



MedStar Harbor Hospital

Learning to Eat Well for Better Health

A well-balanced diet is a key component of good health and well-being. Yet, in Baltimore City, many residents live in areas with limited access to healthy foods and fresh produce. MedStar Harbor Hospital joined the Baltimore City Health Department's Baltimarket initiative to help residents improve their knowledge of the role food plays in physical health and increase the skills needed to combat access to health food.

In partnership with the American Heart Association, local schools, the Cherry Hill Community Action Partnership, and Cherry Hill Senior Manor, we are working to improve our community's health and wellness through nutritional education and outreach. In 2017, MedStar Harbor Hospital hosted 10 educational workshops for local students and their parents, reaching 175 individuals. We also offered healthy-cooking demonstrations at the American Heart Association and during three community events, and distributed nutritional information about healthy foods to more than 500 people. In addition, dietitians from MedStar Harbor educated interested participants on eating to prevent diabetes and other chronic health conditions. By year's end, we exceeded our goal for the number of people educated about healthy eating.

Letter From the President

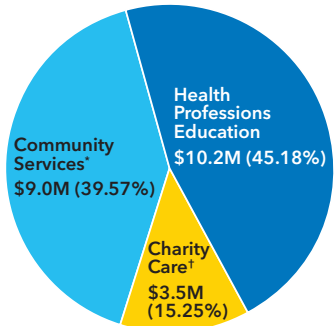
I am honored to present MedStar Harbor Hospital's 2017 Report to the Community, which highlights the work we are doing to improve the health of the communities we serve. As a not-for-profit hospital, we are committed to making sure all area residents, particularly the most vulnerable, have access to the services and resources they need to help them live healthier lives. While there are still health disparities that need to be addressed through programs like the ones described in this brief report, we are helping to make a difference.

Sincerely,

Stuart M. Levine, MD, FACP
President and Chief Medical Officer
MedStar Harbor Hospital

In Baltimore City, as in many other American cities, limited access to healthy food options is a challenge for low-income residents.

Total Community Benefit 2017: \$22.6M



*Includes Medicaid assessments

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

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Ensuring Youth Have Access to Care

Many youth in Baltimore City do not receive essential healthcare services, due in part to barriers like insurance and accessibility. One of the ways MedStar Harbor Hospital is helping to improve access to pediatric care is through the Baltimore City Health Department's School-Based Health Centers (SBHC) program, which provides students access to convenient, comprehensive health services in a caring, non-judgmental environment.

John Irwin, MD, a pediatrician with MedStar Harbor Pediatrics, and just one of the providers in the program, says, "Going where the children and youth are eliminates barriers to care, such as lack of insurance and transportation, inconvenient appointment times, parental loss of work time, and apprehension about discussing health issues."

Every Thursday, Dr. Irwin cares for students with a broad range of medical needs at the Dr. Carter G. Woodson Elementary/Middle School and the adjacent New Era High School in Cherry Hill. Depending on the time of year, Dr. Irwin sees up to 10 students a day. "A lot of these young people have serious conditions such as obesity, diabetes, and asthma," Dr. Irwin notes. "If we weren't in the schools, many students would go untreated. Through the SBHCs, we are able to provide them coordinated care—including preventive services—on a regular basis."

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.

