

[2011 CDC Annual Sustainability Report](#)

[A LETTER FROM CHIEF SUSTAINABILITY OFFICER LIZ YORK](#)

The 2011 report is our continuing effort to provide transparency, communicate our successes, share best practices, report on our progress and convey future goals with our community. Sustainability progress has been significant throughout government in the past several years, and CDC has led this progress in many areas. We must conserve resources not only to protect our earth and our health but also to preserve our financial resources.

In these tough financial times, sustainability is a tool to help us achieve our mission with fewer resources and fewer dollars. CDC is dedicated to promoting the health and wellness of the American people, and we can do more of that by being better stewards of our funds and our material resources.

To this end, CDC continues to participate, support and engage with the Departmental HHS Sustainability Taskforce. We identified three main goals for the year:

- Integrate sustainability into all policies
- Provide sustainability education across our workforce and community
- Institute and improve metrics collection and evaluation

CDC aided in the production of the Department's annual Strategic Sustainability Performance Plan, finalized CDC's own Sustainability Policy and instituted procedural changes supporting conservation. CDC has focused on education by hosting sustainability events involving local sustainable farmers, General Services Administration facility and procurement experts and the Federal Environmental Executive, Michelle Moore. CDC has engaged our community through presence at Agency events, green messaging, brown bag lunches and conference presentations to a wide array of federal and nonfederal sustainability stakeholders. We have focused efforts on data collection in many areas, most notably in greenhouse gas tracking and waste diversion. We are presently testing our own sustainability data management system, GreenGauge, which will capture environmental impact data and communicate that data in a compelling way.

This year's sustainability initiatives were crafted with a view toward reductions in water use, energy use, landfill waste and dollars spent. Our efforts were collaborative, transparent and innovative. Although the environmental, social and fiscal challenges facing our nation are great, CDC stakeholders have increased their awareness of and commitment to sustainability issues over the past several years. In order to meet these challenges, we will all need to find innovative ways to do more with less and focus on the most promising technologies and strategies. Our future relies on our ingenuity.

Liz York, AIA, LEED AP, CNU-A
Chief Sustainability Officer
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GOALS AND DIRECTIVES

Sustainability Council

The Sustainability Council is chaired by the Chief Sustainability Officer and members include the HHS Goal Managers, Responsible Office Liaisons and the Go Green, Get Healthy Workgroup leaders and subgroup leaders. The Sustainability Council is a forum for these participants to share ideas, collaborate and provide recommendations for the course of action for sustainability at CDC. The Sustainability Council helps to implement and translate sustainability directives from the U.S. Department of Health and Human Services (HHS) and White House Council on Environmental Quality (CEQ).

Go Green, Get Healthy Workgroups and Grass Roots Volunteers

Members of the Go Green, Get Healthy workgroups and Agency volunteers are an integral part of the success of sustainability at CDC. Workgroup members implement initiatives in various areas of sustainability and work closely with leadership and responsible offices to align efforts. Volunteers improve recycling programs on campuses; implement energy conservation measures; lead Earth Walks and “Let’s Move” flash mobs; and establish employee gardens.

Go Green, Get Healthy Workgroups

- Electronics Management
- Facilities and Greenspace
- Green Meetings
- Green Purchasing
- Recycling
- Sustainable Food
- Transportation and Telework
- Worksite Wellness

Sustainability Liaisons

Sustainability liaisons facilitate the relationship between the Office of Sustainability and CDC Centers, Institutes and Offices (CIO) to help reach CDC’s sustainability goals. In that role, liaisons contribute significantly to the Agency’s overall Go Green Get Healthy initiative. Liaisons are appointed by their CIO senior leadership and are expected to take on the role in addition to their regular job duties. Their responsibilities include serving as the liaison with Office of Sustainability for required communications, meetings and services to facilitate inter-organizational information exchange and dialogue; reviewing and participating in development and confirmation of the Agency Sustainability Plan in context of the work of the CIO and committing the CIO to action in support of Agency sustainability. The liaisons’ most challenging task is to integrate sustainability into the culture of their respective CIO. Through CIO-wide participation, the Agency is best able to show success in its sustainability efforts.

Strategic Sustainability Performance Plan

In leading the initiative for a greener federal government, CEQ called upon agencies to submit a plan for embracing sustainability and meeting federal sustainability mandates. HHS was one of 52 agencies to submit a Strategic Sustainability Performance Plan (SSPP). The HHS SSPP outlines goals and milestones for integrating sustainability into Department operations. Several CDC employees serve on Departmental workgroups to set milestones and report on the goals outlined in the SSPP.

HHS Strategic Sustainability Performance Plan (SSPP)

HHS and the Office of the Federal Environmental Executive (OFEE) have established goals in the following areas:

- Goal 1: Scope 1 & 2 Greenhouse Gas Reduction
- Goal 2: Scope 3 Greenhouse Gas Reduction
 - Develop and Maintain Agency-Comprehensive Greenhouse Gas Inventory
- Goal 3: High-Performance Sustainable Design
 - Green Buildings & Regional and Local Planning

- Goal 4: Water Use Efficiency and Management
- Goal 5: Pollution Prevention and Waste Reduction
- Goal 6: Sustainable Acquisition
- Goal 7: Electronic Stewardship and Data Centers
- Goal 8: Agency Innovation & Government-Wide Support

Meeting Federal Regulations

Executive Order 13423 requires federal agencies to conduct environmental, transportation, and energy-related activities in support of their respective missions in an environmentally, economically and fiscally sound manner. The Office of Sustainability coordinates and monitors functions related to executive mandates.

