



**Lead Your
Community
to a Healthier
Future...**

- Healthier Food
- Leaner Energy
- Less Waste
- Safer Chemicals
- Smarter Purchasing
- Engaged Leadership

 **Healthier
Hospitals**
INITIATIVE

WWW.HEALTHIERHOSPITALS.ORG

Leading Communities to a Healthier Future



The Healthier Hospitals Initiative (HHI) is a national campaign to lead change in the health care sector. Twelve influential U.S. health systems have joined with Health Care Without Harm (HCWH), Practice Greenhealth and the Center for Health Design (CHD) to provide a free way for hospitals to incorporate environmentally friendly practices into daily operations. By sharing win-win strategies, and collective sustainability experience, hospitals see results quickly in improved health of patients, staff and their communities, reduced environmental impact, and considerable financial savings.

Nearly 1,000 committed hospitals are already using HHI's proven road maps and collaborative resources to move toward a new health care model—through goals carefully identified for achievability and success:

- Healthier food
- Leaner energy
- Less waste
- Safer chemicals
- Smarter purchasing
- Engaged leadership

The HHI community provides support through webinars, networking and strategy sharing, proven case studies, and step-by-step guides. Join us, and lead the change in your community.



Healthier Food

The U.S. spends billions to treat diet-related chronic diseases. Health facilities have a unique opportunity to use their purchasing power and healing mission to create a food system that promotes health.

Simple solutions

John Muir Health improved patient care quality, employee satisfaction, and health outcomes through:

- Healthier vending machine choices
- More baked than fried foods
- Less meat, more organic poultry
- Minimized sugar-sweetened beverages
- Locally sourced organic produce





Leaner Energy

Reducing energy demand and greening energy supply improves public health and the environment upon which health depends. Every dollar a hospital saves on energy affects the operating margin.

Easy conservation measures, domino effects

Advocate Health Care replaced hot halogen lights with cooler LEDs:

- Greater energy efficiency
- Less A/C needed
- More comfortable surgical teams
- Better environment for patient care





Less Waste

While some impacts are hard to see, waste is tangible and measurable. Data and analysis help reduce toxicity, volume and costs.

Throw out less, save more

An educational campaign at Inova Fairfax Hospital's red bag reduction program did just that:

- 14 percent or 1 million pounds less in red bag waste
- \$100,000 less in waste removal fees





Safer Chemicals

Hazardous chemicals are used throughout health care. Hospitals have reduced exposure to harmful chemicals by eliminating hazards and switching to safer alternatives.

Short-term cost, long-term benefits

Eliminating toxins gave Kaiser Permanente immediate results:

- \$1 million saved annually by changing to sustainable fabric
- \$25,000 saved annually by transitioning to PVC-free ID bands
- 100-ton reduction in medical supplies used by switching to PVC/DEHP-free IV bags

And gave Dignity Health five-year gains:

- 1.9 million pounds of PVC removed from IV containers
- More than 500,000 pounds of harmful waste diverted from landfills
- 478,000 pounds of hydrochloric acid not released in the environment





Smarter Purchasing

What is purchased and used in health care environments has multiple impacts across communities. Hospitals can mitigate the impact by choosing environmentally preferable solutions.

Stronger bottom line, less landfill waste

Vanguard has switched to reprocessing single-use devices:

- \$3 million targeted savings in FY2012
- 20 estimated tons of waste diverted from landfills in FY2012
- \$6 million or more in potential net annual savings





