

Inova Health System

**2013**  
**Sustainability Report**  
**Highlights**



Inova's mission is to protect the health of the diverse community we serve through excellence in patient care, education and research.

Our environmental sustainability program supports this mission by contributing to healthier healing environments for our patients, healthier workplaces for our employees, and healthier communities for our local citizens.

Inova has implemented a range of efforts to manage our environmental footprint and extend our social impacts. We are committed to protecting human health through programs to reduce pollution, eliminate chemicals, minimize waste and engage our community.

These efforts allow Inova to extend our mission beyond our walls by improving the health of all of our stakeholders, locally and globally.



## Environmental Mission Statement

Inova Health System is committed to establishing an environment that is safer and healthier for our patients, employees and community.

## Sustainability at Inova

In 2008, Inova established the Office of Sustainability to manage environmental efforts across the System. Our sustainability team focuses on seven key impact areas: waste, energy, water, purchasing, food, transportation and building.

Since its inception, Inova's sustainability program has achieved millions of dollars in financial savings and countless environmental achievements, and has become known as one of the top healthcare sustainability programs in the country. But despite these successes, we still have a long way to go. Our impacts are many, and our operations contribute to air, water and chemical pollution that negatively impact the health of our community.

## About This Document

Inova's 2013 Sustainability Report explores our sustainability efforts in detail, examining both the negative impacts and positive outcomes of our program. It was written In Core Accordance with the Global Reporting Initiative's G4 Guidelines, an international standard for transparency in reporting. This year's Report shares more than 70 indicators related to Inova's Governance and Economic, Environmental and Social impacts.

Inova has designed this Report Overview to assist readers in navigating our 2013 Sustainability Report. It highlights our core impacts and outcomes, and shares where additional details can be found within the Report.

# 15.3 MILLION

pounds of waste created,  
sorted into 10+ waste streams



# 71,258

pounds of sugar served  
*in beverages alone*



# 1,597,708

fleet miles logged



# 243,954,000

gallons of water used



## Impacts

# 1.2 TRILLION

KBTUs of energy used



# \$207,000

spent on local and  
sustainable foods



# 3,226,314

pounds of materials recycled

# 2013

## Outcomes



# 90.3%

of cleaning products are Green Seal Certified



# 293,479

pounds of paper reduced with  
electronic medical records



# \$4,416,982

spent on EPEAT-rated  
electronic equipment

# 2013 Performance

**Goal 1:** Expand upon existing communication forums and create new two-way communication mechanisms facing employees, patients and our local community.

**Progress:** Internally, Inova developed a Sustainability Advisory Board, increased in-services and huddle trainings, developed an Employee Sustainability Handbook, updated content on our employee intranet, and increased visibility around our [gogreen@inova.org](mailto:gogreen@inova.org) email address. Externally, we hosted the JustOne campaign, Intersections Sustainability Symposium, and EPP Supplier Roundtable, expanded our content on Inova's public website and producing Inova's first GRI sustainability report.

**Goal 2:** Focus on waste management, with a special emphasis on a OneInova standardized waste stream management plan implemented at all Inova hospitals.

**Progress:** Inova created a variety of department-specific waste guides, distributed them across the System, and held trainings on request for units that required additional attention. We also worked with our waste vendors to conduct monthly audits at each facility, providing tailored feedback and photographs to department managers at directors' meetings. Inova additionally continued efforts to standardize waste containers across the system, and to ensure the proper equipment and processes were in place.

**Goal 3:** Focus on energy management through job description prioritization and a OneInova standardized management plan across all Inova hospitals.

**Progress:** Hired an Energy Manager to improve and centralize energy efforts and strategies across the System. This individual worked closely with the Inova Facilities Management Department to analyze energy performance and develop management strategies for each hospital, resulting in the development of a Strategic Energy Management Plan (SEMP) spanning all of Inova's hospitals.

**Goal 4:** Focus on achieving progress in HHI food planks, signing the Healthy Food in Healthcare pledge and releasing Sustainable Foods, Healthy Lives Cookbook.

**Progress:** Inova formed a close partnership with a local food aggregator, more than doubling our local produce purchases from the previous year. We worked closely with our Food & Nutrition Services team and vendors to develop data collection and reporting process for all three of the Healthier Hospitals Initiative's Challenges, and additionally signed the Healthy Food in Health Care Pledge at all hospitals and released the *Sustainable Foods, Healthy Lives Cookbook* and accompanying *Local Ingredients Guide* in Summer and Fall 2013.

**Goal 5:** Update Inova's sustainability management structure with the development of a Sustainability Advisory Board to guide the vision of Inova's sustainability program.

