

Sustainability Report 2022-2023

Our environmental commitment

Inova is the Northern Virginia and the Washington DC metropolitan area's leading nonprofit healthcare provider. As a nationally recognized healthcare sustainability leader, we know that accessibility to clean air, clean water, and nutritious foods contribute to healthier patients and a healthy community. We also understand the climate is changing with increases in weather-related events such as extreme heat, wildfires, inland hurricanes, flooding and poor air quality. These events affect public health, particularly within our most vulnerable communities, and we are proud to join many of our healthcare peers in addressing these challenges.

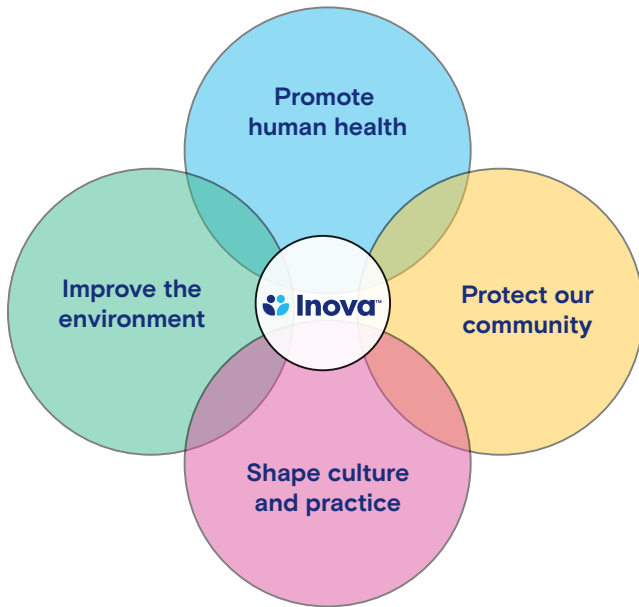
Inova's award winning sustainability program minimizes the environmental impact of our operations, while supporting our mission of providing high-quality healthcare to the community. The program is anchored in a series of guiding principles, including:

- Healthy people and healthy communities require a healthy environment
- Sustainability is an essential means by which we live Inova's mission, vision and values
- Our focus is to improve the health of our ecology, our patients, team members and communities
- We embrace an evolution of improvement with flexibility for incorporating emerging sustainability approaches and technologies
- Our decisions ensure high-quality, safe and continuous patient care without interruption to operations



Guiding principles

These guiding principles inform a set of organizational priorities depicted below.



This 2022/2023 sustainability report outlines our progress and accomplishments over the past two years, and guides our work moving forward.

A note on climate change

An increase in extreme weather events due to climate change affects human health both directly—through illness and injury, and indirectly—through damage to infrastructure that can disrupt access to healthcare and other vital services. During the summer of 2023, smoke from wildfires in Canada blanketed large parts of the Eastern United States, including Northern Virginia. The smoke posed a threat to respiratory and cardiovascular health, exacerbating conditions such as asthma, bronchitis, and heart disease. Air quality in the region reached hazardous levels, triggering air quality alerts and prompting local health officials to advise residents to limit outdoor activities.

The health toll from this smoke was reflected in an increase in hospitalizations for respiratory and cardiovascular issues. According to the Center for Disease Control's (CDCs) Morbidity and Mortality Weekly Report (MMWR), August 25, 2023, Emergency

Department visits for asthma were 17% higher than expected during 19 days of wildfire smoke that occurred during April–August 2023. Outdoor workers are typically hit hardest during these events, suffering both health and financial impacts associated with lost wages due to sick days or limited work productivity. The health and economic consequences of wildfire smoke illustrate how climate change is not just an environmental challenge, but also a public health and economic issue.

Inova is implementing a series of climate mitigation practices including energy and water conservation, waste reduction, alternative commuting offerings, greener supply chain practices, and new construction frameworks that are all highlighted in this report. As part of the Eastern Region development, Inova has pledged to procure 100% renewable electricity from Dominion Energy for all new hospitals and medical office buildings moving forward. A renewable energy purchase was piloted at Inova Alexandria Hospital as a first step to decarbonizing our facilities and will serve as a model for all new facilities moving forward.

Inova will continue to investigate opportunities to reduce our climate and environmental impacts while at the same time, provide the community with exceptional world class healthcare. These aims are complementary of one another and will lead to a healthier and more prosperous reality for all.