Executive Order 13514 requires federal agencies to meet a number of energy, water, and waste reduction targets, including:

- 30% reduction in vehicle fleet petroleum use by 2020
- 26% improvement in water efficiency by 2020
- 50% recycling and waste diversion by 2015
- 95% of all applicable contracts to meet sustainability requirements

Energy Independence & Security Act of 2007 and Energy Policy Act of 2005 require:

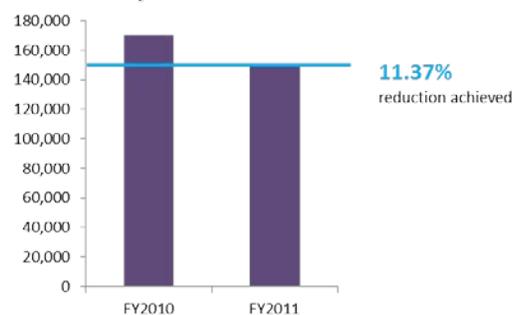
- Energy efficiency and metering requirements for buildings
- Energy savings performance contracts
- Energy efficient product procurement
- Reducing petroleum/increasing alternative fuel use

Reducing Greenhouse Gas Emissions

The Federal Government released its first annual Greenhouse Gas Inventory in 2011. CDC began measuring greenhouse gas emissions with a 2008 baseline and has surpassed its goals through comprehensive agency-wide greenhouse gas reduction strategies.

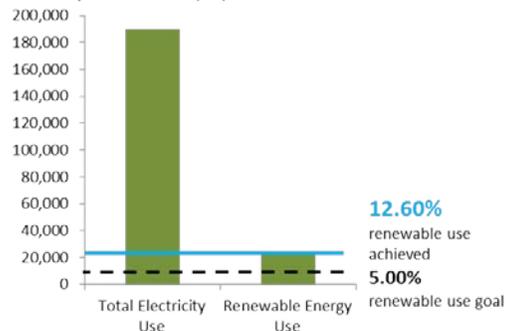
Greenhouse Gas Emissions Reduction

Reduction in greenhouse gas emissions, reported in metric tons of CO₂e



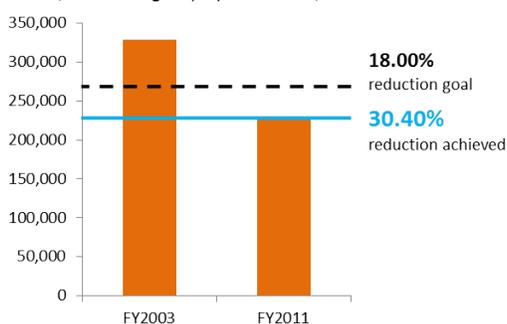
Renewable Energy Requirement

Eligible renewable electricity use as a percentage of total electricity use for FY2011, reported in MWH



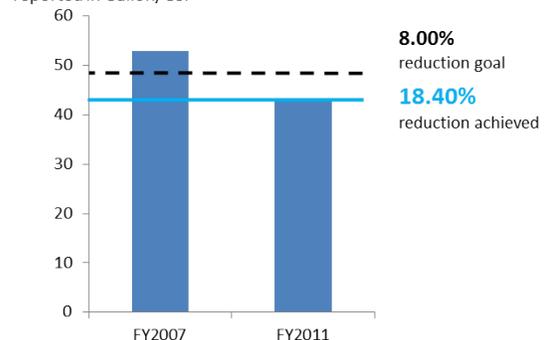
Energy Management Requirement

Reduction in energy intensity in facilities subject to NECPA/E.O. 13423 goals, reported in Btu/GSF



Water Intensity Reduction

Reduction in potable water consumption intensity, reported in Gallon/GSF



CDC MAINTAINS ACTIVE REPRESENTATION ON HHS SUSTAINABLE BUILDINGS WORKGROUP

CDC's Sustainable Buildings Coordinator, Angela Wagner, has been an active member of the HHS Sustainable Buildings Workgroup for the past five years. Some of the key FY2011 responsibilities of the workgroup included the review of Federal sustainability, energy and water requirements and statutes. Of particular importance in FY2011 was Executive Order 13514, Federal Leadership in Environmental, Energy and Economic Performance. The workgroup reviewed and commented on drafts for the Guiding Principles for Federal Leadership in High Performance and Sustainable Buildings and Guidance on Sustainable Practices by Federal Agencies for Designed Landscapes. The group developed agency-wide policy, guidelines, goals and performance measures such as the HHS Sustainability Policy, the HHS Sustainable Buildings Plan and the HHS SSPP, in particular Goal 3: High-Performance Sustainable Design/Green Buildings & Regional and Local Planning. The workgroup also updated the HHS Sustainable Buildings Plan.

Sustainable Design and High- Performance Guidelines were updated in response to changes in Federal requirements, the HHS SSPP and the CDC SSPP. This included connecting planning, building design standards and operations and maintenance with positive health outcomes. CDC continues to develop goals and guidelines for sustainable optimization of the Real Property Portfolios and update the CDC Federal Real Property Database for Sustainability.

SUSTAINABILITY STAR TOM TAYLOR

Tom Taylor teaches us that small changes can make a big difference. Taylor is the Building Manager of Building 21, on the Roybal campus, home to CDC Headquarters and the Emergency Operations Center. After being charged by leadership to find ways to conserve energy, Taylor, with the help of his maintenance supervisor, performed an assessment of the building and identified areas where they could turn off accent lighting fixtures to save energy and money. As a result, it is projected that the Agency will save \$20,000 per year, which represents 2.3% of the cost for the building's total energy use. Taylor's accomplishment encourages us all to evaluate and explore different ways in which we can conserve energy or be more sustainable within our daily operations.

