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ADVOCATES

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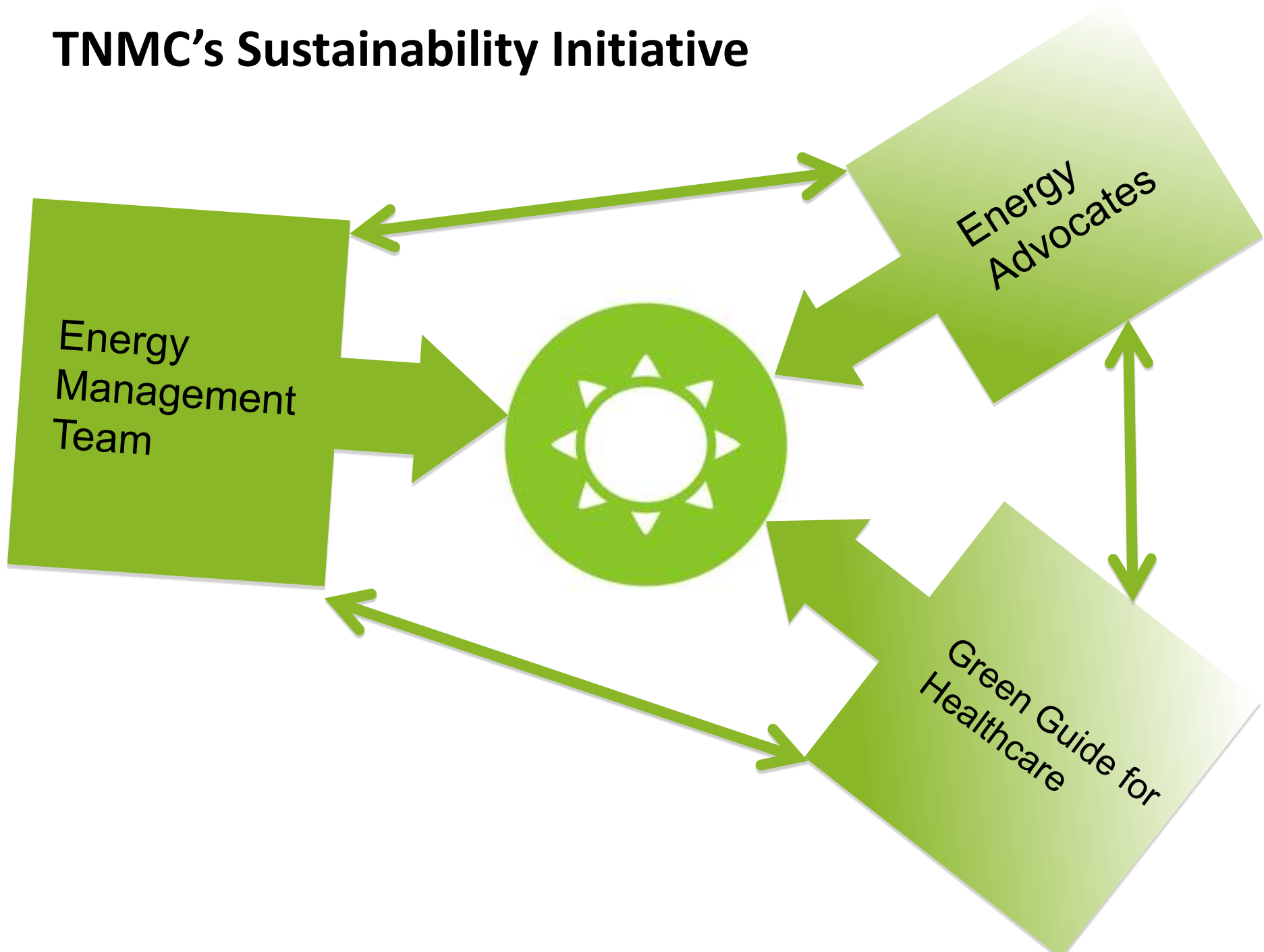
# Empowered and Effective Healthcare Green Teams

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The Nebraska Medical Center

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# TNMC's Sustainability Initiative





# Energy Advocates

- Official kickoff February 2010
- Motivation:
  - Utility cost per square foot
  - Good stewards
- Initial focus – reducing energy use



# Development & Structure

- Directors/managers appointed members
- 70+ members & 6 person leadership committee
- Initial 4 team structure:
  - Idea generation
  - Measurement
  - Communication
  - Implementation
- Hired sustainability consulting firm



