

# Maryland Hospitals for a Healthy Environment Monthly News Roundup

March • 2015

## Spring into Sustainability:

An introduction to sustainable practices for long term care facilities

**Date:** Tuesday April 28, 2015 • 8:00am– 2:00pm

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

**Cost:** \$35 Early bird ends April 7th! \$45 regular admission.

Learn how facilities are improving access to healthy food choices, connecting residents with federal benefits, and more! Build connections in your field to streamline access to local and sustainable foods for low-income seniors in Maryland through a discussion panel.

Visit the conference [WEBSITE](#) to learn more or click [HERE](#) to register. Email [Tarah Ranke](#) with questions.

Continuing Education  
available for Nursing  
Home administrators,  
Assisted Living  
Managers, and Social  
Workers



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## Important award dates:

*Trailblazer, Environmental Health in Nursing  
and Physician for Environmental Health*

**March 27, 2015:** Completed Award applications **due** to the MD H2E review committee. Email your completed application to [Carrie Flora](#) or [Joan Plisko](#).

**April 24, 2015:** Winners **notified** by this date.

**June 2015:** Trailblazer Awards **announced** and presented to hospital CEOs at the Maryland Hospital Association's annual meeting.

**October 2015:** Recognition and education event honoring the winning entries and showcasing the winners' best practices.

## 2014 Trailblazer case studies and presentations available now

All five of MD H2E's Trailblazer-award winning efforts have been compiled into case studies, which can now be found at our [website](#).

- [GBMC Case Study-Energy Master Plan](#)
- [GBMC Case Study Low Unit of Measurement](#)
- [UMMC: Increasing Healthy Food and Beverage](#)
- [Medstar Franklin Square Green Cleaning Case Study](#)
- [Upper Chesapeake Combined Heat and Power Case Study](#)

Trailblazer,  
Environmental Health  
Nursing Award and  
Physicians  
Environmental Health  
Award applications are  
available [HERE](#) on the  
MD H2E Website.

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

## MD H2E Director named to stormwater advisory council

Joan Plisko, Director, MD H2E, was recently [appointed](#) to the Baltimore Stormwater Advisory Council, representing anchor institutions in Baltimore.

The improved health of the Chesapeake Bay and the tributaries that flow in to it are vital for the health of Maryland residents. Hospitals, as community anchors, have a responsibility and an opportunity to develop and implement programs that reduce runoff and pollution to Maryland waterways. By being part of the council, Dr. Plisko will serve as a conduit between Baltimore City and the hospitals in Baltimore bringing knowledge and education to hospitals and questions and concerns to the Department of Public Works.

The quarterly Stormwater Advisory Committee meetings are open to the public. Information regarding the Committee can be found at [www.cleanwaterbaltimore.org](http://www.cleanwaterbaltimore.org).

## Maryland Dept of Health and Mental Hygiene special medical waste workgroup

Representatives from University of Maryland Medical Center, Johns Hopkins Hospital, MedStar Health, MD H2E, and other industry and government agencies are serving on the Maryland Department of Health and Mental Hygiene's Special Medical Waste (SMW) workgroup. The purpose of the group is to provide background information and input as DHMH seeks to update and revise its regulations on SMW and improve the approach to SMW overall. The group will consider key issues such as emerging technologies, ebola and other pathogens, testing and validation of treatment technologies, recycling and reuse, and other timely issues.

For more information contact [Joan Plisko](#) at 410-706-2107

## MD H2E's newest team member is published in Public Health and Nutrition journal

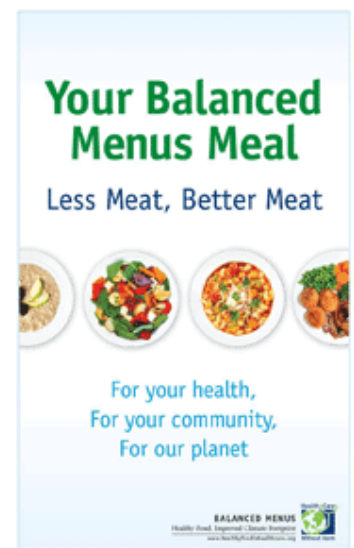
MD H2E sustainable foods project coordinator Tarah Ranke's work has recently been published in the journal Public Health Nutrition as part of a special edition on 'Sustainability and Public Health Nutrition'. Tarah was the lead author on the paper entitled, *Evaluation of the Balanced Menus Challenge: a Healthy Food and Sustainability Program in Hospitals in Maryland*.

The paper was written as a result of Tarah's Master's of Public Health Capstone Experience which was completed in collaboration with MDH2E, The University of Maryland School of Medicine, and The Center for Integrative Medicine. The Balanced Menus Challenge (BMC) is a program developed by Health Care Without Harm to address the amount and quality of meat purchased by hospitals. More information on the BMC is available [here](#).