**Progress:** Formally created a Sustainability Advisory Board (SAB) consisting of high-level representatives from all departments across the System. SAB members participated in initial visioning session and follow-up meetings focused on deeper discussion of priorities identified during this activity, including establishing strategic priorities for the Office of Sustainability to pursue.

# 2014 Goals

Establish a data collection system with reporting accountability for HHI Healthier Foods metrics.

Further build sustainability into strategic organizational priorities including patient experience, wellness and brand.

Further engage Supply Chain and GPO teams in planning and implementation of environmental purchasing strategies.

Expand Strategic Energy Management Plan to establish energy efficiency goals and provide details on employee education.

Foster increased employee ownership of sustainability program by creating new opportunities for engagement and education.

# Environmental Impacts

Human and environmental health are intrinsically connected. Every part of human existence depends on the world around us, from the air we breathe to the water we drink, the food we eat, and the natural resources that sustain our lives and drive our economies. Healthy humans depend on a healthy environment, while unhealthy environments contribute to unhealthy humans.

For this reason, Inova has committed to tracking our environmental impacts and actively engaging in efforts to minimize them. As an organization committed to protecting health, we must do what we can to reduce the impacts of our own services.

## Energy

### Energy Management Strategies:

- Track and understand energy performance
- Implement energy efficiency and conservation measures
- Support new technologies which promote efficiency and conservation

### 2013 Energy Management Efforts:

- Hired Energy Manager to coordinate System energy efforts & develop Strategic Energy Management Plan
- Conducted System-wide lighting & energy audits
- Retuned building management systems
- Installed high-efficiency boilers, chillers & air handlers
- Participated in demand load response program
- Purchased Energy Star- and EPEAT-rated electronics



## Waste

### Waste Management Strategies:

- Reuse and repurpose materials before disposing
- Reduce amount of regulated medical waste
- Divert waste from landfill through recycling, source reduction and other waste minimization strategies

### 2013 Waste Management Efforts:

- Recycled over 3 million pounds of materials
- Integrated monthly waste audits & reporting system
- Developed formalized medical donations program
- Integrated Epic electronic medical records, with over 200,000 pounds in associated paper savings
- Participated in medical sharps recycling program, recycling over 111,000 pounds
- Piloted EcoSwap Shop internal reuse system