CLIMATE ADAPTATION

CDC Climate and Health Program

CDC is developing and implementing programs in communities throughout the country intended to help local governments prepare for the effects of climate change in their regions. This outreach includes the creation of frameworks and models that will track climate-related health challenges. Each program and workshop is designed to educate and equip leaders with the knowledge and resources necessary to prepare for potential climate change effects. As a result of these efforts, health departments from states across the country are learning to implement comprehensive plans related to climate-change adaptation strategies.

Climate-Ready States and Cities Initiative

CDC's Climate-Ready States and Cities Initiative is helping 10 states and cities develop ways to anticipate the health effects of climate change by applying climate science, predicting health impacts and preparing flexible programs that can respond to climate change events. CDC helps states and cities partner with local and national climate scientists to understand the potential climate changes in their areas. CDC also assists states and cities in developing and using models to predict health impacts, to monitor health effects and to identify areas most vulnerable to these effects. This initiative will build the capacity of state and city health departments to address the public health consequences of climate change and its implications for human health. CDC supports these health departments in (1) assessment and planning to develop climate change programs and (2) building capacity to implement climate change programs and adaptations.

Building Resilience Against Climate Effects (BRACE)

CDC has developed a framework as guidance for programs to incorporate the best available climate science and climate projections into public health decision-making and program development. The BRACE framework outlines five steps designed to ensure that atmospheric science, climate models and climate projections are considered and incorporated into longer-term

operations. The framework is applicable to programs ranging from the Federal to local level, but it is particularly useful for health departments, because it includes practices for “on the ground” program changes or enhancements that will ultimately reduce the additional burden of disease linked with climatic changes.

Health Impact Assessments for Climate Change: Training Course

This workshop, held in Portland, Oregon, offered training aimed at local and state health departments for conducting climate-related Health Impact Assessments (HIAs). Amongst the 21 attendees were representatives from 8 different state health departments and 2 major city health departments.

Reducing Climate Change and Health Workshop at North Carolina Department of Health and Human Services

Workshop objectives were to examine the health effects of recent weather and climate events across North Carolina; broaden the knowledge base between the climate and public health communities; identify information gaps related to climate sciences; and emphasize the close cooperation of climate scientists and public health professionals in responding to climate-related health challenges and in developing adaptation strategies. Partners were the Environmental Protection Agency; NOAA Regional Climate Center; North Carolina State Climatology; University of North Carolina Chapel Hill; North Carolina Department of Epidemiology; North Carolina Marine Sciences; and North Carolina Department of Food Science.

Community Vulnerability Towards Heat in New York City

This project focused on identifying strategies that help prepare the public health sector to protect the public from excessive heat events. Partners were ICLEI (Local Governments for Sustainability), the University of Michigan and the New York City Department of Mental Health and Hygiene.

BUILT ENVIRONMENT WORK GROUP

The Built Environment Work Group (BEWG) has been operating as an informal internal work group since 2006 and was approved in August 2011 as a CDC science work group. BEWG aims to advance the field of built environment and health by

- promoting public health research, programs, policies and practices that consider the relationships between the built environment and health at CDC/ATSDR and with external partners
- supporting communication and collaboration across the agency in the field of built environment and health
- facilitating the development of professional expertise at CDC in built environment and health

The BEWG boasts more than 150 members from CDC/ATSDR and NIOSH. In 2011 it hosted 12 Journal Club meetings and 12 general meetings, which included lectures on pedestrian safety, local Farm-to-School movement, childhood obesity and physical activity and brownfield redevelopment. These presentations provided opportunities for knowledge and resource sharing, cross-collaboration and technical assistance. The work group also collects recent journal articles on built environment and health and keeps its members aware of upcoming conferences and events related to research, programs, policies and practices that improve health through the built environment.

TRANSPORTATION

HHS Go Green Commuter Survey

The HHS Go Green Commuter Survey reached 16,500 federal employees, and the response rate achieved was 20%. The survey collected information regarding federal employees' commuting behavior and awareness of available transportation options. These data will be used to calculate emissions associated with the federal employee commute and be analyzed for relationships between commuter habits and behavioral choices. Responses to the HHS Go Green Commuter Survey indicate the following for HHS employees:

- **38.5** miles is the average roundtrip commute.
- **38%** report having an alternative or compressed work schedule.
- **27%** telework on a regular basis.

- >95% of the respondents practice some form of energy conservation daily, such as recycling or turning off lights when not in use.

Telework

CDC has made tremendous improvements in its telework program over the past four years. The Agency's participation in telework has increased from 8% in 2008 to 42% of eligible employees participating in a regular, recurring telework arrangement at least two days per pay period in 2011. Approximately 74% of CDC positions are eligible for telework.

ITSO has continued to ensure the IT infrastructure is in place to meet the teleconferencing and telework capacity necessary to support demand. ITSO increased capacity of CITGO, CDC's remote networking tool, and converted to a virtual desktop interface. The average usage of CITGO is 1,000–1,500 simultaneous users during the work day. During peak usage, 10,500 of the 14,500 eligible users have accessed CITGO without interruption, allowing for almost complete continuity of operations in a virtual environment.

CDC is continuing to improve the telework program with new initiatives, such as the development of the Telework Management System (TMS). The CDC Telework Management System is a robust, automated system that allows users to enter, update and track telework-related information, respond to telework approval requests, and track telework participation necessary for reporting to HHS, OPM, and OMB. TMS was launched in September 2011 and will be a valuable source for data in FY 2012.