The results of this evaluation showed that as of 2012, 12 hospitals in the Maryland/DC region had signed the Challenge. Three hospitals in the Maryland/DC region who signed the Challenge tracked their progress and two achieved a reduction in meat procurement by  $\geq 20\%$ .

Contributing authors include Louise Mitchell of MDH2E, and faculty from the University of Maryland School of Medicine: Diane-Marie St. George, Ph.D. Department of Epidemiology and Public Health and Chris D'Adamo, Ph.D. of the Center for Integrative Medicine.

Read Tarah's article [HERE](#)



## CleanMed 2015



Clean Med is the premier conference for health care sustainability decision makers and leaders. Vendors, businesses, hospitals and healthcare systems converge annually to learn and share ideas on sustainability projects, green building design, environmentally preferable purchasing and more. CleanMed is presented each year by Practice Greenhealth, the leading membership association for hospitals and businesses engaged in sustainable health care, and Health Care Without Harm, the campaign for environmentally responsible health care and advocate for environmental health and justice across the globe.

Pre conference workshops include climate resilience and the Resources Conservation and Recovery Act in Healthcare, as well as a new focus this year on physician engagement with the [Physicians pre-conference workshop](#). This year's conference also features five different breakout sessions on topics ranging from waste management, climate change and energy management to sustainable food, leadership and culture shifts.



## Opportunities for hospitals through the Better Buildings Alliance, board member Richie Stever

The [Better Buildings Alliance](#) is a Department of Energy program that has 200+ members across four sectors (Commercial Real Estate & Hospitality; Retail, Food service & Grocery; Higher Education; Healthcare) whose aim is to make commercial buildings 20% more efficient by 2020.

[Richie Stever](#), LEED AP, Project Manager Facilities Project Development at University of Maryland Medical Center, sits on the Healthcare steering Committee, where industry issues both present and future are discussed. Stever says the role of the steering committee is to "drive where we're going within the healthcare sector. Combined heat and power is a pretty hot topic now, as are kitchen upgrades, HVAC upgrades, establishing green revolving funds and lighting for improved environment of care."

It is free to join the BBA as a representative of your facility by committing to attend two meetings per year. Stever explains the member benefits: "There is power in numbers. When policies are being created, the more expertise and input, the better."

In addition to being a voice in the market, the BBA offers resources and networking. "Everybody is looking to save money. What better way to save money than by reducing energy? The BBA is dedicated to finding ways to save energy in all aspects," says Stever.

Opportunities for healthcare members include: Lighting/electrical, plug and process loads, renewables integration, and food service to name a few. For more opportunities available for Healthcare Members, click [HERE](#).

Interested in the BBA or becoming a member? Contact the Healthcare Sector Account Manager: [John Jameson](#)

Registration is now open for the **2015 Better Buildings Summit** in Washington, DC **May 27-29**. For the latest information, stay tuned to the Better Buildings Summit [website](#)

## Presentation: Maryland Energy Administration Combined Heat and Power

Michael Leslie of the Maryland Energy Administration recently presented combined heat and power (CHP) options available to healthcare facilities to the Chesapeake Area Society of Healthcare Engineers.

The Maryland Energy Administration is available to assist hospitals and healthcare facilities in navigating financing options and other aspects of collaboration on CHP projects. To download this presentation, click [HERE](#)



## Buildings, hospitals in Maryland eligible for 'tune up' incentives

BGE's Building Tune-up Program is offered in support of [EmPOWER Maryland](#) and provides BGE customers with financial incentives for identifying and implementing low-cost improvements to enhance energy efficiency.

This program will create opportunities for Maryland facilities with large central plants to reduce energy operating costs by 12-20 percent. Financial incentives of up to \$30,000 are being offered

Read more [HERE](#).



## Newsworthy Articles

- **New York Real Estate Journal:** [Katz Women's Hospital gets LEED Platinum](#), Jan 2015
- **Healthcare Finance**, Rodney Moore: [Gundersen health goes off the grid, saves money as energy independent hospital](#), Feb 3, 2015
- **Facility Care**, Debra Gondeck-Becker: [LEED the way every day, achieving every day high performance in hospitals](#), Feb 19, 2015
- **Healthcare Packaging**, Michelle Maskalay: [Sustainability becomes trendy in pharmaceuticals](#), Feb 19, 2015

## Leveraging nurse leaders to build a culture of health

**Application Deadline: April 17, 2015 (3 p.m. ET)**— The Robert Wood Johnson Foundation (RWJF) has provided the Center for Creative Leadership with funding to select and support a new cohort of up to 24 Public Health Nurse Leaders (PHNL) to develop their leadership skills and connections with key influencers in organizations and communities to build and spread a Culture of Health across the country.

