Dear Friends,

One of the highlights of 2016 for all of us at the Institute was the opening of the Green Road, a healing woodland oasis for those receiving and giving care at the Walter Reed National Military Medical Center (page 14). This project epitomizes what the Institute is all about: bold ideas for transforming health. The Green Road takes on a thorny challenge, one faced by wounded service members and so many other individuals—recovery from severe pain and trauma—and offers a novel approach to support healing. As visitors to the Green Road share their reflections in notebooks tucked under its benches, we’re witnessing the incredible therapeutic value of time spent in nature.

However moving and meaningful these stories are, we recognize that objective data is vital. We are now moving into the next phase of the project, once again pushing the boundaries, this time of science. We have tasked our team of leading researchers to use an advanced set of biometrics to evaluate whole-person healing, something that has never been done before. As the Green Road project continues to evolve, it is evidence of a big idea with big potential impact—not only to transform health care environments, both military and civilian—but also our neighborhoods and cities.

I would like to recognize the collaborative outpouring of love and generosity that has made the Green Road possible and that will continue to ensure its long-term service to those in need. We are fortunate to have the backing of all sections of the military, the involvement of numerous service members, and a dedicated committee of private citizens and veterans. Teams of volunteers helped put the finishing touches on the two-acre site, using trees and supplies donated by multiple businesses. Four universities are involved with the research, and many individuals, businesses, and foundations are providing generous funding. We are deeply appreciative of all this support.

As you explore our annual report, we hope you’ll be inspired by the many innovative ideas being put into action to help people achieve optimal health and well-being. Please become part of our collective effort to create the future of health. Follow us on social media, sign up for our classes and volunteer groups, and donate to help advance our many initiatives. To your good health!

Brian Berman, MD
Founder and President
The Institute for Integrative Health was created to pursue bold ideas that will help people achieve optimal wellness throughout their lives and advance whole-person care, especially for those who are sick. Challenging the status quo, we bring together the brightest minds across institutions and fields to catalyze game-changing solutions and insights that will help ignite an epidemic of health.

WHAT DETERMINES YOUR HEALTH?

- **GENES**
- **BEHAVIOR**
- **ENVIRONMENT**
- **HEALTH CARE**
- **SOCIO-ECONOMIC FACTORS**
- **PUBLIC POLICY**
- **SCIENTIFIC EVIDENCE**

**THESE FACTORS SHAPE THE DETERMINANTS OF HEALTH**

20%  
50%  
20%  
10%  

HOW WE’RE CREATING THE FUTURE OF HEALTH

The Institute develops programs that empower people to create healthy lifestyles. We measure the impact of these programs. pages 10, 16

We support research that examines how environmental factors shape health, such as the impact of lighting and exposure to nature and art. pages 9, 14, 16

We advance model healing environments and initiatives to strengthen patient-caregiver relationships. We educate professionals about healing approaches and how to measure their effectiveness. pages 12, 18

We convene forums to understand the socio-economic roots of health disparities and collaborate on strategies to reduce them. page 8

We enable projects that improve policymakers’ knowledge of community health issues and how integrative strategies can address them. page 7

We support pioneering projects that bear evidence about the nature of health and healing, and produce novel methods for scientific discovery. pages 6, 16
2016 HIGHLIGHTS

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New technologies for better decisions page 6
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800 class participants page 12
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THE INSTITUTE FOR INTEGRATIVE HEALTH
Discovering the healing journey page 17
The future of health is built upon discoveries and innovations that spring from multidisciplinary dialogue. Cross-pollinating ideas is a key aim of the Institute’s Scholars and Fellows Program, which assembles a diverse international network of accomplished and emerging visionaries. In addition to fostering their collaborations, the Institute provides Scholars and Fellows with the freedom and resources to take their work in new, pioneering directions.

Scholar David Lary, PhD, is creating new sensors to detect particulates, such as pollen and pollutants, and collecting air-quality data to inform asthma sufferers and others about local conditions.

Fellow Andrew Ahn, MD, MPH, is using computational analysis to synthesize biological signal patterns, such as heart beat and blood pressure, to develop a whole-body health diagnostic.

Fellow Kirstin Aschbacher, PhD, is informing the design of Jawbone, Inc.’s wearable devices, which serve as virtual health coaches by tracking and communicating information about sleep quality, heart rate, and activity.

Our Scholars and Fellows are also trailblazing new research approaches:

To understand mindfulness meditation’s impact on chronic disease, Fellow Jeffrey Greeson, PhD, MS, is studying whether inflammatory-related genes are affected by a mindfulness practice. He coined the term “mindful-omics” to describe this new area of study.

Scholar Richard Hammerschlag, PhD, as research director for the Consciousness Healing Initiative (CHI), continues to advance research on the physiology of biofield therapies, such as reiki. To introduce young scientists to this exciting work, we sponsored seven students to attend the inaugural CHI Summit, where thought-leaders, including Deepak Chopra, shared research and clinical perspectives in consciousness and healing, from cells to communities.

