



OhioHealth O'Bleness Hospital

Sustainability Plan



OhioHealth

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An Overview from The President

To OhioHealth O'Bleness Associates and Community Members:

I am pleased to announce the adoption and rollout of the OhioHealth O'Bleness Hospital Sustainability Plan. On July 1, 2018, we will begin a 5-year journey to make our hospital operations environmentally, socially, and economically more sustainable. We believe promoting a healthy environment is an important part of living our value of "stewardship," and that practicing environmental sustainability improves the health and well-being of our patients, associates, and communities.

O'Bleness is nestled in the Appalachian foothills of Athens, Ohio. This region experienced the economic boom of coal mining in the late 1800s and early 1900s which brought many hardworking people here. As coal mining has declined, many people have looked to transform this area's story from one of extraction and export to one of renewed investment in our people and in our community. A sustainability plan for O'Bleness Hospital is a part of this community investment story. O'Bleness was inspired by the passion and commitment to sustainability shown by community members and associates, and, wants to contribute to meeting the goals of the Athens Sustainability Action Plan, the Ohio University Sustainability Plan, and the Athens County Sustainability Road Map. We are committed to extending our sustainability commitment beyond our walls to the communities we serve.

To develop our plan, we first listened and learned. We visited dozens of huddles of our associates to hear what they wanted in their Sustainability Plan. We scoured our community's plans and aligned our goals with theirs. And, we worked with others in the OhioHealth system to ensure that we were both aligned with their vision, and also piloting new ideas that could be a learning opportunity for other hospitals.

In our Sustainability Plan, we will strive to meet 27 objectives in 8 different categories including: Energy Reduction & Renewables, Water Use & Protection, Waste Reduction & Recycling, Healthy Living & Foods, Local & Sustainable Purchasing, Green Building, Greenhouse Gas Emissions, and Communication & Education. A few highlights of our 27 objectives include:

- + Cutting energy and water use by 5 percent
- + Reducing the miles we drive by 20 percent
- + Increasing recycling to 25 percent
- + Increasing local and sustainable food purchases to 20 percent

In order to reach our objectives, we have identified over 140 action steps. We will track our progress monthly, identify challenges, and come up with solutions to meet our objectives. We look forward to sharing the results with our community on an annual basis. To learn more about our plan, read on!

Respectfully,



Mark R. Seckinger
President
OhioHealth O'Bleness Hospital

Sustainability Goals

At OhioHealth O’Bleness Hospital, we believe promoting a healthy environment is an important part of living our value of “stewardship,” and that practicing environmental sustainability improves the health and well-being of our patients, associates and communities. We will continue to incorporate environmental stewardship into our daily operations, and are committed to striving for our social, environmental and economic sustainability goals.



Social

O’Bleness Hospital will provide excellent patient care regardless of ability to pay, and promote healthy lifestyles for patients, associates and the communities we serve. We will promote a safe, healthy work environment and enable associates to fulfill their professional, family and community responsibilities.



Environmental

O’Bleness Hospital will ground its operations in environmental stewardship, and preserve the health of the air, water and land. We will extend our environmental commitment beyond our walls to the communities we serve, and share our sustainability progress.

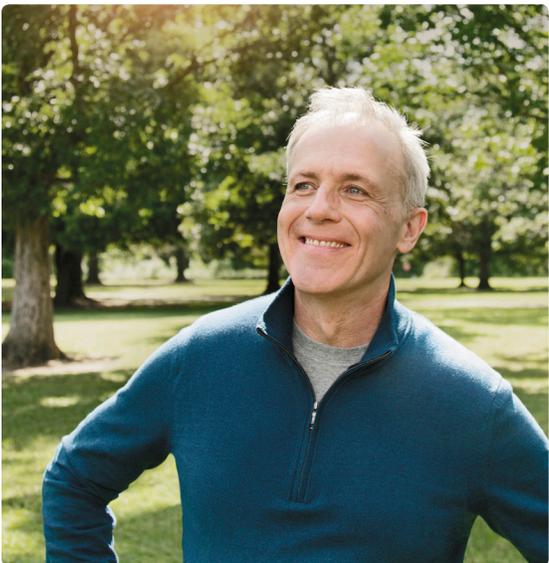


Economic

O’Bleness Hospital will make efficient use of natural resources in order to prioritize funds for protecting human health and well-being. We will be a driver of the local economy, helping to make southeast Ohio a place where people are proud to work and live.