# Initial Steps & Accomplishments: Year One

- Developed mission, logo, and goals
- Generated 90+ ideas
- Created website
- Administered baseline survey
- Wrote several articles for newsletter
- Rolled out on-line pledge



# Challenges: Year One

- Prioritizing and selecting ideas
- Too many goals
- Time constraints of leadership committee
- Difficult to measure success
- Silo effect of 4 team structure



# Moving Forward: Year Two

- Developed manageable and specific goals/objectives
- Implementing 2 primary initiatives
- Making measurement a major focus
- Organized series of activities for Earth Week
- Expanding sustainability efforts





# Key Suggestions

- Keep it manageable
- One volunteer as the primary coordinator
- Pilot initiatives if possible
- Recruit engaged communication reps
- Always integrate measurement



## Key Suggestions (cont.)

- Constantly update volunteers
- Use co-coordinators to oversee project teams
- Recognize volunteers & celebrate accomplishments
- Enlist help of a sustainability consulting firm



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# Leaving?

Please turn the **lights off**.



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YOUR NAME

EXECUTIVE DIRECTOR / VICE PRESIDENT

DEPARTMENT

TYPE OF JOB

To help my department and The Nebraska Medical Center save energy and natural resources, I personally pledge to do the following on a regular basis: (select a type of job to view pledge options)

To recognize your commitment to save energy and natural resources at The Nebraska Medical Center, we will place your name in the [Energy Advocates Hall of Fame](http://www.nmhc.org/energy) web page. If you do not want to be recognized by having your name listed with other members of The Nebraska Medical Center, please uncheck the box.

If you have any questions about this pledge, please email [www@nebraskamed.com](mailto:www@nebraskamed.com)

By submitting your pledge, you will be added to The Nebraska Medical Center's internal sustainability website. You may unsubscribe from this email list at any time.







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## Employees Encouraged to Take Part in Energy Savings

PLEDGE PROGRAM ALLOWS STAFF TO MAKE A COMMITMENT



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According to a recent survey distributed by the Energy Advocate Team, 98 percent of employees who took the survey at The Nebraska Medical Center, UNMC and Clarkson College said they felt it's important to save energy at work. Recently, The Nebraska Medical Center, UNMC and UNMC Physicians implemented the "15 in 3" initiative designed to reduce unit expenses by 15 percent over the next three years. The entire campus will achieve a greater result. There is a move campus to save money and resources.

## Green Activities Scheduled for Campus Earth Week

PLEDGE CHALLENGE TO DETERMINE CAMPUS WINNER



The first Earth Day was celebrated on April 22, 1970. Organizers were credited with activating 20 million Americans from all walks of life to launch the modern

### PHOTO SHORTS



#### Thinking Green

April 18-22 was Earth Week at The Nebraska Medical Center and UNMC. A variety of activities and educational events were held throughout the week. On April 21 employees could turn in all their unwanted electronic equipment to be properly recycled. Volunteers collected over 4,600 pounds of equipment to be safely recycled or remanufactured. **Army Brhel-Cadger**, linen manager collected a number of old computers while on duty.

### Health Fair with a Green Twist

SOMETHING FOR EVERYONE AT BMC HEALTH FAIR

The spring Ballerina Medical Center will host a health fair with a unique twist. The hospital plans to raise awareness about environmental and climate change, while also highlighting the environmental information to create the best for "Green" Health Fair.

Health fair organizers say the idea behind the green theme is to present a healthier alternative to during conversations between environmental health and physical health. The fair will be held at Ballerina Medical Center on May 2, from 9 a.m. to 11 a.m.

The event will offer both the old and reduced on average rates of which require pre-approval to guarantee available. People will see the

opportunity to offer you to children, cancer and cardiovascular screening, among others. Most of the screenings will be done for donors and donors who present at Ballerina Medical Center in its other medical office building.

"This is a great opportunity for the community to come and see the new medical center and create valuable health services for the whole family," said John Tom, M.D., medical director of UNMC-Nebraska Health & Wellness Center.

Just like the old health information center, health through energy projects also has the chance to help about environmental energy and environmental health. "Encouraging individuals to be more health conscious is to health, having a better environment that promotes physical and mental wellness, that we do not think that can impact our health," said Tom.

