



“Go-Green” Forum

CT Hospital Association, March 2009

CT DEP

Overview of Environmental Issues



How DEP Works With Hospitals

- ◆ **Office of Pollution Prevention**
 - ◆ provides outreach & education to hospitals
 - ◆ coordinates CT Hospital Environmental Roundtable (CHER)
- ◆ **Materials & Waste Management Division**
 - ◆ provides regulatory oversight

What is the CT Hospital Environmental Roundtable (CHER)?

- Assists hospitals in identifying waste reduction and pollution prevention opportunities - DEP does more than Regulate!
- Provides opportunity for peer networking, share success stories, learn new solutions for environmental concerns from other hospitals.
- Two meetings / year, Free, coordinated by DEP and hosted by a CT hospital

CHER...

- Formed in 2004
- Partnership between DEP, CT hospitals, EPA, H2E (now called Practice Greenhealth)
- All CT hospitals can participate, provide topic ideas, host meeting

CHER Meeting Topics

Past events cover a variety of environmental issues:

- Serving Healthy, Local Food
- Pharmaceutical disposal
- Waste Management & Recycling
- Energy
- "Green" Construction & Demolition
- Environmentally Preferable Products / "Green" Cleaners
- Nurses Making the Connection – Environmental Health
- RCRA and State Environmental Regulations

Hospitals and Sustainability

- Looking to “green” operations, but first need to be in compliance
- Create healthier environment for patients, staff, visitors
- Potential to reduce costs (i.e., energy and waste reduction)
- Marketing tool

What Hospitals Can Do

- Create a Team - “Green Team” to identify changes and how to implement
- Get Nurses and other staff (environmental services, pharmacy, food service) involved
- Take one step at a time
- Get advice from other hospitals that have already made some changes
- Use available resources (DEP, EPA, Practice Greenhealth, others)

Things To Consider

- Reduce, Reuse, Recycle
- Mercury
- Pharmaceuticals
- Cleaning Product/Purchasing
- Land Care
- Energy
- Food Service
- Transportation

Reduce Waste, Increase Recycling

- Can save hospital \$\$ by reducing waste disposal costs
- Look beyond mandated items
 - ◆ Construction Debris
 - ◆ Surplus Equipment - IRN
 - ◆ Re-chargeable batteries
 - ◆ Surgical Equipment - Remedy Program, Ascent Healthcare Solutions ...

Eliminate Mercury

- CT Legislation banned sale of many products (incl. fever thermometers, blood pressure cuffs, thermostats)
 - ◆ includes formulated products such as fixatives and reagents
 - ◆ <100ppm mercury allowed
 - ◆ Check with supplier re: exemption

Pharmaceuticals Disposal

THEN: common to dispose in sinks and drains

NOW: evidence of impacts to drinking water, septic systems, fish, aquatic life

- ◆ Do Not Flush down toilet or sink
- ◆ Reduce waste by using single dose dispensing machines
- ◆ Utilize reverse distributors, dispose as hazardous waste

Purchase Safer, “Green” Cleaning Products

- Many cleaning products contain toxic chemicals that impact workers and patients
 - ◆ Fumes – aggravates asthma, irritate lungs
 - ◆ Skin, eye irritant
- Choose least toxic cleaning products
- Learn from CT hospitals that have switched

Use Organic Land Care

- Conventional lawn chemicals can pollute our water, harm wildlife and have adverse health effects on people and pets
- Use native plants
- Test soil so you don't use fertilizers unnecessarily
- Tolerate weeds
- Leave grass clippings on the lawn (grasscycling)
- Try alternatives to chemicals

Practice Energy Efficiency, Consider Renewables

- Perform Energy Audits, Benchmark with EPA Energy Star tool
- Purchase clean energy from renewables
- CT Energy Efficiency Fund & CT Clean Energy Fund
 - ◆ St. Francis Hospital – fuel cell
 - ◆ Norwalk Hospital \$1.1 million
 - ◆ Johnson Memorial Hospital - \$200,000
 - ◆ Danbury Hospital – Solar planned
- Buy Energy Star products
- Use most efficiency lighting - fluorescents, LEDs
- Hold lighting fair at work - adam.techniart@snet.net

Switch to Local and Sustainable Foods

■ Buying local =

- ◆ fresher, healthier food for patients, staff and visitors
- ◆ reduces pollution and GHG, supports local farms
- ◆ Health Care Without Harm healthy food pledge and assistance to get started

www.noharm.org/us/food/pledge

- ◆ New Milford, CT Hospital – “Plow to Plate program”

Encourage Cleaner Commuting

- Encourage carpooling and public transportation
 - ◆ www.Nuride.com
 - ◆ Best Workplaces for Commuters
www.bestworkplaces.com
 - ◆ Hospital of St. Raphael
 - ◆ Norwalk Hospital
 - ◆ Yale-New Haven Hospital

Make Use of Available Resources

- **CT DEP - P2 Office and Materials & Waste Management**
 - ◆ www.ct.gov/dep
 - ◆ **CHER** webpage
 - ◆ **COMPASS Hotline – 888-424-4193**

- **US EPA Region 1**
 - ◆ **E-mail list serve, bi-monthly, Janet Bowen:**
bowen.janet@epamail.epa.gov
 - ◆ **Health Care in New England Website:**
www.epa.gov/region1/healthcare
 - ◆ **Energy Star -** <http://www.energystar.gov/>

- **Practice Greenhealth**
 - ◆ **Website:** <http://www.practicegreenhealth.org>

More Resources

■ Health Care Without Harm

- ◆ Website: <http://www.noharm.org/>

■ Sustainable Hospital Project (SHP)

- ◆ project of UMass, Lowell, provides technical support for selecting products
 - ◆ Website: <http://www.sustainablehospitals.org>

■ Premier Executive Scorecard

- ◆ Self -assessment for Administrators
 - ◆ <http://www.PremierInc.com/safety>

■ CT Nurses Association

- ◆ www.ctnurses.org

DEP Resources

- CT DEP Pollution Prevention Program
 - ◆ 860-424-3297
 - ◆ Kim Trella – kim.trella@ct.gov
 - ◆ Nan Peckham – nan.peckham@ct.gov
 - ◆ Connie Mendolia - connie.mendolia@ct.gov
 - ◆ www.ct.gov/dep/p2, then Institutions (left column)