At the 2016 International Congress on Integrative Medicine and Health, Institute Scholar Steven Woolf, MD, MPH, presented on his Institute work, aimed at raising awareness among policymakers of the many factors outside of health care—particularly education and income—that shape health outcomes. Activities included meeting with Senators Barbara Mikulski, Mark Warner, and Bernie Sanders, briefing members of the U.S. House of Representatives Education and Workforce Committee, and testifying before the Senate Subcommittee on Primary Health and Aging.

Connecting the Dots Between Socioeconomic Factors and Health

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Convening Leaders to Improve Urban Youth Health

Social and economic factors largely define health outcomes, especially for urban and disadvantaged youth. In February, the Institute convened the Building Bridges, Defining Metrics forum to envision a new, integrative framework for program development and evaluation.

Over 40 professionals, including leaders in research, community programming, government, school administration, and philanthropic funding, gathered to identify strategies for building relationships with community residents, engaging policymakers, cultivating cross-sector collaborations, and designing innovative evaluation models. Outcomes were published in a forum report to inform new partnerships and programming.

Fostering Well-Being in Traumatized Communities

The Institute welcomed our newest Fellow, Carley Riley, MD, MPP, MHS, an intensive care pediatrician and assistant professor at Cincinnati Children’s Hospital Medical Center. Dr. Riley brings extensive experience developing multisectoral interventions to foster well-being in traumatized communities.

Lighting for The Future Of Health

The groundbreaking work of Scholar George “Bud” Brainard, PhD, on the health effects of light exposure was center stage at the inaugural Light City Baltimore Health Innovation Conference. The Institute presented a 70-minute expert panel, “Lighting for Health, Lighting for the Future,” inspiring the audience of 300 thought-leaders with new possibilities for using light to enhance human health in homes, workplaces, public spaces, and health care settings.

Looking Ahead

To catalyze bold ideas, the Institute plans to:

• Host a forum to define research priorities and develop tools for promoting arts engagement as an avenue for healing.
• Collaborate with the National Institutes of Health on a commissioned journal and a forum to identify the research needed to advance our understanding of the interrelated factors that impact health.
• Introduce an experiential Culinary Health and Medicine Program, giving physicians, patients, and the community new tools with which to learn nutrition-based approaches to healing and wellness.
• Launch the “Healing Experience” exhibit to showcase the outcomes of Scholar Paul Dieppe’s Institute-supported project examining the role of context and belief systems in significant healing experiences.
EMPOWERING PEOPLE FOR HEALTHY LIVES

The future of health is spouting from city soil tended by young leaders, and in classrooms where families learn to prepare healthy meals. The Institute’s Mission Thrive program models enable participants to develop skills and adopt healthy lifestyles. After evaluating and refining these models, we equip partners with tools so they can introduce them in their own communities.

Tackling Health Disparities

One in four Baltimore residents lives in a food desert, a condition that contributes to high rates of obesity and chronic illness. In 2016, our programs increased access to affordable healthy food by creating opportunities for participants to learn about local resources and prepare over 1,290 healthy meals for their families.

Finding Answers to a School Lunch Dilemma

The U.S. Department of Agriculture has begun offering our Spice MyPlate curriculum as a resource to schools who want to make vegetables more palatable to students. We’re now collaborating with the University of Maryland Center for Integrative Medicine and the McCormick Science Institute to evaluate whether the addition of spices and herbs to the National School Lunch Program can increase vegetable intake at an urban high school.

Showcasing our Summer Learning Model

Our Mission Thrive Summer program aims to address high school students’ sedentary habits and disengagement during the summer. A research study validating this model’s effectiveness was accepted by an international publication, Explore: The Journal of Science and Healing, and will be published in 2017.

Mission Thrive Summer Inspires Young Entrepreneur

Cheyenne, a high school senior, learned to create her own healthy salad dressing recipe when McCormick Chef Len King led a demonstration at Mission Thrive Summer.

“Chefs taught us how to make vinaigrettes because the ones people buy in stores are processed, which makes them unhealthy,” she said.

Cheyenne served samples of her recipe, called “Chey’s Rette,” at a community health fair led by program participants, and was pleasantly surprised by how many visitors wanted to know the secret to her delicious vinaigrette. With such great feedback, she was motivated to secure a copyright to protect her recipe.

She predicts: “Someday it will be in stores, and I will be serving it to people everywhere.”

Looking Ahead

To empower people for healthy lives, the Institute plans to:

• Partner with the U.S. Department of Agriculture to deliver a presentation at the national SHAPE America conference, sharing strategies for engaging students in school nutrition programs.

• Collaborate with the University of Maryland, Baltimore, and the Johns Hopkins School of Public Health to engage communities and propagate our program models.

