WHAT DETERMINES YOUR HEALTH?

The Institute for Integrative Health looks at the totality of health across the lifespan, from birth to old age. It recognizes the link between body, mind, and spirit, and it understands that health is influenced not only by medical care, but by behaviors, genetics, and influences coming from where we live.

At the Institute for Integrative Health, this is how we approach health. Since 2007, when the Institute was founded by Dr. Brian Berman, who also created the first U.S.-based academic medical center for integrative medicine at the University of Maryland, we’ve traveled an amazing journey that has placed us at the center of integrative health. We’re developing a new idea framework to sustain the health and wellness of people and communities. We’re building stronger communities by working with targeted populations to test replicable program models. And we’re educating people on the ways they can create optimal health for themselves and their families today, for their entire lives.

We’re so pleased that you have joined us on this path! Together, let us all #SpeakHealth.

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The United States spends more on healthcare than any other country. Despite this, Americans live shorter lives and experience more injuries and illnesses than people in other high-income countries. Why is this?

When it comes to health, people’s thoughts often turn to their primary care physician, their health insurance, and the medical experts they encounter to treat illnesses from the common cold and allergies to heart disease and cancer. And yes, while medical care remains important, other factors outside the clinic play a far greater role in shaping the health of people, even communities.

Behaviors—what you eat, exercise habits, the quality of your sleep, how you cope with stress—play a significant role in your health. So, too, does your genetic make-up: those of your parents, their parents, and so on. Socio-economic determinants, such as your zip code, have an impact on your health, as does public policy (local, state, federal) and the environment.

Your health is more than the sum of your doctor’s visits. Perhaps we need a different perspective.

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WHEN ART SPEAKS, it often speaks profoundly. My wife Sue and I experienced this recently during a museum’s retrospective in art and music of the 1960s. Traveling back in time, we relived the emotion, the pleas for peace, love, understanding, and a generational cry for change. It moved us in ways we couldn’t have imagined.

But what happens when the artist—or audience, for that matter—is on a personal journey of healing? When this occurs, the effect can be transformative. From March through May 2018, thousands witnessed this firsthand through the Institute’s program, A Beautiful Ghetto, Three Years Later: A Conversation about Healing, in partnership with social justice photographer Devin Allen and the Gordon Parks Foundation. Through Devin’s stunning black and white photography, taken during the Baltimore Uprising (following the death of Freddie Gray), visitors came face-to-face with raw emotion—anger, grief, love, hope—and were asked to share their thoughts on the healing process. Using Devin’s photography as a catalyst, we explored themes on healing at several forums: healing a city, healing through creative expression, and healing through human connection.

Two Institute Scholars presented unique and insightful exhibits, as well. Paul Dieppe’s work, How Are You Healing?, which had its U.S. premiere in Baltimore in 2018, seeks to understand what healing means to different people, in different contexts, through forms of creative expression. Judy Rollins’ Being Heard exhibit, recently on display at Georgetown University School of Medicine, features a unique collaboration between young people with serious medical conditions and artists.

Exploring various avenues for health, wellness, and healing goes to the heart of what we’re all about. Our Vet Arts Connect program, which introduces military veterans who’ve suffered trauma to experiences in arts and nature, has started to demonstrate decreases in anger, anxiety, depression, and sense of isolation in outcomes evaluations. Our Nature Sacred Fellows, including Denise Shanté Brown, pictured with Sue and me (right) at a Baltimore urban green space, continue to examine nature’s role in human health. This year, Denise will study how nature spaces in Baltimore connect black women navigating major life transitions to a deeper sense of spiritual health and well-being.

Most of what determines our health happens outside a doctor’s clinic, and yet when Americans think of health their focus remains on that same doctor’s clinic. We need to flip this equation on its head, and the Institute needs your help to make this happen. We appreciate your review of our work in 2018, and we thank you for joining us in what promises to be an exciting—and healthy!—year ahead.

Brian Berman

ART, NATURE, AND HEALING

Catalyze new ideas in health
Understand the complex network of factors that influence health
Promote the well-being of individuals and communities

OUR MISSION
AS A GLOBAL THOUGHT LEADER, the Institute for Integrative Health has been advancing the health conversation from “managing disease” to promoting lifelong health since its founding in 2007.

The Institute’s Scholars and Fellows program (pg. 9), an international network of established and emerging visionaries, fosters multi-disciplinary dialogue to inspire new solutions for health. Ideas that emerge from this group often inform the Institute’s community programs and sometimes evolve into stand-alone initiatives. From Scholar Fred Foote’s commitment to holistic care for the military, The Green Road emerged on two acres of the Walter Reed National Military Medical Center at NSAB. From a collaboration of Scholars Kurt Stange, David Jones, Paul Dieppe, and others came the published paper on The Healing Journey (pg. 10), which can help clinicians and individuals think differently about paths to trauma recovery.

From two Scholars came two traveling art exhibits (pg. 15), How Are You Healing? (Paul Dieppe) and Being Heard (Judy Rollins), each uniquely exploring the varied paths toward healing and well-being.