This year the CDC Telework Program was acknowledged by Georgia Governor Nathan Deal and the Clean Air Campaign as one of the top five Georgia employers supporting telework. Allison Tanner, Executive Officer (OCOO/OD), was invited by Governor Deal to represent CDC at the proclamation signing on July 26, 2011, for Georgia's first Telework Week. CDC participated in Georgia Telework Week, which was held September 12–16, 2011. All 7000+ telework-eligible employees were encouraged to telework at least two days that week.

Clean Air Campaign

CDC was the recipient of the PACE award from the Clean Air Campaign. The Agency was recognized at the annual awards ceremony and in a special edition of the Atlanta Business Chronicle. This is the second consecutive PACE Award for CDC. The award recognizes the Agency's successful initiatives to improve air quality and reduce congestion by implementing programs, infrastructure and policies to encourage walking, bicycling, carpooling, vanpooling, mass transit use, teleworking and compressed work schedules.

Long-Term Locker Program for Bicycle Commuters

CDC/ATSDR employees who commute to work by bicycle and meet program requirements are eligible to receive an assigned locker on a quarterly basis as part of the Roybal Campus Long-Term Locker Program for Bicycle Commuters. The bicycle locker program was piloted on the Roybal Campus in Building 20. CDC's Buildings and Facilities Office continues to manage the locker program in Buildings 14, 21 and 24 on the Roybal Campus.

SUSTAINABILITY STAR ASHLEE HALBRITTER

Sustainability Star Ashlee Halbritter, a fellow in the Public Health Prevention Specialist Program, made a decision four years ago that even the most sustainable amongst us might be surprised by: she gave up her car. Ashlee has lived without a car in three different cities, including Los Angeles, Atlanta and, most recently, Richmond, Virginia. By walking, biking and utilizing public transportation, she navigates car-free. Not only has Ashlee contributed to the health of the environment by reducing fuel emissions, but also she says her car-less lifestyle has reduced her stress levels and expenditures. Ashlee used the knowledge she gained from her experience to help create a "built environment scavenger hunt" for CDC's Healthy Community Design Initiative, which emphasizes the importance of a well-designed community and prompts participants to be considerate of their environment as well as others who share it with them. Ashlee plans on living without a car for the foreseeable future and encourages others to consider the benefits of active transportation options.

CDC'S GO GREEN, GET HEALTHY INITIATIVE

ENCOURAGES GREEN MEETINGS

A green meeting has a limited impact on the environment through limited consumption of energy and resources like paper and food service items. Features of a green meeting may include electronically circulated meeting materials, teleconference options, online file sharing, and outdoor meeting rooms. Other sustainable options include scheduling breaks for physical activity, providing healthy snacks and locating meetings in central locations. Every day during July, the Go Green, Get Healthy Green Meetings Workgroup tweeted a fact about hosting a Green Meeting to CDCGreenHealthy's nearly 4,000 followers.

Conserving Resources

CDC endeavors to **reduce** the amount of resources we use, **reuse** those we can, and **recycle** the rest. We recognize that there is a link between the amount and types of waste we generate and the amount and types of products we purchase. A key to sustainable resource conservation is to consider the product life cycle when purchasing products and to choose the correct amount of durable goods that can be safely disposed of at the end of their useful lives.

DOCUMENT AND ELECTRONICS RECYCLING

CDC held events for Earth Week and America Recycles Day. Programs were held for CD, DVD and battery recycling as well as personal document shredding and recycling.

INTEGRATED PEST MANAGEMENT

In support of 2011 SSPP Goal 5i, "implement integrated pest management and landscape management practices to reduce and eliminate the use of toxic and hazardous chemicals and materials," Angela Wagner in BFO is leading an initiative with OS, OSHE and others to create an Integrated Pest Management Plan (IPMP) for CDC. The new plan, currently under review, establishes the relationship between pest management and health and safety for people and animals, prevention of damage/loss to property, indoor environmental quality, integrity of scientific research, regulatory compliance, and conformance to AAALAC accreditation requirements. It prioritizes non-chemical and toxic reduction strategies above blanket pesticide application.

ELECTRONICS MANAGEMENT SINGLE COMPUTER MODEL

Currently CDC averages two computers for each employee. ITSO is implementing an operational model that will deploy laptop computers rather than desktop workstations to many employees. This model supports the director's initiative for improved efficiency and has several advantages. As part of the transition to the single computer model (SCM), desktop computers will be retired and replaced with laptops that connect to docking stations. Transitioning to the SCM will significantly reduce the need to purchase desktop computers for the nearly 3000 teleworkers at CDC. Reduction in the number of devices will provide an estimated \$1.8 M in annual cost savings through FY2014. Approximately 10% of CDC has completed the move to SCM, and 96% of remaining CDC/ATSDR personnel are in some phase of transition to SCM.

- With greater use of laptop computers, CDC's workforce becomes more mobile for emergency preparedness.
- By moving to a single computer model, the Agency can reduce the number of computers that it must purchase and the software licenses that it must maintain, thus reducing equipment and software acquisition costs.
- By purchasing fewer pieces of equipment, the Agency will reduce packaging waste and fewer computers will need to be recycled at the end of their lifecycle.
- Because laptop computers use less energy than workstations, CDC will reduce its energy consumption and greenhouse gas emissions.

RECYCLING DATA

Executive Order 13514 and the SSPP establish goals to increase source reduction and to divert at least 50% of all non-hazardous solid waste from landfill or incineration by 2015. CDC is making progress on these fronts.