In addition to the health screening and green health, the fair will offer the services for both including outdoor planting and fair parking for both attendees, including a complete list of screenings, activities and green health, go to www.BallerinaHealth.com.



## Passionate about Saving Energy

DAVID MARX BECAME AN ENERGY ADVOCATE TO MAKE A DIFFERENCE



His motivation was simple. David Marx, Radiology technologist, is passionate about saving energy. It's a simple way to save money and resources. But for Marx, what's needed here for 10 years, taking the hospital's Energy Advocate movement was about getting involved. "This was an opportunity for me to meet new people," said Marx. "People I wouldn't have otherwise had the chance to meet."

Marx signed up for the Energy Advocate team last October after a colleague announced that he could not save any longer. "I found the idea." In fact, saving energy was already a big part of his life. "Three years ago, I established a energy committee at my church. Each night around 9 p.m., someone makes sure the doors are locked, closed securely and all the lights are off. This has saved my church money."

At home, Marx made the transition to install LED lighting, solar windows, new doors, an insulated garage door and a high efficiency furnace

and air conditioning in his home. The Energy Advocate movement in the hospital, which launched more than a year ago, was created to develop smart ways to reduce costs. The goal is to reduce our energy consumption by 10 percent over the next three years, saving the organization approximately \$600,000 a year. "I've been very impressed with this group of people," said Marx. "I know right away this was a smart group. Everyone seems knowledgeable, well read and always planning ahead."

The team is made up of different committees, each focused on initiatives to save energy. Marx joined the "Lights Out" committee, which is working to encourage employees to turn off lights in unoccupied rooms when they're leaving their desk. "I had our committee discussions back to our staff meetings to encourage my colleagues to turn lights off. They're becoming receptive. We're making great strides."

Currently approximately 70 hospital employees have volunteered to be part of the team. Nearly 1,400



David Marx, Radiology Technologist, joined the hospital's Energy Advocate team and October. He volunteered to be a committee leader encouraging employees to turn the lights off when not in use. Marx talked about the future of the Energy Advocate movement.

## Take The Pledge TO SAVE ENERGY & RESOURCES

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**THINGS YOU CAN DO**  
Open doors manually rather than pushing the automatic door opener.





ENTRANCES/EXITS	EQUIPMENT/IT
Reduce the number of times buttons are unnecessarily pushed for handicap doors	Conduct full-scope plugload audit, determine where most opportunity exists and develop strategies based on best opportunities
Determine the best setting for motion sensor automatic doors and doors operated by handicap buttons. Adjust settings on appropriate doors for both sensitivity and time to stay open.	Conduct a television audit and encourage TVs to be turned off when not in use. (Strategies include occupancy sensors or signage) Assess if there is an opportunity to reduce energy use with medical computer usage
Install revolving doors where appropriate in place of auto-sliding doors	Work with IT to reduce PC, monitor, and computer peripheral energy use. Change monitor sleep and PC standby settings
Adjust setting on air movement at all appropriate entrances and exits	Develop method for software and security updates that allows computers to be shut off when not in use. Shut off copiers and printers when not in use
Conduct an audit on the number and use of heaters outside of doors. Are they needed? Are they operating efficiently?	Migrate to Multi-Functional Devices (Printing/Faxing central machines) instead of stand alone printers and fax machines.
Reduce amount of time garage doors on loading docks are unnecessarily left open.	Conduct an audit of number of space heaters and fans and measure average use to determine if a policy against using space heaters and/or fans is worthwhile.
<b>HVAC</b>	Reduce the number of paper towels used. (Change holders, add a point of use prompt to reduce paper towel use)
Evaluate temperature setpoints and thermostat settings (night and weekend setbacks)	Work with EVS to find efficiencies in frequency of cleaning (e.g. how often do the floors need shined?). Decrease energy use related to small equipment and appliances
Assess energy efficiency opportunities with walkways between buildings (better insulation, different temperature setpoints, tight seals at thresholds, etc.)	Create signage or another communication strategy to encourage turning equipment off Incorporate power strips (consider Smart Power Strips)
Work with Facilities Management to identify abnormal air movement and temperatures.	Develop a list of all equipment that needs to be assessed for energy use and need Assess energy use and needs of refrigerators Assess energy use and needs of radios
Improve vent closing to prevent helicopter exhaust from entering Durham.	Assess energy use and needs of warming blankets vs. bear huggers Assess energy use and needs of dishwashers Reduce unnecessary use of pedals in OR (take foot off)
Explore recommissioning or retrocommissioning for least efficient buildings	Reduce unnecessary copier/printer use (saves paper and energy) Make duplex the default option. Remove lights from vending machines Install vending machine misers
Enter individual buildings into ENERGY STAR once 12 months of utility data is available. Doing so will help identify the most efficient/inefficient buildings	<b>WATER</b>
<b>LIGHTING</b>	Decrease the amount of water used at the faucet Install water wise washroom faucet aerators Fix leaky faucets
Determine which buildings are using the most energy for lighting, assess those that use the most and develop lighting retrofit strategy (could include reminder stickers, ballast changes, new occupancy sensors, weekly newsletter, etc.)	Explore methods for decreasing the amount of water used during hand-washing (e.g. time faucets are on, installing motion sensors, or signage to encourage behavior) Install motion sensors where not already available (focus on high-traffic areas) Install signage to encourage behavior
Reduce time lights are on unnecessarily when there is adequate daylight.	When replacing toilets or installing new toilets use water-efficient products
Turn off under-cabinet lights of where they are not necessary.	Assess if there are any water saving opportunities associated with linen care. Decrease hot water temperature settings
Reduce light in office areas where appropriate.	
Conduct lighting audit of all outdoor lights. (EMT)	Work with Facilities Management to install native landscaping that requires little to no water (both when renovating and to replace turf grass where it's not necessary)
Assess if shutting of 1/2 the lights in a cube saves energy	
Create a lighting schedule to automatically dim or turn off lights (effective in the evening hours)	<b>PURCHASING</b>
Shut off unnecessary lights in unoccupied spaces	Work with Purchasing (and IT/Facilities as necessary) to ensure default purchases are ENERGY STAR rated products. And educate staff who does purchasing to select ENERGY STAR products.
Install 'reminder' stickers for turning lights off.	Work with Purchasing to create a strategy for placing a higher priority on those items that have higher use (run 24/7 rather than 8 - 10 hours/day)
Install motion sensors in all appropriate rooms. (EMT)	
Install LED lighting where available and appropriate	