Objectives & Action Steps

By 2023, OhioHealth O’Bleness Hospital will achieve objectives in the categories of Energy Reduction & Renewables, Water Use & Protection, Waste Reduction & Recycling, Healthy Living & Foods, Local & Sustainable Purchasing, Green Building, Greenhouse Gas Emissions, and Communication & Education. These objectives appear below, organized by category, and are followed with a sampling of the action steps that will be taken to achieve them. To request to see the full version of the plan, with all of the action steps, contact Sydney Webber at Sydney.Webber@ohiohealth.com.



Energy Reduction & Renewables

1. Reduce energy intensity¹ by 20 percent
2. Reduce total energy use² by 5 percent
3. Decrease peak electricity³ demand by 5 percent
4. Increase the percentage of associates who regularly⁴ walk, bike, carpool or take public transportation to work or to meetings to 30 percent
5. Decrease the amount of fuel consumed⁵ by the O'Bleness Hospital fleet by 15 percent
6. Decrease the reimbursable miles driven⁶ by associates by 20 percent
7. Increase the percentage of energy purchased or generated from renewable sources up from the 2016 baseline of 0 percent

There are 37 action steps in the OhioHealth O'Bleness Hospital Sustainability Plan that will help to accomplish Energy Reduction & Renewables objectives. Here are just a few examples:

- + Replace original single-pane windows with energy-efficient windows throughout O'Bleness Hospital and Castrop Health Center
- + Allow only the purchase of energy-efficient appliances and controls, such as ENERGY STAR Products
- + Improve roofing insulation to increase energy efficiency
- + Survey lighting use after hours to identify lights that are left on. Follow up with a plan for education and automatic lights where they make sense
- + Create a simple bicycle check-out system
- + Launch a "Don't Ride Alone Campaign" to encourage carpooling
- + When it is time to replace a vehicle, transition one vehicle to an electric vehicle or retrofit an existing vehicle to have a hybrid electric component
- + Install at least 2 Level-2 EV (electric vehicle) chargers, one in Athens and one in a location other than the Athens campus
- + Institute a Healthy Transport Week that encourages walking, biking, carpooling or taking public transportation to work and to meetings at least once during the week
- + Pilot a solar energy project for outdoor lighting and signs
- + Complete at least one solar power project of at least 3kW (kilowatts) at Nelsonville or Athens campus

¹ Baseline energy intensity for 2016 for OhioHealth Castrop Health Center and O'Bleness Hospital including natural gas and electricity combined was 51.27 kWh per square foot.

² Total energy use, including natural gas and electricity, for 2016 for Castrop Health Center and O'Bleness Hospital was 15,522.76 MWh.

³ The baseline peak demand in 2016 was as follows: 55 Hospital Drive (Hospital) -- 1082.4 KW, 75 Hospital Drive (Castrop Health Center) -- 526.5 KW, 65 Hospital Drive (Cornwell) -- 7.2 KW.

⁴ Regularly is defined as 12 times a year to allow for seasonal fluctuation.

⁵ 2016 baseline for seven vehicles owned by O'Bleness Hospital is 948 gallons at a cost of \$1,967.45.

⁶ In the month of March and April 2018, associates drove an average of 18,015.85 miles. At this rate, over 12 months O'Bleness would reimburse 216,190.2 miles.

Water Use & Protection

1. Decrease water use by 5 percent⁷
2. Continue to properly dispose of 100 percent of the waste stream to protect the O'Bleness Hospital, Athens City and Athens County water supplies

There are 16 action steps in the OhioHealth O'Bleness Hospital Sustainability Plan that will help to accomplish Water Use & Protection objectives. Here are just a few examples:

- + Have a rainwater tank on hospital grounds for watering landscaped areas as needed
- + Replace water-hungry plants with perennial and native plantings
- + Evaluate steam traps for repair or replacement
- + Switch to using bath blankets for patients, rather than thermal blankets, to improve patient care and decrease water use
- + Install water-saving devices, such as toilets, showerheads and sinks, where allowed by code and as standard in refurbishments and new builds
- + Create a storm water management plan to reduce runoff to the river
- + Reduce the use of chemical fertilizers and pesticides
- + Purchase detergents and cleaners that are low in phosphorous, to reduce the amount of nutrients discharged into our lakes, streams and coastal waters

⁷ 8,372,000 gallons of water is the 2016 baseline for O'Bleness and Castrop at a total cost of \$81,940.60.

