



MedStar Health

MedStar Georgetown University Hospital

Adolescent Nutrition Education

Childhood and adolescent obesity has become a major health problem in the United States. Obesity during childhood often carries into adulthood when it is associated with a wide range of health problems including heart disease, type 2 diabetes, stroke, several types of cancer, osteoarthritis and premature death. The Community Pediatric Department at MedStar Georgetown University Hospital is committed to helping adolescents and their families educate themselves on nutritional and emotional health to reduce and prevent obesity within the community.

Members of the Community Pediatric staff held eight lectures at Chavez Prep Middle School to increase knowledge surrounding holistic wellness with a focus on obesity. Lecture topics included: diet, access to care, education, family and social support, community safety and physical activity. A group of over 150 participants including students, family members and teachers participated in the event each week with the two biggest lecture attendances being Fitness and Nutrition day and Emotional Health day.

At the conclusion of the lecture series, the Community Pediatric Department held a Family FIT event at Chavez Prep Middle School where participants applied their nutrition and physical activity knowledge in various activities and games.

Letter From the President

Since our hospital's beginning in 1898, we remain rooted in the Jesuit tradition of *cura personalis*—care of the whole person. This tradition guides us as we provide charity care and continually reinvest in community-based health services. Some of our offerings include:

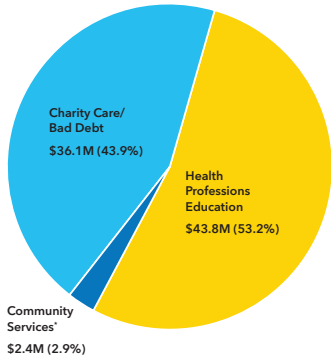
- **The Kids Mobile Medical Clinic/Ronald McDonald Care Mobile** providing medical and behavioral care to more than 44,000 children and adolescents
- **School-based medical clinics at Anacostia Senior High School and Theodore Roosevelt High School** providing students with health services including: physicals, sick visits, mental health services, immunizations and substance abuse guidance.
- Several MedStar Georgetown University Hospital physicians volunteer at the **HOYA Clinic in Southeast D.C.**, a partnership with Georgetown University and the D.C. community providing free health care to underserved and uninsured people.

We take great pride in providing these and other health benefits to our community. Thank you for supporting these efforts as we deliver on our mission of caring for the whole person.

Sincerely,

Michael C. Sachtleben
President, MedStar Georgetown University Hospital
Senior Vice President, MedStar Health

Total Community Benefit 2016: \$82.4M



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

MedStar Community Pediatrics Opens Student Health Center at Roosevelt HS

In partnership with the District of Columbia Department of Health, MedStar Health has opened a School-Based Health Center (SBHC) at Theodore Roosevelt High School in Northwest Washington, DC. Roosevelt High School became the second MedStar-affiliated SBHC, opening its doors in January this year.

The services provided at Roosevelt High School include: physicals, sick visits, health education, general lab testing, mental health services, immunizations, HIV testing, minor wound care and substance abuse guidance and intervention. The SBHC is open to all students of Roosevelt High School, Roosevelt STAY High School, and the high school day care.

According to the School-Based Health Alliance in Washington, DC, school-based health centers are an influential factor in the reduction of barriers to healthcare access for students, who might otherwise not get medical care due to their healthcare status or personal financial constraints. Healthcare made accessible at school also eliminates the need to miss classes in order to get care, which reduces absenteeism, positively impacts student performance and greatly improves the day-to-day quality of life for young people in our community.

"The RSHC saved me many trips to the ER and helped me feel better in a time when I didn't have anyone else to call," said student Sindy Hernandez. "I am very happy they are in the school every day."

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