To inspire health professionals to think of factors outside the clinic that can impact health, the Institute hosted the Academic Consortium for Integrative Medicine & Health members’ dinner during its exhibit of A Beautiful Ghetto, Three Years Later: A Conversation about Healing. From a collaboration of Scholars Kurt Stange, David Jones, Paul Dieppe, and others, the Institute hosted the Academic Consortium for Integrative Medicine & Health members’ dinner during its exhibit of A Beautiful Ghetto, Three Years Later: A Conversation about Healing. From a collaboration of Scholars Kurt Stange, David Jones, Paul Dieppe, and others, the Institute hosted the Academic Consortium for Integrative Medicine & Health members’ dinner during its exhibit of A Beautiful Ghetto, Three Years Later: A Conversation about Healing. From a collaboration of Scholars Kurt Stange, David Jones, Paul Dieppe, and others, the Institute hosted the Academic Consortium for Integrative Medicine & Health members’ dinner during its exhibit of A Beautiful Ghetto, Three Years Later: A Conversation about Healing. From a collaboration of Scholars Kurt Stange, David Jones, Paul Dieppe, and others, the Institute hosted the Academic Consortium for Integrative Medicine & Health members’ dinner during its exhibit of A Beautiful Ghetto, Three Years Later: A Conversation about Healing. From a collaboration of Scholars Kurt Stange, David Jones, Paul Dieppe, and others, the Institute hosted the Academic Consortium for Integrative Medicine & Health members’ dinner during its exhibit of A Beautiful Ghetto, Three Years Later: A Conversation about Healing. From a collaboration of Scholars Kurt Stange, David Jones, Paul Dieppe, and others, the Institute hosted the Academic Consortium for Integrative Medicine & Health members’ dinner during its exhibit of A Beautiful Ghetto, Three Years Later: A Conversation about Healing.

The Institute invited the National Institutes of Health Office of Behavioral and Social Sciences Research to its Scholars and Fellows meeting, to discuss non-pharmacological approaches to pain management. Founder and President Berman, MD, was invited to participate on an NFL taskforce on pain management.

The institute works to improve the health and well-being of people and communities under its Mission Thrive family of programs. With Mission Thrive Summer (pg. 18), the Institute engages Baltimore youth, teaching them urban farming, mindfulness, healthy cooking, and leadership skills. Five Times a Feast (pg. 22), teaches the principles of healthy cooking on a budget to community members and Cooking Coaches, who then take these newfound skills further into their respective communities.

For military veterans who’ve suffered trauma, the Institute’s Vet Arts Connect (pg. 14) program finds arts and nature opportunities throughout Maryland that can place them on a path toward well-being. Working with partners like the Maryland State Arts Council, the Institute will expand its services to veterans in need.

For the past two years, we’ve hosted the In Good Health Wellness Fair and Holiday Market (pg. 20), a free (and fun!) event designed to enlighten people to the benefits of healthy living. Your lifelong health is our focus. We thank you for your support and joining us on this journey.

The Institute’s commitment to getting people to lead HEALTHIER LIVES begins with BOLD THINKING from the best and brightest minds in integrative health, then continues with ACTION to create the opportunities for healthier people and communities. We then measure results to see the IMPACT of our efforts.

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how can research generate better evidence to help people make more informed health choices?

how can we make policymakers and voters more aware of the powerful links between social & economic policies and health?

how can we develop measures to identify drivers and inequities of well-being to inform smart policies and healthcare for all?

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From left to right: Kurt Stange, MD, PhD; David Jones, MD; Paul Dieppe, MD, PhD; Sara Warber, MD. From these information-dense interviews, a “healing journey” was mapped (see graphic, right), providing useful insight for both clinicians and patients.

Why haven’t more studies been done that look at healing from the patient’s perspective?
Kurt Stange (KS): Some people have studied this; some of those people are cited in our paper. But we tend to be kind of arrogant in medicine and health care professionals?—not the other person’s—the patient—side.

Why study how patients heal outside a clinical setting?
David Jones (DJ): Well, this is the essential question that every clinician—after they’ve been in practice for a while—must ask themselves. We had the pleasure and agony of 23 peoples’ transcripts of stories of their tragedies, and these transcripts managed to do certain things across the board that were touchstones for how this healing process might work. As doctors, we are trained in objective reality, the biophysical notion of clinical medicine. We make decisions on the value of these objective reality components—biomarkers, we call them most often. The other side of reality is subjective reality, and that’s more difficult to put a metric on. It’s hard to put a metric on it from both objective and subjective components in a person’s life, and it’s why this project is so unique.

Paul Dieppe (PD): I did a study in the UK a few years ago about the priorities of healers in relation to their understanding of the healing process. One of the top priorities: understanding the patient experience. These healers in the UK recognized that most research had been done about their side of the story and not the other person’s—the patient—side.