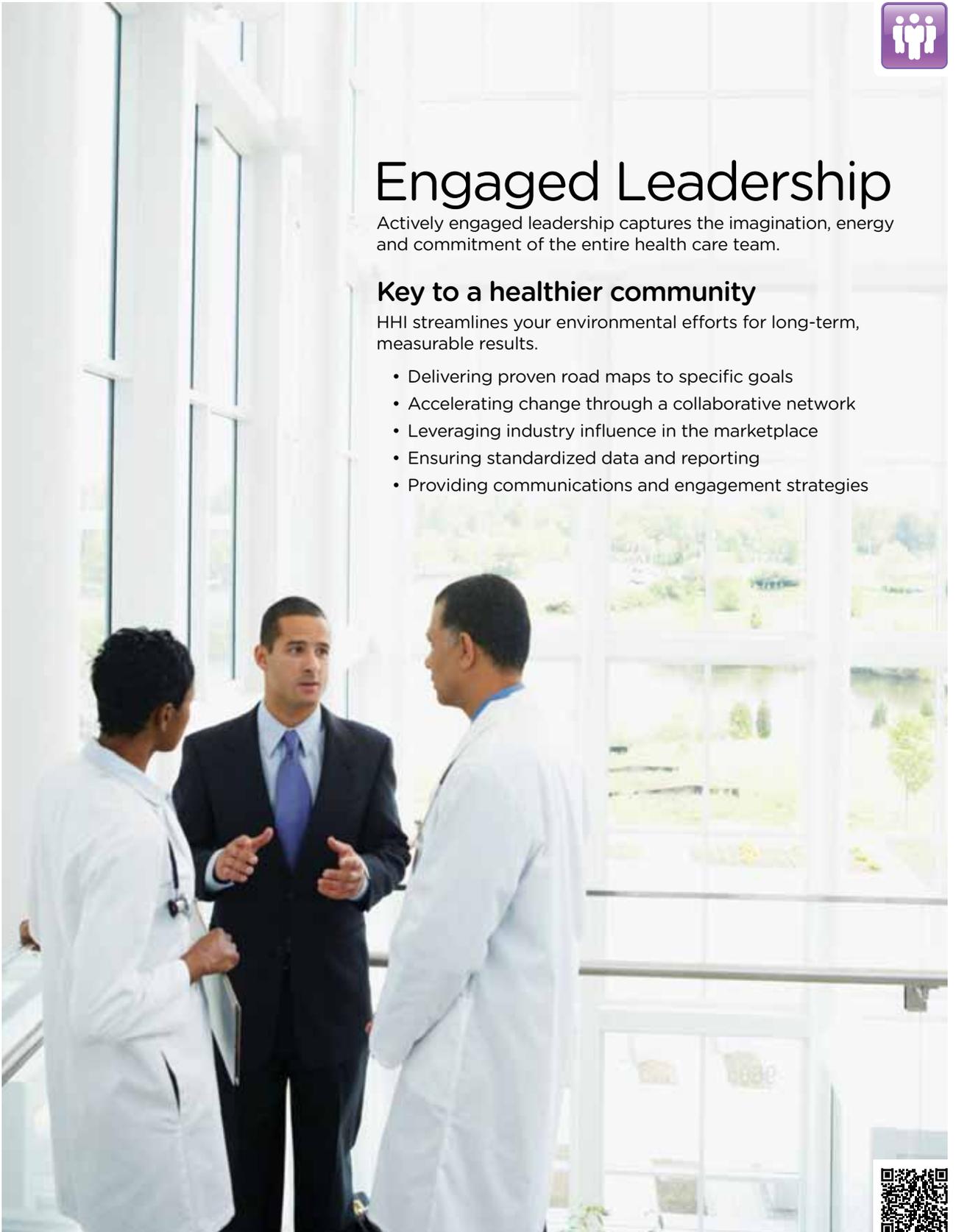
Engaged Leadership

Actively engaged leadership captures the imagination, energy and commitment of the entire health care team.

Key to a healthier community

HHI streamlines your environmental efforts for long-term, measurable results.