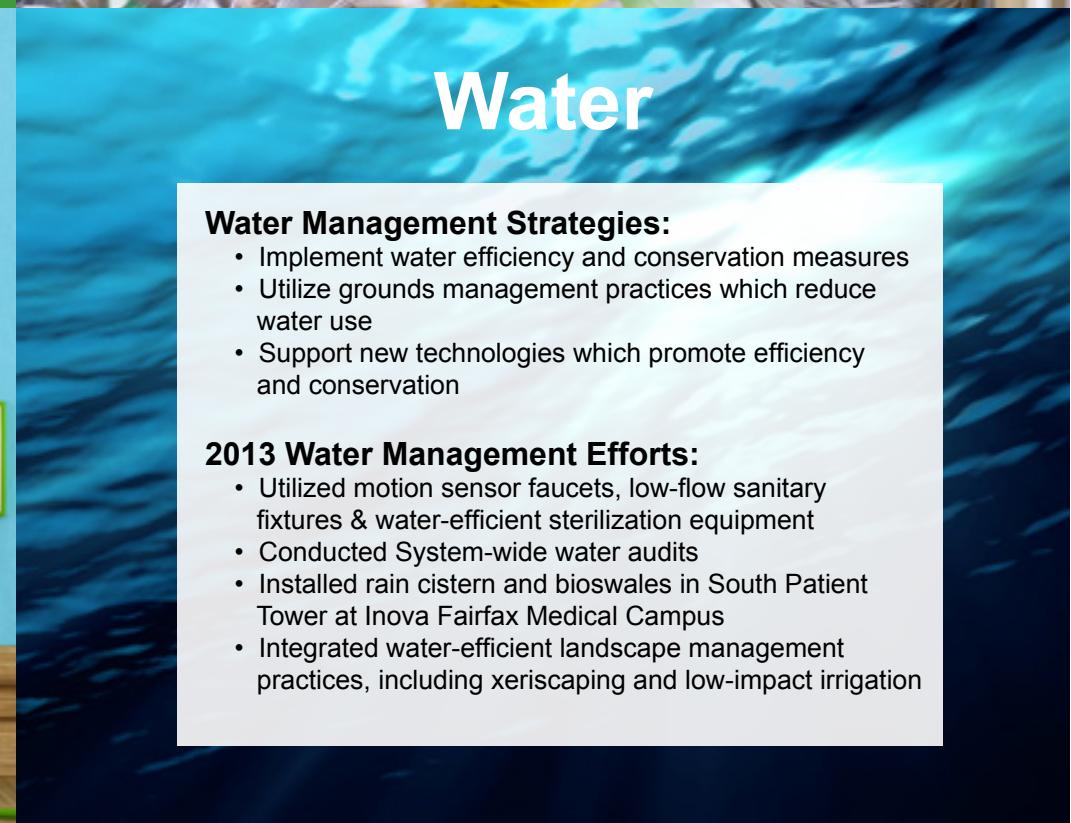
## Water

### Water Management Strategies:

- Implement water efficiency and conservation measures
- Utilize grounds management practices which reduce water use
- Support new technologies which promote efficiency and conservation

### 2013 Water Management Efforts:

- Utilized motion sensor faucets, low-flow sanitary fixtures & water-efficient sterilization equipment
- Conducted System-wide water audits
- Installed rain cistern and bioswales in South Patient Tower at Inova Fairfax Medical Campus
- Integrated water-efficient landscape management practices, including xeriscaping and low-impact irrigation



# Purchasing

## Environmental Purchasing Strategies:

- Understand and minimize lifecycle impacts of products used at Inova
- Develop strategies to engage Supply Chain team in environmentally preferable purchasing (EPP)
- Work with suppliers to support new EPP products and services

## 2013 Environmental Purchasing Efforts:

- Worked closely with group purchasing organization to integrate EPP principles into new & existing contracts
- Hosted EPP Supplier Roundtable and visioning session with 10 of Inova's top suppliers
- Integrated EPP efforts into the OR setting through OR pack reformulation, single-use device reprocessing & integration of reusable sterilization containers

# Food

## Sustainable Food Strategies:

- Provide a variety of fresh, healthy food options
- Minimize environmental impact of food purchases & support local farmers
- Increase access to and knowledge of healthy food choices

## 2013 Sustainable Food Efforts:

- Spent \$108,000 on local produce and \$96,000 on sustainable foods, including reduced-antibiotic meat, rBGH-free milk & yogurt, and MSC certified seafood
- Formed partnership with local foods aggregator
- Participated in Healthy Food Roundtable, NoVa Food Coalition and Chesapeake Food Leadership Council
- Released *Sustainable Foods, Healthy Lives Cookbook*
- Signed *Healthy Food in Health Care* pledge

# Transportation

## Alternative Transportation Strategies:

- Reduce environmental impact of Inova employees' transportation choices
- Increase availability and visibility of transportation options for employees
- Incentivize alternative modes of transportation

## 2013 Alternative Transportation Efforts:

- Provided on-campus bike racks, bus stops and preferred parking spaces for carpoolers and hybrids
- Sponsored Employee Commuter Shuttle Bus
- Hosted 'Alternative Transit' fairs and conducted commuter survey to engage employees in dialogue
- Provided WageWorks pre-tax benefits program to all employees, and MetroCheck incentives program at one location

# Building

## Green Building Strategies:

- Create safer healing environments through evidence-based design & green construction practices
- Reduce environmental impacts of materials used during construction & maintenance
- Develop a consistent, low-impact approach to the maintenance of Inova facilities

## 2013 Green Building Efforts:

- Began operations in LEED Silver South Patient Tower
- Integrated LEED principles into upcoming renovation & new construction projects
- Banned harmful chemicals in internal fixtures & furnishings
- Purchased over 90% Green Seal-certified general cleaning products
- Utilized integrated pest management practices



## Social Impacts

Hospitals are entrusted with protecting the health of their patients, employees and communities. Fulfilling this mission entails not only caring for the patients within their walls, but also reaching out to those who cannot access standard care. It involves providing people with the knowledge to manage their own health and the tools to stay well.

Inova has integrated a broad range of programs to promote healthier populations within our local community. These programs are highlighted briefly in the Engaging Our Stakeholders, Protecting Our Patients and Supporting Our Workforce sections of our 2013 Sustainability Report, and can be reviewed in greater detail in the documents below:

Inova's [2013 Report to the Community](#)

Inova's [2012 Quality Matters Report](#)

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

Inova's 2013 Sustainability Report can be accessed online at [www.inova.org/gogreen](http://www.inova.org/gogreen).

Questions and feedback concerning the Report can be directed to the Office of Sustainability at  
[gogreen@inova.org](mailto:gogreen@inova.org).