• Explore the effectiveness of mind-body techniques in helping teachers cope with stress to inform the development of programs for these professionals.

• Disseminate tool kits and manuals for our Mission Thrive Summer and Five Times a Feast programs so they can be introduced in more communities.

“Someday it will be in stores, and I will be serving it to people everywhere.”
Morris Wright has battled lupus since he was 23. Despite multiple medications, his condition worsened. Wright researched how positive lifestyle choices can support healing and now alleviates symptoms through diet and therapies, such as acupuncture and meditation.

“The Institute’s classes teach us how the human body can heal itself and how a change in lifestyle can help break bad habits and make us almost disease-free,” he said.

Wright’s devotion to wellness led him to become an Institute volunteer. In this role, he shares his personal success story while promoting classes that empower others to lead healthy lives.

Wright tells friends how “the Institute can fill in the void” in health care and invites them to attend our programs. He believes “building a support system like this helps.”
The future of health is caring for the whole person—mind, body, and spirit. A holistic, integrative approach benefits recovery from illness and trauma. The Institute continues to lead a range of efforts promoting health care that values the healing environment, relationships, and non-pharmacological strategies for pain management.

Fostering The Health of Service Members and Veterans

Charting a New Era of Holistic Medicine in the Military. Institute Scholar Frederic Foote, U.S. Senator Barbara A. Mikulski, Bethesda Naval Base Commander Captain Marvin L. Jones, and Institute President Brian Berman.

Introducing a Natural Haven for Healing. In September, the Institute completed and dedicated the Green Road, a model outdoor healing environment at Naval Support Activity Bethesda, home of Walter Reed National Military Medical Center. The two-acre site is the first in the nation to use wild nature to promote the healing and wellness of wounded service members and their families. It offers a wheelchair-accessible haven of respite amid forest and wildlife, beside a tranquil stream.

At the Green Road’s dedication, the ceremonial ribbon was cut by TKF Foundation Co-founder Tom Stoner, Institute Scholar Frederic Foote, U.S. Senator Barbara A. Mikulski, Bethesda Naval Base Commander Captain Marvin L. Jones, and Institute President Brian Berman.

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Fostering The Health of Service Members and Veterans

Quantifying Nature’s Healing Effects. Using advanced metrics created by the Institute-supported Epidaurus Project, Dr. Foote and our partners will quantify the healing effects of exposure to nature. The research team includes investigators from Harvard, the National Institutes of Health, the University of Arizona, and the Uniformed Services University of the Health Sciences. The study will assess how spending time on the Green Road affects wounded service members’ stress response as well as other physiological and psychological indicators of health. Backed by fresh scientific evidence, the project will motivate other health care organizations to make exposure to nature part of their practice.

Connecting Veterans with the Arts and Nature. The Institute launched Vet Arts Connect, a program designed to enhance Maryland veterans’ well-being by building a network of enriching creative arts and nature projects in which they can become involved.

Exploring Art’s Role in the Healing Experience

The Institute welcomed our newest Scholar, Judy Rollins, PhD, RN. Applying over 30 years of experience in the research and development of arts programs in hospitals, Dr. Rollins is examining what elements of contemporary, purpose-built art are most effective at promoting health and healing.

Understanding the Healing Journey

Healing from trauma is a personal journey marked by unique obstacles and victories. Three Institute Scholars—Kurt Stange, MD, PhD; Paul Dieppe, MD; and David Jones, MD—are examining these journeys to identify common themes and experiences. As patients and health professionals navigate healing journeys together, the results of this work will give them a better understanding of the cyclical nature of trauma recovery, and the importance of relationships and resources.

Judy Rollins, PhD, RN

Kurt Stange, MD, PhD

Paul Dieppe, MD

David Jones, MD
Supporting Innovative Treatments for Pain Management

The Institute continues to support the use of integrative therapies to treat pain—including reiki, therapeutic touch, and acupressure—by the University of Maryland Center for Integrative Medicine’s health care team at the R Adams Cowley Shock Trauma Center.

Providing Cross-Disciplinary Professional Training

Research Methodology Workshop, Hong Kong. In partnership with the Chinese University of Hong Kong, the Institute presented the region’s first international workshop on clinical research methodologies for integrative medicine. It included sessions led by Institute Scholar, Claudia Witt, MD, on comparative effectiveness research.

Continuing Education Credits.

The Institute expanded our education programming to include continuing education credits for occupational and physical therapists, yoga instructors, social workers, and nurses.

Looking Ahead

To advance an integrative approach to health care, the Institute plans to:

• Evaluate the impact of engagement in arts and nature projects on the health of military veterans.
• Develop a single, integrated metric for whole-body wellness.
• Evaluate the healing effects of nature on wounded service members’ traumatic injuries.
## Support and Other Revenues: 2016 Unaudited

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<tr>
<th>Category</th>
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## Change in Net Assets

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## Expenses

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