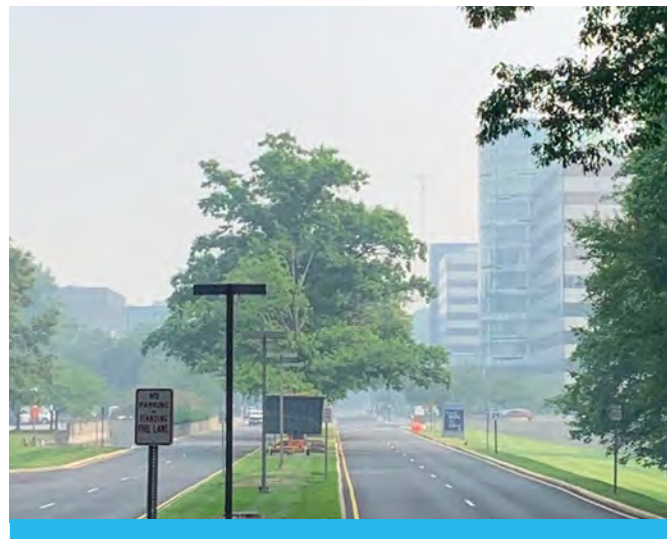


Image of wildfire smoke that affected our region in the summer of 2023

Priority 1: Promote human health

At Inova, the health of our patients and team members is our number one priority. We create and maintain healthy spaces with a proactive approach to design and materials. Healthy food options are another key health promotion strategy, as well as alternative commuting opportunities for all.

Prioritizing indoor air quality

The way we design, build and operate our healthcare facilities impacts the health of the planet as well as the health of those working and healing in those spaces. The Eastern Region sustainability framework developed in 2021, requires all new building projects to meet a series of metrics that support community, patient and environmental health.

- All new Inova building projects and renovations must meet or exceed Leadership in Energy & Environmental Design (LEED) Silver certification levels
- Inova has five LEED certified projects across the system, with many more projects that include various LEED elements and new projects currently under construction
- Flooring, drywall, ceiling tiles, paint and furniture must also now meet third-party green certification requirements
- More than 80% of the chemicals used to clean and sanitize Inova facilities are also third-party green certified

Offering healthy and sustainable food options

Inova prioritizes sourcing sustainable and locally produced food, environmentally-friendly foodware, cleaning products and pantry items that benefit both consumers and the environment.

- In 2022 and 2023, 19% of our food spend was directed to local and sustainable options
- All Styrofoam food containers and plastic straws have been removed from our retail operations
- All hospital cafeterias include farmers market tables during the growing season
- Food services team members mark Earth Day and conduct educational campaigns throughout the year
- Our Community Supported Agriculture (CSA) program partners with 4P Foods to distribute weekly groceries responsibly sourced from independent farmers in our region and is available to team members



In 2022 and 2023, more than 3,000 CSA orders were placed



Promoting alternative transportation

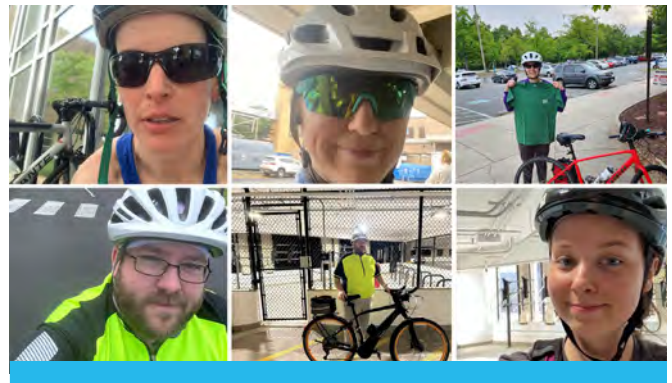
To reduce carbon emissions, Inova actively promotes environmentally friendly transportation options and telehealth visits for patients and team members.

- Flexible work schedules and telework
- Pretax payroll deductions for commuting expenses
- Free Metro and commuter shuttles from Inova Fairfax Hospital
- Bike racks, storage lockers and showers for cyclists
- Preferred parking spots for team members who carpool
- Electric vehicle charging stations at multiple locations
- Hosting events such as Bike to Work Day to promote and reward team members that use alternative transportation to commute to work

In addition, the sustainability team administers annual commuter surveys at multiple hospitals to better understand team member challenges and opportunities related to commuting to work. This feedback informs recommendations on future commuting programs and services.



Electric vehicle charging stations at Inova Center for Personalized Health



Inova team members sharing selfies on Bike to Work Day



Inova team members took more than 40,000 shuttle trips in 2023



In 2023, Inova logged more than 200,000 telehealth visits

Priority 2: Improve the environment

Environmental stewardship is the focal point of our work to reduce pollution and minimize our operational impact. Because hospitals use large amounts of energy and generate substantial waste, we have implemented system-wide conservation and greening initiatives that promote community and environmental health.

Energy and water improvements

Around-the-clock patient care and operations require significant energy and water usage. Through a variety of conservation measures, Inova has made targeted reductions since 2019.