Waste Reduction & Recycling

1. Reduce total tons of solid waste⁸ by 5 percent⁹
2. Reduce total tons of waste sent to the landfill¹⁰ by 10 percent
3. Reduce biohazardous waste to less than 2.5 percent¹¹ of total waste
4. Increase recycling to 25 percent¹² by weight of the total solid waste stream
5. Put procedures and processes in place to increase the construction and demolition debris recycling rates for in-house and contracted projects up from the 2016 baseline of 0 percent

There are 39 action steps in the OhioHealth O'Bleness Hospital Sustainability Plan that will help to accomplish the Waste Reduction & Recycling objectives. Here are just a few examples:

- + Offer discounts in the café for people who dine in on flatware and use reusable to-go cups
- + Develop a training for associates to move O'Bleness Hospital toward paperless operation
- + Establish practices and procedures that reduce the over-distribution and subsequent disposal of unused patient care items
- + Provide a training refresher annually to associates who deal with biohazardous waste
- + Continue to improve and expand the existing recycling program for traditional materials such as cardboard, bottles, cans, paper, and plastic containers.
- + Continue to make all events, such as Bounty on the Bricks and the Bike Rodeo, zero waste
- + Explore safe recycling in patient care rooms
- + Expand opportunities to compost by piloting compost collection in the Café
- + Host 2 community collection days where community members and associates can shred and recycle confidential information and also drop off left-over prescription drugs
- + When bidding out a construction or demolition contract, require that contractors submit an additional estimate for meeting a recycling goal of 50 percent. If this estimate increases project costs by 3 percent or less, commit the additional funds to recycle

⁸ The solid waste stream includes landfill waste, recycling, compost, hazardous waste, regulated medical waste and universal waste. It does not include construction and demolition debris. This waste is included in a separate objective.

⁹ Total solid waste, including contracts with Rumpke, Chemtron, Athens Hocking Recycling Center, IDS and Stericycle, was 826.13 tons. C&DD waste was not included.

¹⁰ Landfill waste from the municipal solid waste dumpsters and Stericycle was 717.54 tons in 2016. Landfill waste will not include construction and demolition debris waste when this objective is evaluated because it is not currently fully tracked.

¹¹ Current biohazardous waste is 2.88 percent of the total waste stream.

¹² The baseline recycling rate, based on tons, in 2016 is 13.14 percent.

Healthy Living & Foods

1. Continue to offer associates access to opportunities to exercise and make choices that are good for their mental and physical health, and increase participation in these types of O’Bleness Hospital sponsored activities by 20 percent¹³
2. Continue to offer a variety of fruits and vegetables, and nutritionally dense, minimally processed, unrefined foods 100 percent of the time in the café, for catering, and in patient menus
3. Encourage reduced consumption of unhealthy fats and sweetened foods, and deliver education about this topic once a month

There are 16 action steps in the OhioHealth O’Bleness Hospital Sustainability Plan that will help to accomplish the Healthy Living & Foods objectives. Here are just a few examples:

- + Make a low-cost, weekly exercise program available to associates
- + Implement Lunch and Learn programs about healthy living
- + Increase the cost of desserts and other unhealthy foods to discourage consumption
- + Provide a healthy, \$1 grab and go menu
- + Reduce the amount of soda purchased by O’Bleness Hospital and consumed by patients and associates
- + Create nutrition information labels for foods served in the café
- + Launch a healthy food delivery program in the Nelsonville community
- + Increase the number of inexpensive, healthy foods available in the vending machines

¹³ The participation baseline from fiscal year 2018 includes HeartWorks, My First 5K, Ohio Healthy opt-ins, and Lunch and Learns.

¹⁴ In February 2017, 871 cans of soda were given out in the emergency department, which would be about 10,452 cans a year.

