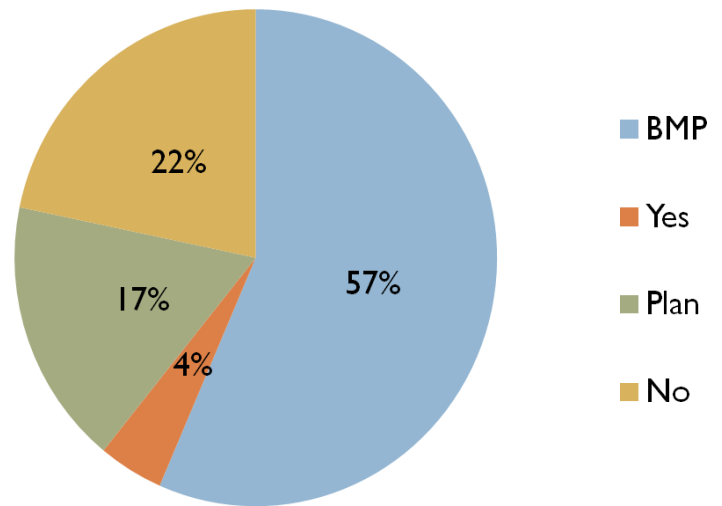
Articles

- **Grand Rapids Biz Journal**, Charlsie Dewey: [Metro Health shares step by step approach to sustainability](#), Sept. 12, 2014
- **FacilityCare.com**, [More patients see green initiatives as deciding factor for choosing hospitals](#), Oct. 2014
- **Climate Central**, John Upton: [UN Climate report rings alarm, offers guidance](#), Nov. 2, 2013
- **Huffington Post**, Benn Grover: [Five ways hospitals prepare for natural disasters](#), Oct. 23, 2014
- **WYPR**, Nancy Shute: [Preemies may be exposed to high levels of phthalates in NICU](#), Nov. 13, 2014

Highlights from the MD H2E sustainability survey

Two charts from the MD H2E survey can be found below. For the entire presentation click [HERE](#).

Does your hospital utilize at least 75% of cleaning products that are 3rd party certified as green?



Does the hospital sustainability program have the support of at least one hospital executive?

SUSTAINABLE FOOD PAGES

Sustainable Food Procurement in health systems and large institutions

Maryland hospitals join national movement featuring meat & poultry raised without unnecessary antibiotics



On Food Day, October 24th, [15 hospitals in Maryland and 49 in the Mid-Atlantic and Chesapeake region](#) were part of the 352 hospitals around the country that served meals featuring meat/ poultry raised without non-therapeutic antibiotics. Led by [Health Care Without Harm](#), and promoted regionally by the [Chesapeake Food Leadership Council](#), these hospitals showed support in eliminating the overuse of antibiotics in animal agriculture and building a more sustainable food supply. [Read more ...](#)

Maryland Hospitals Participating in Food Day

- | | |
|--|---|
| 1. Calvert Memorial Hospital | 9. Mercy Medical Center |
| 2. Carroll Hospital Center | 10. Meritus Medical Center |
| 3. Levindale Hebrew Geriatric Center and Hospital* | 11. Northwest Hospital – LifeBridge Health* |
| 4. MedStar Franklin Square Hospital Center | 12. Sinai Hospital of Baltimore – LifeBridge Health* |
| 5. MedStar Good Samaritan Hospital | 13. St. Agnes Hospital |
| 6. MedStar Harbor Hospital | 14. Union Hospital of Cecil County |
| 7. MedStar Montgomery Medical Center | 15. University of Maryland Medical Center |
| 8. MedStar Union Memorial Hospital | * READ about Lifebridge Health’s Food Day menu! |

Gourmet sustainable meals a hit on Food Day!

MedStar Good Samaritan Hospital celebrated Food Day by featuring four new gourmet dishes made with meats raised without routine antibiotics by local farmers. The items were so popular that they ran out of almost all product. Chef Jim Fields added, “We may now start to feature the beef, pork and chicken dishes on our menu on a rotating basis.” Good Sam already serves local sustainable Roseda Beef hamburgers daily and Blue Catfish regularly in support of the Wide Net Project to protect native Chesapeake Bay seafood by reducing the invasive Catfish species from its waters.

Good Sam’s Food Day menu featured: MD Roseda Farms top round roast with local PA Basciani Farm mushrooms; Roasted PA Gilco Farms pork loin with caramelized Rice Orchards pears in a light brandy cream sauce; braised MD K.C.C. Farms chicken with a Richardson’s Farm root vegetable ragout; pan seared Blue catfish with a black pepper and sea salt crust.

Congratulations to Good Sam on their winning strategy to combine culinary skills with a commitment to public health!

Webinar

**What Meat to Eat
Dec 4 • 1:00 pm**

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

Featuring: Walter Willett, MD, MPH, Harvard and **Roni Neff, PhD**, Johns Hopkins

[**REGISTER TODAY**](#)

Newsorthy Articles:

- **Food Service Director**, [Hospital gets cafeteria, menu facelift](#) , Sept 2014
- **Mother Jones**, Tom Philpott: [Butterball goes humane for Thanksgiving. Really?](#) , Sept 2014
- **Food Safety News**, Lydia Zuraw: [FDA: Antibiotics sales to farms up 16% from 2009-2012](#), Oct 2014
- **Wall Street Journal**, [Meat companies go antibiotic free as more consumers demand it](#)

Upcoming Events!

MD H2E EVENTS:

Upcoming Chesapeake Food Leadership Council Meeting:

Tues, November 18th 9:30 am – Noon Seating is limited, please [RSVP](#) today.

The discussion will focus on successes in identifying sustainable products, implementing cost-saving strategies, and streamlining tracking and reporting on purchases.

Catered lunch will be served on-site beginning at 12:15 pm

Location: University Maryland School of Medicine (off campus location), 306 W. Redwood Street, 2nd Floor / UMD-School of Social Work Conference Room Baltimore, Maryland 21201

Directions: The building is located 1 block east of Eutaw St in Downtown Baltimore. **Parking:** 11 S. Eutaw Street, Baltimore, MD 21201. Street parking is available \$8 /4 hrs.

Spring into Sustainability: An introduction to sustainable practices for long term care facilities

Date: Tuesday April 28, 2015

Meeting: 9:00am– 4:00pm

Location: [The Institute for Integrative Health](#), 1407 Fleet St, Baltimore MD 21231

Email [Tarah Ranke](#) with questions. More details coming soon!



American Culinary Federation: Nation's Capital Chefs Association

Next meeting is November 17, 2014
4:00-6:30pm

Hosted by: AUI, 9211 Gaither Rd,
Gaithersburg, MD 20877

Education: *The Gluten Free phenomenon*, presented by AUI food scientist and Chef Amanda Haba— **2 CEH's provided**

Attire: Chef attire or business attire

RSVP to acfelena.clement@gmail.com

Energy and health in Maryland: A briefing for health professionals

The [Maryland Environmental Health Network](#) will be sharing their newest report, **Energy & Health in Maryland: A Briefing for Health Professionals**, at its next network meeting—November 20, 2014 1:30 PM - 3:30 PM at the **[Episcopal Diocese of Maryland](#)**.

MedChi President Gene Ransom will speak about MedChi's recent resolution calling for Maryland's coal-fired power plants to use Best Available Control Technology (BACT) for sulfur dioxide and nitrogen oxide emissions.



RSVP by emailing Allison@mdehn.org

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