



MedStar Health

MedStar Washington Hospital Center

Increasing Physical Activity Through Collaboration

MedStar Washington Hospital Center is excited to offer our community members options for maintaining active and healthy lifestyles. According to the Surgeon General, regular physical activity is one of the most significant ways that people of all ages can improve their health. In partnership with the D.C. Department of Parks and Recreation, we offer a free Community Aerobics Class twice a week at North Michigan Park Recreation Center, open to anyone who would like to come. This low-impact session combines stretching, cardiovascular exercise and lightweight work with dance moves. The benefits of regular physical activity are numerous including weight loss, reduction of high blood pressure and high cholesterol levels, and the prevention or management of diabetes. Strengthening and recovery from an injury were the main reason Violet Jackson, 64, started the class.



Letter From the President

It is a pleasure to share our annual Report to the Community, focusing this year on an important element of health—exercise. As the largest provider of healthcare in the region, we know what a difference a healthy lifestyle can make in both preventing and managing illness.

The benefits of exercise are almost endless. It can help you control your blood pressure, cholesterol, glucose and weight, and it can help reduce stress, increase energy and improve your outlook. We encourage you to take advantage of the programs we offer to build activity into your daily life, and we wish you a healthy 2017.

Sincerely,

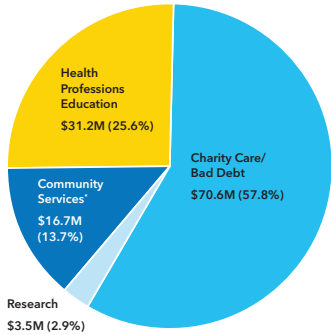
A handwritten signature in black ink that reads "John Sullivan".

John Sullivan
President

"I think it's great to have a free exercise class right here in my neighborhood. I especially, appreciate that the instructor adapts the exercise to meet the needs of each participants' fitness levels."

We are happy to offer these programs as our way of extending care for our community beyond the walls of the hospital.

Total Community Benefit 2016: \$122.0M



*Includes subsidies, community health improvement services, community building activities, financial contributions and community benefit operations.

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Walking with a Doc Promotes a Healthier Community

Another way that MedStar Washington Hospital Center demonstrates its commitment to community health is by providing programs that would otherwise be absent. Such is the case with the Walk with a Doc program, a national effort aimed at reversing the consequences of a sedentary lifestyle. As the only Washington, D.C. chapter of the program, MWHC recognizes the program's wide-reaching benefits on both physical and mental health. Walk with a Doc provides not only the opportunity for members of the community to come together but also the opportunity to improve the connection between community members and health providers. Two MedStar Washington Hospital Center providers, Dr. Patricia Davidson and Dr. Richard Benson, lead sessions every first Saturday of the month. Immediately before the walk, the doctors briefly discuss the evidence, which supports participating in a regular physical activity like how brisk walking is associated with lower rates of cardiovascular disease, stroke, diabetes, obesity, and certain forms of cancer. "I prescribe physical activity to my patients, but by actually walking with them, I am leading by example," said Dr. Davidson. Participating since the first walk nearly a year ago, Marva Marsh, explains, "I walk with the doctors for my personal fitness benefit. As a healthcare provider, I have gathered tremendous data, advice, and recommendations to share with my patients about making positive lifestyle changes. Also for me, it's free social engagement without social media!"

This program was only offered during FY16/FY17.