Criteria	Weight	Question Answered
Energy Impact	10	How big of an impact on energy use (and dollars) will the action have?
Feasibility/Timing	7	How simple and easy will it be to implement the action? How quickly could the change be implemented?
Negative Impact on Patients/Visitors/Staff	7	What sort of an impact should staff, patients and visitors see, and to what extent will they be inconvenienced?
Cost	5	What are the up-front and ongoing costs associated with this project?
Internal Support	4	The extent to which support can be expected from internal staff and executives.
Measurability	3	Will we be able to measure how effective the action has been once implemented?
Payback	3	How quickly will the action pay for itself?

# EMT

- Idea Sharing & Generation
- Respond to EAT Ideas
- Implementation
- Data Sharing

- Generate Ideas
- Advocate
- Monitoring & Feedback
- Communication Partners





# EAT Guiding Principles

- Identify, prioritize, and promote the most effective ways for TNMC employees to conserve energy and resources in order to :
  - reduce costs
  - improve the organization’s environmental impact
  - establish an overall better place to work & receive care
- Pursue activities that support the 15-in-3 initiative, as well as engage and actively involve EAT volunteers
- Foster an organizational culture that supports energy and resource conservation
- Monitor and communicate the outcomes of activities



# Objectives

## **GOAL: Increase staff knowledge and participation in conservation activities**

### **Objectives:**

1. Develop and provide a sustainability checklist to departments
2. Increase the overall number and frequency of staff shutting off the lights in unoccupied rooms and at the end of the day by 30%
3. Incorporate EAT into new employee orientation and continuous training for existing employees
4. Achieve 30% participation with pledge



# Objectives

**GOAL: Increase awareness of EAT's mission, goals, and activities**

**Objectives:**

1. Carry out 2 – 4 awareness events throughout the year
2. Increase overall staff awareness of EAT and its mission by 25%
3. Conduct at least one event that recognizes participation and leadership with EAT



# Objectives

**GOAL: Achieve wide organizational representation/involvement with EAT**

**Objectives:**

1. Have at least 1/3 of all TNMC departments represented on EAT
2. Achieve high self-reported involvement by the majority of EAT members



# Objectives

GOAL: Save 7% in energy costs in 2011, 2012 and 2013 through EMT and EAT Initiatives resulting in ENERGY STAR scores of 24, 33 and 41, respectively.