- Deployment of various energy conservation measures (ECM) including LED lighting projects, steam system repairs and central plant control upgrades
- A decarbonization study yielding ECM strategies to implement moving forward
- Adoption of new energy use intensity (EUI) targets for all new construction based on building type (e.g. hospitals, medical office buildings, mixed-use projects)
- Installation of low-flow plumbing fixtures and water-efficient options in all renovations
- Educational campaigns to promote water conservation among team members and patients

Innovative waste management

Proper waste management reduces both environmental impact and operational costs. At Inova, hospital waste is segregated into categories including hazardous waste, regulated medical waste, solid waste and recycling. Each waste stream adheres to various federal, state and local regulations, which affects disposal options. Our system-wide focus on “reduce, reuse and recycle” has driven the following accomplishments:

- Recycled 6.8 million pounds of cardboard, paper, plastic bottles and beverage containers
- Diverted more than 118,160 pounds of compression sleeves, lead wires, pulse-ox sensors and surgical devices from the waste stream
- Reduced regulated medical waste by approximately 12% per patient
- Continued to reduce hazardous waste to below the target threshold of 1% of the overall waste stream
- Launched an effort to remove plastic water bottles from all non-retail areas

Food waste spotlight

Following a pilot project to reduce Inova’s food waste stream, the sustainability team launched an upgraded program in 2023, phasing in collections at four hospitals with full implementation in 2024.



Inova hospitals have diverted 23,770 pounds of organic waste from landfills and local incinerators

Priority 3: Protect our community

Inova's sustainability program protects the health of the communities we serve by addressing environmental challenges. Investing in resilient, efficient buildings improves air quality and reduces health risks associated with pollution. Our sustainable procurement programs are key to avoiding disruptions and supply shortages, as well as preventing harmful pollutants from entering local ecosystems. Together, these efforts demonstrate our dedication to creating a healthier community.

Investing in resilient facilities

Inova is committed to building and operating resilient facilities that can withstand emergencies and ensure safe and continuous patient care. Our sustainability framework, developed in 2021, ensures all new projects feature enhanced ventilation, robust back-up systems, advanced energy efficiency measures and renewable energy sourcing. These efforts not only reduce pollution but also reallocate vital space on the local electric grid. In addition, locally sourced building materials further reduce Inova's environmental footprint.

Sustainable procurement

Inova's sustainable supply chain program extends to all facets of our everyday operations. We source:

- Eco-friendly products from printing paper to office supplies, cups, utensils and wooden coffee stirrers in staff lounges
- Clinical products, including tubing, IV bags, breast pumps and furnishings that are free from dangerous chemicals and flame retardants
- Specific surgical devices that can be reprocessed or recycled
- Electronics such as computers, laptops and printers that meet third-party energy and environmental standards
- Team member suggestions to reduce the use of disposable medical supplies



Reducing our carbon footprint

Anesthesia gas use is foundational to providing world-class healthcare. It also contributes to climate change, causing unintended impacts to human health. A few years ago, Inova team members began discussing how to reduce the environmental impact of anesthesia gas use while at the same time, maintaining our commitment to quality. Several strategies were discussed and a focus on three key areas emerged:

- Reducing fresh gas flow rates so they were better aligned with the surgical procedure
- Considering alternatives to Desflurane, the most expensive and potent contributor to greenhouse gas emissions, so long as there was no difference in clinical outcomes
- Reviewing supplier contracts to maximize cost savings and reduce waste



From 2021 to 2023, a reduction in anesthesia gas purchases contributed to a decline in carbon emissions by more than 1,000 metric tons of CO₂ equivalent

Priority 4: Shape culture and practice

By embedding sustainable practices into our daily operations, we not only reduce our environmental impact but also shape a workplace that values innovation, collaboration and care for the planet. This work inspires team members to lead by example and drive positive change within and beyond the workplace.

Engaging team members

To encourage team members to become more engaged with the environment, the sustainability team hosts events throughout the year. These include:

- **Tree sapling giveaways** – distribute up to 1,000 native tree saplings annually to help replenish the local tree canopy
- **Commuter challenges** – events such as Bike to Work Day challenge team members to stop driving to work alone
- **Clean-up collaboration** – team members participate in community events to remove litter from local watersheds, and organize similar clean-ups among themselves



Inova team members volunteering at a stream cleanup in Fairfax

A healthcare sustainability leader

Inova's sustainability team engages with colleagues and the community via:

- Annual transportation surveys
- Monthly newsletters
- Internal and external websites
- Social media posts
- System-wide efforts led by Inova's Sustainability Leadership Council
- Participating in regional initiatives including Fairfax County's Community-wide Energy and Climate Action Plan



In 2023, Inova Loudoun Hospital received the Best Workplace for Commuters award from @CUTRUSF, the Center for Urban Transportation Research at the University of South Florida. The award recognizes employers who offer environmentally-friendly commuting programs and choices