- Delivering proven road maps to specific goals
- Accelerating change through a collaborative network
- Leveraging industry influence in the marketplace
- Ensuring standardized data and reporting
- Providing communications and engagement strategies



Sponsoring Health Systems



and nearly 1,000 enrollees, including:

Beaumont Health System

Beth Israel Deaconess
Medical Center

Boulder Community Hospital

Cape Coral Hospital

Carolinas Healthcare System

Christus Health

Cleveland Clinic

Covenant Health System

Dartmouth-Hitchcock Medical Center

Gundersen Health System

Highland Hospital

Intermountain Health Care

Johns Hopkins Health System

Margaret Mary Community Hospital

Orlando Health

The Ottawa Hospital

Palomar Pomerado Hospital

Portland VA Medical Center

St. Elizabeth Hospital

Scripps Memorial La Jolla

Seattle Children's Hospital

Shriners Hospital for
Children—Chicago

Spectrum Health System

UCSF Medical Center

University of Maryland
Medical Center

Yale-New Haven Hospital



HHI INVITES YOU TO JOIN in this sector-wide movement whose time has come. The HHI challenges are achievable—commit to just one or all six and you will see that simple solutions add up to big cost savings. And they are producing healthier outcomes—not only for patients, but for staff, hospitals, and communities.

Join HHI, and lead the change in your community.

Lloyd Dean
President & CEO,
Dignity Health



“All of us must be advocates to help leaders in health care see the value of sustainable practices and to see environmental quality as preventive care.”

Don Berwick, MD, MPP
CMS and Former CEO
of Institute for Health
Care Improvement



“The Healthier Hospitals Initiative will help accelerate the adoption of improved practices that will help individuals and society at large. I enthusiastically support this Initiative.”

Jeffrey Thompson, MD
CEO, Gundersen
Health System



“At Gundersen, we believe health care organizations need to be honest with themselves and ‘look in the mirror’ when it comes to environmental factors that affect human disease.”

Michelle Obama
First Lady, United
States of America



“As a society, we need to help parents in the inner city live in clean environments that aren’t dangerous to their children’s health. Clearly we’re not doing a good enough job addressing the environmental causes of health issues like asthma. We need to make our children’s environments healthier.”

Get Started

Enroll in the Healthier Hospitals Initiative. Visit www.healthierhospitals.org and choose one or more Challenges. Then use our free tools and resources, like the how-to implementation guides, mentor program, proven case studies, webinars, and network of peers to get started.

Through the Initiative, you will track progress at the local level and HHI will share aggregate data to show the measurable impact of the campaign. Visit the HHI website to learn more about the Challenges and the resources that can help participating health systems achieve these goals.

Questions? Ask us at info@healthierhospitals.org.

Follow us on Twitter at @HHIorg or on Facebook, search: healthierhospitalsinitiative.

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CHALLENGE	CHALLENGE OBJECTIVES	MENU OF OPTIONS
Healthier Food 	Promote healthfulness by increasing access to healthier, more sustainable food choices	<ul style="list-style-type: none"> • Take the Balanced Menus Challenge and reduce meat purchases by 20 percent • Promote healthy beverages • Increase procurement of local and sustainable food
Leaner Energy 	Reduce energy use to improve organizational performance	<ul style="list-style-type: none"> • Partner with ENERGY STAR® for energy performance tracking and conservation
Less Waste 	Implement a comprehensive waste management program to minimize financial environmental and safety impacts	<ul style="list-style-type: none"> • Gather baseline data • Recycling • Red bag reduction • Construction & demolition debris recycling
Safer Chemicals 	Replace products that cause or exacerbate health problems with chemically safer alternatives	<ul style="list-style-type: none"> • Mercury elimination • Green cleaning • DEHP and PVC reduction • Healthier interiors
Smarter Purchasing 	Aggregate the purchasing power of the health care sector to accelerate innovation in the supply chain	<ul style="list-style-type: none"> • Pledge to support the environmentally preferred attributes in the Standardized Environmental Questions for Medical Products • Surgical kit reformulation • EPEAT computer purchase for environmentally preferred products • Single-use device reprocessing
Engaged Leadership 	Actively engage board, management, and physician leadership in the sustainability agenda	<ul style="list-style-type: none"> • Create an organizational structure • Adopt a sustainability strategic plan • Develop a sustainability budget