**More details and how to apply >**





## SUSTAINABLE FOOD PAGES

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

#### How Maryland Institutions Purchase Local Food

##### [Farm to Institution Profiles](#)

The Johns Hopkins Center for a Livable Future's Maryland Food System Map Project released their Maryland Farm to Institution profiles of hospitals, universities and k-12 schools to demonstrate how institutions in Maryland are purchasing local food.

The profiles were created by surveying institutions on their food purchasing data for the year 2013. Fourteen hospitals and nine universities responded to the surveys and school data was collected through secondary sources.

Highlights from the survey findings from the Farm to Hospital Profile include:

- 77% of hospitals have adopted Health Care Without Harm's definition of local.
- An estimated 8.3% or \$734,870 was spent on local food. The estimated total food and beverage budget was approximately \$8,900,000.
- **By using the survey data, it is estimated that all hospitals in Maryland spend approximately \$94,933,333 on food.**

For More Information, Visit: <http://mdfoodsystemmap.org/farm-to-institution/>.

By purchasing local food, hospitals could put millions of dollars back into the local economy.

#### CleanMed Registration is Now Open

Join Us for the [Healthy Food Sessions](#):

- Environmental Nutrition: Redefining Healthy Food in Health Care
  - Featuring Maryland's own Holly Emmons, Food and Nutrition Services Manager, Union Hospital of Cecil County
  - Take a Bite Out of Food Waste
  - Creating Community Outreach Programs with a Healthy Food Focus
  - Less Meat, Better Meat: Strategies for the Health Care Sector to Help Preserve the Efficacy of Antibiotics for Human Medicine
  - The Importance of Local Sustainable Food in Long Term Care
  - Buying Organic: How Hospitals Can Protect Farmworkers, Wildlife, and the Next Generation Without Breaking Their Budgets
  - Connecting Community and Employee Wellness to Healthy Food Service Programs
  - Eating Our Way to a Healthy Climate
- Register Now! <http://cleanmed.org/>

#### EPA Webinar: Reducing Wasted Food—How Packaging Can Help

Free! **Thursday, March 19, 2015 at 1:00pm - 2:30pm EST**

Register [HERE](#)

The USDA and other groups estimate that 40 percent of food purchased in the United States for home and institutional use is thrown away. The amount of this waste is staggering: 36 million tons, worth \$162 billion. Of this, two-thirds is due to spoilage, and the remainder is due to incorrect portion control. Packaging plays important roles in reducing these numbers, and our speakers will explain how it does so today, and what's in store for the future.

#### Newsworthy:

- **Dotmed**, [The future of hospital food](#), January 8, 2015

## Upcoming Events!

### 2015 Health and Wellness Conference

**University of Maryland School of Medicine  
Center for Integrative Medicine**

**Saturday, May 9th, 2015**

Explore new thoughts, scientific theories, holistic techniques and tried-and-true methods to integrate wellness philosophies into life and/or clinical practice.

Keynote speaker: Heather White, Director, Environmental Working Group, *Our Synthetic World: Explore How the Products We Use Everyday Affect Our Endocrine System*

Listen to MD H2E's own *Louise Mitchell, Gina Navarro, and Tarah Ranke* speak on Cost-Saving Strategies for Increasing Healthy, Local Sustainable Foods.

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

[www.umwellnessconference.com](http://www.umwellnessconference.com)

### Sustainability and Vendor Fair

**April 24, 2015 • Sheraton Columbia Town Circle**

Join the *Mid-Atlantic Society for Healthcare Materials Management (MASHMM)* to celebrate Earth Day with a meeting devoted to **Sustainability Efforts in Healthcare**. This meeting welcomes a distinguished panel of sustainable leaders from the Baltimore area:

- Colleen Cusick, JHH: financial, environmental savings of disinfection of unused supplies from isolation rooms
- Denise Choiniere, UMMC: the "good, bad and ugly" of reprocessing
- Joan Plisko, MD H2E: Green Purchasing Workgroup of the Health Care Sustainability Leadership Council

Please RSVP [HERE](#) or Contact: Nicole Mazzei-Williams, MBA, MHA, CMRP, MASHMM President, [mashmmpresident@gmail.com](mailto:mashmmpresident@gmail.com)

### Annapolis Public Health & Environmental Health Night

**March 16, 2015 • 6 PM - 8 PM**

*Harry Browne's, 66 State Cir, Annapolis, MD 21401*

The Maryland Public Health Association ([MdPHA](#)) and the Maryland Environmental Health Network ([MdEHN](#)) are partnering for a conversation with Maryland legislators about bills impacting public health and environmental health. This event will feature networking, awards ceremony, legislator comments and discussion. Refreshments served!

Register for FREE [here](#).



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