Source reduction refers to reducing the throughput of all wastes/materials, whether disposed or recycled. From FY09 to FY11, CDC's Atlanta owned facilities reduced throughput by 35.3%, partly by defaulting all network printers to duplex mode in April 2010 (saving \$90K/year in paper), and by increasing teleworkers from 8% of eligible employees in FY08 to 42% in FY10 (home disposal/recycling is not measured). Conversely, construction and demolition (C&D) generation increased from 2,278.3 tons in FY10 to 27,010.9 tons in FY11 due to a major FY11 demolition project, but is expected to return to former levels. Hazardous waste also increased FY10-11 from 19.4 to 20.5 tons, up 5.1%, likely due to the opening of several new laboratories.

From FY09 to FY11, non-hazardous diversion for Atlanta owned facilities nearly tripled from 13.2% to 36.6%, mostly due to better data collection practices. In FY10 CDC began counting or estimating diversion of pallets, shredded paper, scrap metal from facility repairs, antifreeze, glass chemical bottles, xylene, alcohol, generator oil, polystyrene foam, toner cartridges, cardboard, e-waste, used furniture, yard/storm debris and waste cooking oil. CDC also began tracking C&D diversion in FY10, achieving 79.7% the first year, and 25.7% in FY11. A single major demolition project, under contract prior to 2008, skewed the FY11 total, even though tons diverted nearly quadrupled from 1,816.2 to 6,938.2, and two other projects diverted 77.55% and 100% respectively. CDC currently earns no gross income from the sale of recyclables, and does not track avoided disposal costs. Return on investment therefore could not be calculated.



PROCUREMENT

Under the Agency's Green Procurement Policy, CDC is working to achieve 100% compliance with mandatory Federal Green Purchasing Programs in all acquisition transactions. This goal applies to all acquisitions from major programs to individual supply and service requisitions. The policy specifically requires CDC to

- consider green products or services as the first choice in all procurements
- consider environmental factors in all purchasing decisions
- consider life cycle costs
- give preference to products and services designated by or recommended in federal green purchasing preference programs when they represent the best value

MAJOR CDC ADMINISTRATIVE SYSTEMS GO PAPERLESS

The Management Information Systems Office (MISO) deployed several electronic administrative systems during 2011 to replace paper-based tracking and reporting systems. New automated systems include the Performance Management Appraisal System (PMAS), used to track and rate individual employee performance, and the Telework Management System (TMS), which allows for electronic routing of telework authorization requests, reporting and monitoring of participation.

Similar efforts in the Division of the Executive Secretariat resulted in a paperless document processing and correspondence system that has been operational for three years. The updates to the Activator system allow a user to review all past edits, notes and comments authors or editors have made throughout the correspondence. The electronic routing e-system saves 200,000 sheets of paper and over \$3,000 in supplies annually, and it has also resulted in a 46% increase in staff efficiency. According to calculations by the team who helped institute the software and protocol—including Director of the Division of the Executive Secretariat Ron Campbell, Lou Ann Key, Jennifer Buigut and Julie Armstrong—the system has freed up nearly 160 hours a month that employees now have for analysis and other duties. As a result, DES staff are now more responsive to program needs and are more actively engaged in ensuring that correspondence clearly and accurately communicates CDC's mission to the public.

CDC’s implementation of electronic systems such as TMS, PMAS and Activator has reduced the use of ink and over 300,000 pieces of paper annually, while also saving time by allowing supervisors and employees to complete, route, submit and sign paperwork virtually. These efforts support the HHS SSPP through resource conservation and reduction, increase operational efficiencies in a dispersed workforce and help to increase effective records management and reporting. These systems also aid CDC’s compliance with mandates to improve efficiency in the federal government, including the Paperwork Reduction Act and Executive Order 13576—Delivering an Efficient, Effective and Accountable Government.

Paperless Admin Systems Savings*			
	PMAS	TMS	ACTIVATOR
Used by	12,800 Federal CDC employees	7,000 teleworking CDC employees	All CIOs that process DES-assigned correspondence
Pages saved per year	179,200	42,000	200,000

* These numbers are estimates based on provided percentages of participating employees and contractors

DOUBLE-SIDED PRINTING SAVES PAPER AND MONEY

In April 2010, ITSO, in accordance with Executive Order 13514 and in support of the Go Green Get Healthy initiative, changed the default settings on all CDC workstations and duplex-capable network printers to double-sided printing. Since inception, the duplex printing initiative has reduced the volume of paper purchased by over 17%, which equates to over \$90,000 in savings to CDC programs through FY 2011.

SUSTAINABILITY STAR SPOKANE RECYCLING

Employees at the CDC Spokane facility were recognized with the Sustainability Star award for their lab recycling initiative. Since the last week of May, the team has recycled close to 6 tons of paper, cardboard, scrap iron, aluminum, and plastic bottles. A few months ago the team launched an effort to clean up the facility’s labs to better utilize space, supplies, and equipment. The workers in Spokane, who are predominantly mining researchers, call this “mucking your stope.”

Before any equipment or supplies are trashed, the team determines whether they can be used by another researcher. If the items cannot be donated to another lab, then they are placed into the GSA excess property system (“excessed”) for other agencies to use and then for sale to the public. So far, the Spokane facility has excessed 15–20 pieces of equipment that have gone to other government agencies, including a Huff loader, back hoe, snow blower, and compressor truck. Thus far, only a few items have not been picked up by other agencies or sold to the public. When GSA suggests that such items be thrown away, however, the Spokane team tries to recycle as many components as possible.

One small drawback to the excessing process is that it takes considerable time—usually 2 to 3 months—for supplies and equipment to be excessed through the GSA property system.

