



MedStar Georgetown University Hospital

Breaking the Dangerous Cycle of Childhood Obesity

Obesity in childhood casts a shadow across a lifetime. When obesity continues into adulthood, it is likely to cause a litany of health problems. In the Washington, D.C., region, one in three children is overweight or obese—a persistent problem that craves innovative solutions.

The 25-year history of the MedStar Georgetown Community Pediatrics program, KIDS Mobile Medical Clinic/Ronald MacDonald Care Mobile, has proven the value of taking healthcare services on the road and into neighborhoods. Generations of children have depended on the clinic on wheels for critical primary care services. In 2014, the mobile health clinic initiated a healthy weight management program for patients.

Last year, Fun In Teaching Nutrition and Exercise to Successful Students (FITNESS) launched a multidisciplinary approach to help stem the tide of obesity and improve the health and lives of D.C.-area kids and their families through its second mobile care program. FITNESS uses a whole child, whole school, and whole community model to engage children and their families, schools, and communities in creating a sustainable culture of health.

Created in partnership with Ronald McDonald House Charities of Greater Washington, DC, the FITNESS program is led by a multidisciplinary team of experts from MedStar Georgetown University Hospital, including a pediatrician, an exercise physiologist, a registered dietitian, and a community health educator. Services are delivered via a mobile medical

Letter From the President

Throughout our hospital's long history, community service has been a linchpin of our mission, deeply rooted in the strong Jesuit tradition in which this institution was founded—and that continues to inspire us today. *Cura personalis* (care of the whole person) guides all that we do.

This report highlights one of our newest endeavors—reducing the threat of obesity to our community's children. Our Fun in Teaching Nutrition and Exercise to Successful Students (FITNESS) program reaches area schools, its students, and their parents to encourage healthy eating and physical activity. It has been an exciting first year effort, and we are proud of those families that have made great strides toward a better future.

Sincerely,

Michael C. Sachtleben

President, MedStar Georgetown University Hospital
Senior Vice President, MedStar Health

unit directly on-site at schools and other locations in the community. The comprehensive healthy weight management program includes nutrition and physical activity counseling, medical assessments and best practices, and patient-centered medical management.

In the 2017-2018 school year, FITNESS implemented partnerships with four D.C. schools to create healthy, sustainable behavioral change in nutrition and physical activity. Among the 1,420 students screened by our team,

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525 had a body mass index at or above the 85th percentile, and so our team equipped them and their families with healthy weight management tools. Sixteen families that could benefit from additional support were enrolled in more intensive nutrition and physical activity counseling.

Over 200 participants (73 families) from Barnard Elementary School and KIPP DC Heights and AIM academies joined at two FIT2Order Family Fit nights for a celebration of wellness, exercise, sports, dance, and nutritious eating—and set the stage for a healthier and happier future.

At Neval Thomas Elementary School, FITNESS partnered with the Reebok Foundation’s BOKS (Build Our Kids’ Success) program to implement a free, before-school physical activity program. More than 36 kids participated in BOKS during this school year—moving their bodies and opening their minds to a day of learning.

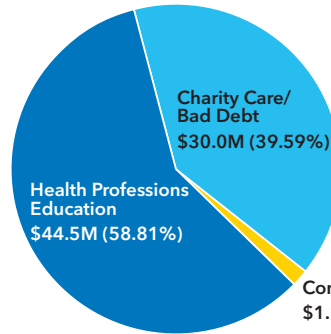
Parents were engaged as well. The Share our Strength’s Cooking Matters program, implemented at KIPP DC Heights Academy and Barnard Elementary School, earned rave reviews. Parents got together for six weeks to learn how to read nutrition information, shop smarter, and cook delicious, affordable, and healthy meals for their families.

Norlene Powell, a Barnard Elementary mom says the class inspired her to provide healthier meals for her family. “As a result of your Cooking Matters class, my husband, son, and myself eat brown rice opposed to white rice,” she says. Powell also now adds veggies to her egg dishes and has made changes to her many other food selections at the grocery store. KIPP parent Lakisha McKeever also gave the experience two thumbs up. “This class has taught me how to eat healthier,” she says.

Following the success of its inaugural year, FITNESS hopes to work with new schools in 2018 and continue to expand into neighborhoods throughout D.C., Maryland, and Virginia.

To learn more about MedStar Health’s programs and initiatives across Maryland and the Washington, D.C., region that are contributing to healthier communities, visit MedStarHealth.org/CommunityHealth.

2017 Community Benefit Contribution: \$75.6M



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

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