Local & Sustainable Purchasing

1. Increase the percentage of local food purchases,¹⁵ as defined by the 30 Mile Meal program, to 15 percent of total food spend
2. Increase the percentage of sustainable food¹⁶ purchases by 20 percent
3. Increase the local spend¹⁷ in the Gift Shop, as defined by the 30 Mile Meal program, to 20 percent of the budget
4. Increase the current percentage¹⁸ of spend on local goods and services with headquarters within 30 miles of OhioHealth O’Bleness Hospital
5. Increase the current percentage¹⁹ of spend on goods and services from entities headquartered within 250 miles of O’Bleness Hospital
6. Establish a baseline of sustainable goods and services purchasing²⁰ and increase purchases from that baseline

There are 17 action steps in the OhioHealth O’Bleness Hospital Sustainability Plan that will help to accomplish the Local & Sustainable Purchasing objectives. Here are just a few examples:

- + Continue offering a weekly farmers market stand during the growing season
- + Label and promote locally sourced items in the café and gift shop
- + Continue collaboration with local growers and suppliers to increase the availability of local food items in the Café
- + Increase the purchase of antibiotic-free meat
- + Increase the purchase of organically grown foods
- + Increase the number of vegetarian entrees offered
- + Encourage departments to localize purchase of goods and services whenever possible
- + Work with the OhioHealth system and the OhioHealth Riverside Methodist Hospital sustainability coordinator to encourage purchasing contracts that include sustainable and local goods and services

¹⁵ Baseline in 2015 was 0 percent.

¹⁶ Baseline in 2015 was 0 percent. Healthier Hospital Initiatives have a list of more than 30 qualifiers for a food to be considered sustainable. For this action plan, O’Bleness Hospital will strive to increase organic foods, antibiotic-free foods, vegetarian foods, and foods grown or processed within 250 miles of O’Bleness Hospital.

¹⁷ The local spend in the gift shop in 2017 was 15.96%.

¹⁸ Current spend on goods and services manufactured or with headquarters within 30 miles is 6 percent.

¹⁹ Current spend on goods and services manufactured or with headquarters within 250 miles is 46 percent.

²⁰ There are a number of different qualifiers that can make a good or service “sustainable.” Qualifiers include but are not limited to: business headquartered within 250 miles of O’Bleness Hospital, chemical-free cleaners and furniture, energy-efficient electronics, and products with recycled content.

Green Building

- 1. Increase required LEED accreditations up from its baseline in 2016 of 0 and increase green and healthy building practices**

There are many action steps throughout the OhioHealth O’Bleness Hospital Sustainability Plan that will help to accomplish the Green Building objectives, as well as many of the other objectives in this plan such as energy reduction and waste reduction. Four of them fall specifically within this section of the plan:

- + Have one O’Bleness Hospital associate become a LEED Green Associate
- + For projects over \$2 million dollars, require that architectural firms for new construction and renovations have at least one LEED Accredited Professional on their project team
- + Require that architectural firms for new construction and renovations have at least one LEED Accredited Professional on their project team
- + Provide support for the LEED accreditation of all planning, design and construction staff

Greenhouse Gas Emissions

- 1. Establish a baseline and a system for accounting greenhouse gas emissions and then reduce emissions from that baseline**

The majority of objectives and action steps in this plan will lead to reduced greenhouse gas emissions. This section includes three additional action steps, specifically aimed at meeting the Greenhouse Gas Emissions objective.

- + Establish a greenhouse gas emissions baseline
- + Identify and establish some areas as natural and native planting areas to reduce mowing
- + Make a plan to increase total shade canopy by choosing locations to plant additional trees

Communication & Education

1. Share sustainability plan adoption and progress toward objectives with senior leadership team, associates, OhioHealth and community members
2. Support departments to educate and engage associates in action plan implementation through the Communications and Marketing department

There are 14 action steps in the OhioHealth O’Bleness Hospital Sustainability Plan that will help to accomplish the Communication & Education objectives. Here are just a few examples:

- + Quarterly meetings with accountability leads and key executives will be hosted to share sustainability plan progress and identify actions to improve performance when needed
- + A one-page annual report will be completed each year with progress toward sustainability objectives
- + Education campaigns will run periodically, and as requested by departments, focused on specific sustainability actions connected to the sustainability plan
- + “Sustainability at Home” tips will be included in The Rounds to encourage excitement for the sustainability plan and encourage home application

Thank You!

We'd like to extend a special thank you to our associates and community members who served on the Sustainability Committee and working groups to develop these goals, objectives, and action steps.

Associates

- + Kim Allen
- + Laura Allen
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- + Megan Beatty
- + Rachel Boggs
- + Angela Booth
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- + Pam Scholl
- + Pat Vogt
- + Sydney Webber
- + Chelsea Young

Thank you to every associate who submitted an idea, attended a huddle, and helped bring this plan to life.

Community Members

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- + Mollie Fitzgerald and Amy Lipka, *Live Healthy Appalachia*
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