The Spokane campus in some ways is like a large family, and “Reduce, reuse, and recycle” is its mantra. These workers have always been champions for living green, so when they implemented this initiative there was no negative feedback.

Promoting Health and Wellness

SUSTAINABLE FOOD INITIATIVES

Discussion on Environmental and Economic Impacts of Food Waste

On America Recycles Day, Nov. 15, author Jonathan Bloom spoke to an audience at the Chamblee campus about the problem of food waste in America and its ethical, environmental and economic impacts. He outlined key points from his book *American Wasteland*, highlighting statistics that showed his audience just how rampant food waste has become. In hopes of inspiring some resource responsibility, Bloom also shared several strategies to reduce waste such as buying less, not using trays in cafeteria settings and using leftover food and ingredients.

HHS and GSA release Health and Sustainability Guidelines for Federal Concessions and Vending Operations

In March of 2011, HHS and the U.S. General Services Administration (GSA), with leadership from CDC personnel, released their collaborative Health and Sustainability Guidelines for Federal and Concessions and Vending Operations, developed to align food service with the 2010 Dietary Guidelines for Americans and intended to help maximize contractors' ability to offer healthy and sustainable food service. The guidelines focus on reducing sodium levels and on increasing the number of healthy choices available to customers, such as fruits and vegetables, whole grains and lean and vegetarian protein options. These policies also include important sustainability requirements to guide greener cafeteria and vending operations, such as participating in recycling and composting programs; promoting reusable beverage containers and tap water; offering a selection of organic, local or sustainably grown foods; and using compostable bio-based containers for single-serve items.

The Humphrey Café at HHS Headquarters in Washington, DC, was the first facility to fully implement the new guidelines, which resulted in an increase in lunchtime sales. MASO is now working with cafeteria vendors to implement the guidelines across CDC and has already initiated menu labeling, providing reusable plates and flatware and increasing availability of vegetable and fruit sides.

The Health and Sustainability Guidelines were named as a finalist in the third round of the HHS Innovates competition, which highlights novel endeavors throughout the Department.

Food Workgroup and Cafeteria Vendors Encourage Sustainable Dining Habits

As part of efforts to reduce CDC's contribution to food and materials waste, the Go Green, Get Healthy Food Workgroup has been working with cafeterias to facilitate sustainable dining. Throughout the year, the group promoted the use of reusable china and flatware by cafeteria patrons through screenshots and emails. The messages encouraged personnel to sit down and eat with real plates and utensils when possible to reduce the number of plastic items that are discarded. The cafeterias are also researching the donation of surplus food in order to reduce the amount of food going to landfills and to help those in need.

WORKSITE WELLNESS

Ticket to Change—Live. Serve. Connect.

During the months of October and November, the Go Green, Get Healthy Worksite Wellness Workgroup sponsored Ticket to Change, a wellness and awareness campaign to help CDC employees improve their work experience by providing them a roadmap to jumpstart their decision to Live well, Serve the community and Connect with others through existing programs, events and activities.

More than 60 volunteers gave over 4,000 tickets to CDC employees across all CDC sites nationally. There were nearly 3,000 total web views during October 2010.

Ticket to Change Spotlight – Blacks In Government (BIG) “Walk Around the Square”

On November 12, Blacks in Government (BIG), an official CDC employee organization, partnered with the Go Green, Get Healthy (GGGH) Worksite Wellness Workgroup for the Ticket to Change campaign to encourage walking as a physical activity for all CDC employees. Before the Walk around the Square, a representative from the Big Peach Running Company was on hand to answer questions and provide vital information on proper walking shoes and attire for beginning and experienced walkers.

No Dress Code for Shoes

CDC personnel were encouraged to wear their athletic shoes to work during the week of December 13–17, in an effort to encourage physical activity and to get employees into the habit of walking during the work day.

Indoor Walking Routes

The Go Green, Get Healthy Worksite Wellness Workgroup, along with Lifestyle and the Office of Sustainability, teamed up to create indoor walking routes to help the CDC community meet their physical activity targets no matter what the weather is like. With the simple click of a mouse, personnel now have access to a safe walking route inside their office buildings, which they can use in rain, snow or shine.

PALA Challenge

The Presidential Active Lifestyle Award (PALA) Challenge is an HHS-wide initiative to promote physical activity among all employees. CDC placed 1st in the HHS Large Operating Divisions, with 1,041 CDC staff members logging at least 30 minutes of physical activity, five days a week, for at least six weeks this summer.

NCHHSTP “Let’s Move” Flash Mobs

In conjunction with the PALA Challenge, CDC personnel participated in a series of “Let’s Move” flash mobs modeled after Michelle Obama’s Let’s Move campaign. Started by enthusiastic staff from the National Center for HIV/AIDS, Viral Hepatitis, STD and TB Prevention (NCHHSTP) on the Corporate Square Campus, the excitement spread to other CDC campuses in Atlanta, including Roybal, Chamblee, University Office Park and Century Center.

Flash mob volunteer leaders at various CDC campuses conducted dance practice during lunch breaks and after hours. This peer-led initiative was an innovative way to promote worksite wellness, motivate individuals to engage in physical activity, provide an opportunity to explore dance as a sustainable and fun form of exercise and encourage personnel to work towards meeting their PALA Challenge goals. The initiative concluded with the CDC/ATSDR Let’s Move Rally, sponsored by NCHHSTP; the Office of Safety, Health and Environment (OSHE); the Go Green, Get Healthy Worksite Wellness Workgroup and the Office of Sustainability. This event brought together over 100 participants, volunteers and employee organizations from around the Agency to perform the dance collectively and celebrate the end of the PALA Challenge.

Stair Walk

CDC employees in Atlanta celebrated Federal Fitness Month in May by participating in a Stair Walk with CDC Director Dr. Tom Frieden. The event included a group exercise demonstration, a blood pressure check station and a health fair. The stair walk was held in conjunction with the HHS PALA Challenge in an effort to promote physical activity at work. Event sponsors included Employee Communications/CDC Connects (Office of Associate Director for Communication); Office of Women’s Health; Office of Diversity Management and Equal Employment Opportunity; Office of Safety, Health and Environment and Office of Sustainability.

Make a Date with Your Heart

In February 2011, the Go Green, Get Healthy Worksite Wellness Workgroup helped to promote “Make a Date with Your Heart,” co-sponsored with the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) Division for Heart Disease and Stroke Prevention, Office of Women’s Health, OSHE Lifestyle and SHARE. The two-hour event focused on heart health and gave participants the opportunity to have blood pressure measured, dance in a blood-pumping Zumba class and take mini-seminars to learn about practical ways to achieve a heart-healthy lifestyle.

Focus on the Foot

The Office of Safety, Health and the Environment's Lifestyle Program presented a three-part series entitled "Focus on the Foot." Panelist and speakers discussed proper shoe fit, the type of footwear needed for various physical activities, injury prevention and trends in athletic shoes.

Leading, Communicating and Engaging the Community

An integral part of the lead, communicate and engage goal is to foster an environment to incubate sustainable ideas. Innovation is a key driver for CDC's sustainability efforts and includes strategies such as acquiring new technologies and rethinking our existing operational systems to reduce their impact on the environment. Innovation is fostered by providing a framework that allows for idea sharing, barrier break-down and celebration of successes.

GREENING GOVERNMENT FORUM

White House Council on Environmental Quality visits CDC

On March 17, Federal Environmental Executive Michelle Moore visited CDC to listen to federal partners and discuss sustainability directives. Ms. Moore met with CDC sustainability stakeholders including Liz York, CDC's Chief Sustainability Officer, business services leadership and sustainability goal managers. The group discussed successes and challenges in making Agency operations more sustainable.

In an open session, Ms. Moore addressed a crowd of federal personnel engaged in sustainability from a spectrum of departments and agencies. Moore deemed the Government's first Greenhouse Gas Inventory a success and a key step in being able to manage our environmental impact. She added, "If you aren't keeping score, you're not playing the game." Moore encouraged agencies to continue to work toward collecting strong data and achieving targets set by executive orders.

The day concluded with a Greening the Supply Chain session hosted by the U.S. General Services Administration (GSA). GSA Region IV Administrator Shyam Reddy reported on the work GSA is doing to help the government, and the country, move toward a clean-energy economy. GSA also presented the GreenGov Supply Chain partnership and explained how involving small businesses is key to achieving sustainability goals.

NCEH ENVIRONMENTAL HEALTH FILM FESTIVAL

In September 2011, NCEH screened the first title in its ongoing Environmental Health Film Festival. On "Film Festival Fridays," held once a month from September through December, CDC/ATSDR personnel were invited to visit Chamblee campus during lunchtime hours to enjoy a screening of an environmentally focused film that involved ATSDR work. The initiative is intended to provide attendees with a creative means of learning about environmental issues as well as to help them expand their horizons. Titles included the HBO documentary *Mann v. Ford*, which focuses on toxic waste dumping in the mountains of New Jersey, and *9/11*, which documented the World Trade Center attacks on September 11, 2001. The group plans to continue the festival into 2012.

POWER IT DOWN AND AUTOMATIC SHUTOFFS

Power IT Down day encourages HHS personnel to shut down their non-mission-critical desktop equipment for the weekend, which contributes to energy savings and cost savings. CDC participated in the fourth annual HHS Power IT Down day on Friday, August 26, 2011, with 8906 individuals taking part, the highest of any operating division. The high participation was made possible this day and every work day through an automatic shut off of the majority of CDC's network computers.

CDC CELEBRATES EARTH WEEK IN APRIL

As part of the Agency's yearly commitment to celebrating Earth Day on April 22nd, CDC held Earth Week: A Billion Acts of Green. The festivities, lasting from April 18th to 22nd, featured events aimed towards encouraging personnel to make sustainable lifestyle choices. Events included 1-mile Earth Walks across 17 CDC campuses, secure paper shredding and recycling, and

electronics recycling, which collected more than 417 pounds of CDs, batteries, floppy discs and videotapes. To contribute even further to this year's national theme, "A Billion Acts of Green," participants were encouraged to carpool to Earth Day events and were also provided with brochures on sustainability at each event.

Earth Week also marked the launch of a Healthy Planet podcast on CDC.gov as well as the Green and Healthy Challenge, an online survey tool that helps CDC personnel assess their behavior and learn how to better incorporate sustainability into their work-life.

ENGAGING THE COMMUNITY

Throughout the year, the Office of Sustainability hit the streets to reach out to the CDC community, as well as to employees at other federal agencies. Staff set up tables with promotional materials at the Office of Safety, Health and the Environment's Walk and Talks, the Office of Women's Health Wellness Fair, the CDC Stair Walk, the Earth Walks and the HHS Federal Health and Wellness Awareness Event. Materials shared include recipe cards for non-toxic cleaning solutions, brochures on each of the Go Green, Get Healthy workgroups, and other event specific messaging.

CDC promoted energy awareness through a series of interactive posters that related CDC's energy use to comparable carbon dioxide energy equivalents from cities, number of homes and depletion of forest acreage. CDC personnel viewed the posters in cafeterias, building lobbies, and at sustainability events.

The Go Green, Get Healthy intranet site featured information relevant to each workgroup, a monthly sustainability star, and information about and recordings of sustainability events. Short videos promoting energy conservation and water conservation were also featured on the site. Over 650 CDC personnel stayed engaged with CDC sustainability efforts by receiving the Sustainability Review, a monthly newsletter with information regarding CDC's sustainability initiatives.

OUTREACH

CDC.gov features

Over the last year, CDC published several feature stories on the cdc.gov homepage regarding sustainability and environmental health topics.

- [Green and Healthy New Year 2011](#)
- [Greener Meetings are Healthier Meetings](#)
- [Earth Day 2011: It's Easy Being Green](#)
- [World Water Day](#)
- [Changing Climate and Public Health](#)
- [Healthy Community Design](#)
- [Environmental Public Health Tracking Network](#)
- [ATSDR's Toxic Substances Web Portal](#)

Healthy Planet Podcast

To commemorate Earth Day 2011, Liz York, CDC's Chief Sustainability Officer, released the Supporting a Healthy Planet Podcast, to discuss tips for environmental stewardship. The podcast received over 1,000 hits.

Green and Healthy Challenge

This April, in conjunction with its annual Earth Week celebration, the Office of Sustainability launched an interactive online assessment, the Green and Healthy Challenge. This web-based assessment aims to guide CDC employees toward making choices that will help them and CDC become greener and healthier.

The Green and Healthy Challenge consists of two components: an assessment and a challenge. The assessment section features a variety of questions regarding actions and awareness relevant to green and healthy programs, services and habits. It also allows personnel to compare their results to those of other CDC employees. The challenge portion offers users customized tips and challenges, tailoring suggestions to participants' lifestyles according to their performance in the assessment. This section allows

the user to select up to five challenges to take in an effort to develop greener and healthier behaviors, each of which is accompanied by helpful tips and resources. To engage CDC personnel in green behavior and lifestyle changes, the Green and Healthy Challenge encourages participants to make a commitment and track their progress over time, offering new challenges each time one is completed.

The assessment was added as a permanent tool to CDC's internal administration systems site for access at any time by CDC personnel.

Twitter

Each weekday, the Office of Sustainability tweets a short sustainability message to its 4,000+ followers. The CDC Green Healthy account is followed by other governmental agencies (EPA, GSA, Department of Interior, NIOSH, etc.) as well as the American public.

Follow us [@CDCGreenHealthy](#)

SPEAKING ENGAGEMENTS

CDC personnel had the opportunity to present at several conferences during the 2011 fiscal year, addressing a variety of topics from green buildings to sustainability initiatives. Each presentation communicated the importance of sustainability to appropriate audiences and to educate attendees regarding the inextricable link between environmental health and public health.

Healthier Federal Workers 2011:

[A New Symposium on the Health, Safety and Wellbeing of the Federal Workforce](#)

Sep 14-16, 2011, in Washington, DC, for health and wellness professionals

USGBC Government Summit

May 11, 2011, in Washington, DC

Animal Research Residency Program

May 2011

Labs21 2011 Annual Conference

September 20-22, 2011, in Providence, RI

AWARDS

CDC was acknowledged by many organizations throughout the year for its successful efforts to foster sustainable behavior in agency operations and among personnel. In addition to receiving many first-time awards, CDC also received several repeat recognitions for improving its green performance over last year. This is proof that CDC is dedicated not only to going green; but also devoted to going even greener. The awards include the following:

- [Model telework program](#), as named by Georgia Governor Nathan Deal
- [Clean Air Campaign](#): Platinum Level Partner, 2011 PACE Award in Government Champions- Federal Employer division
- [Clean Air Campaign](#): CSO Liz York, Telemanager of the Quarter
- [Federal Electronics Challenge](#): Federal Electronics Challenge Gold Award
- [GreenGov 2010 Presidential Award](#): Green Dream Team Award: Interagency Working Group on Climate Change and Health Team
- [HHS Innovates](#): Honorable Mention: HHS/GSA Federal Concessions Guidelines, developed with help from the Food Workgroup and OS
- [HHS Green Champions](#): Small Group Green Champions: Fort Collins Build Out, Roybal Campus Solar Lighting, Greenhouse Gas Inventory Reporting Program; Honorable Mentions: Katie Sobush, CDC Water Resource Management, Green Guidelines for Federal Concessions and Vending
- [Presidential Active Lifestyle Award \(PALA\)Challenge](#): HHS Large Operating Division PALA Challenge Champions
- [2010 CDC & ATSDR Honor Award](#): Excellence in Environmental Conservation to Maggie Byrne for leadership in the Chamblee campus "Take the Stairs" campaign, the NCEH/ATSDR conference and for her work regarding green meeting strategies and implementations

Looking Forward

In the coming months, CDC will continue to work toward the Agency goals of reducing greenhouse gas emissions, conserving resources, promoting health and wellness and leading, communicating and engaging the community. Planned initiatives include a virtual tour highlighting the sustainable features of the newly constructed Building 24, constructing an employee garden on the Chamblee campus, piloting a shared office space program known as hoteling and raising awareness about recycling programs for America Recycles Day. In the 2012 fiscal year, CDC will also host a utility energy services contract (UESC) workshop presented by the Federal Energy Management Program, a film screening and panel discussion on Food Day, and a Transportation Forum on public health and sustainability. The Agency will continue to progress toward our sustainability goals and to foster a healthy environment for the people of our nation.

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