Kurt Stange (KS): This study was started by a family physician named John Scott who had been in practice for a little over 20 years. When he moved to New Jersey for a research fellowship [at Rutgers University], I asked John, “If you could study anything you wanted, what would you do?” He got this faraway look in his eyes and said, “I’d study healing. I’ve seen some amazing things happen in peoples’ lives that I can’t explain. I want to figure out what goes on when people really experience healing.” John didn’t define what healing was, but the doctors he selected as “exemplary healers” and the patients they offered to have interviewed, they all seemed to know what it was. The patients said they wanted help in trying to find meaning in their suffering. They wanted help in transcending their suffering, to make the suffering part of them and then to move beyond to do something meaningful with their lives. I think this is the process we ended up studying.

Why haven’t more studies been done that look at healing from the patient’s perspective?
KS: Some people have studied this; some of those people are cited in our paper. But we tend to be kind of arrogant in medicine and health care, that we are the experts, and we have the answers, and we have a lot of biomedical knowledge. The phenomenon we’re studying goes well beyond what we offer to people in a “take this pill, and you’ll get better” sort of way. It requires a different way of thinking that requires us to be humble and acknowledge that we don’t know what’s going on, that there are things we can do to help facilitate this healing process, but it’s really not just about us.

DJ: What we wanted to look at is not easy to put a number on. We didn’t try to put a number to a degree of trauma that patients felt. We were looking at touchstones, qualitative components of our humanness.

Mapping a Path Toward Healing

IN JULY 2017, BMJ OPEN PUBLISHED “Healing Journey,” a unique study—a qualitative analysis—of healing from the patients’ perspective. The study mapped the myriad ways a person travels a path toward healing following an injury or trauma. Three Institute Scholars—Paul Dieppe, MD, David Jones, MD, and Kurt Stange, MD, PhD—were part of a five-member team that analyzed in-depth interviews from 23 patients who had suffered a serious injury—physical, emotional, and sometimes all three. To discover more about the intricacies of healing, the Institute provided support to its Scholars to work with research colleagues at the Institute. Three Institute Scholars—Paul Dieppe, MD, David Jones, MD, and Sara Warber, MD. From these information-dense interviews, a “healing journey” was mapped (see graphic, right), providing useful insight for both clinicians and patients.

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IF THE SOCIAL DETERMINANTS OF HEALTH are the conditions in which people are born, grow, live, work, and age, then the Baltimore Uprising that followed the arrest and death of Freddie Gray in April 2015 demonstrated what happens when these factors unravel to expose the collective wounds held by a community struggling against economic, social, and health disparities.

At the time of the unrest, social justice photographer Devin Allen chronicled these protests through black and white photography. His work, which landed on the cover of Time magazine (May 11, 2015), shared the story of a community banding together to speak out against layers of injustice.

In the spring of 2018, in partnership with the Gordon Parks Foundation, the Institute brought Allen’s photography to its gallery space for a series of programs that sought to explore ways to heal Baltimore following the events from three years earlier.

A Beautiful Ghetto, Three Years Later: A Conversation about Healing launched with an exhibit of Allen’s work, book signing, and a meet-and-greet with Allen himself. Throughout all programs within this extended event, guests were invited to share their thoughts on healing with an interactive display titled, “How Are We Healing?”

This question proved to be the central tenet behind every program in the series. With Working to Heal Baltimore, community leaders and artists gathered for a panel discussion about healing and positive change through grassroots efforts. Healing through Creative Expression provided an opportunity for community members to find healing through the creative process. Joining Devin Allen were other creative individuals in poetry, painting, and improvisational acting.

Healing through Human Connection featured two programs, the first being an interactive group discussion designed to build bonds between people of different cultural and ethnic backgrounds. The second program focused on a mind-body-soul connection through trap yoga, linking movement and breathing to attain a balance of all three.

The Institute also hosted a dinner for members of the Academic Consortium for Integrative Medicine & Health in the gallery space, the perfect setting to communicate the necessity of communities—not just people—to heal.

A closing celebration toward the end of May placed the perfect coda on these events with a question-and-answer session featuring Devin Allen. More than 1,500 people participated in this programming, while more than 200,000 learned of the exhibit and programming through WBAL-TV, My-TV in Baltimore, Baltimore magazine, and the Baltimore Times.

As we’ve learned from the Healing Journey, healing is an iterative, nonlinear process. Following the Baltimore Uprising, the healing for this community is far from over, but the seeds that were planted by one social justice photographer are bearing fruit in the form of dialogue and creative expression that continue to nourish a community.

How a Community Begins to Heal

“We always spend so much time on the PAIN. We measure how STRONG we are by how much pain we can take. Can we, for once, FOCUS on how we can address our issues, get educated, and START THE HEALING PROCESS?”

—Devin Allen, 2018
WITH TWO OF ITS SCHOLARS, the Institute for Integrative Health explored healing through the lens of creative endeavors. One exhibit emerged from an examination of what healing meant to different people in different contexts, using creative expression as a communication tool. The other project paired a child patient with an artist to create empathetic artwork with the intention of helping the patient feel better understood.

Paul Dieppe, MD, an internationally renowned rheumatologist and emeritus professor of health and well-being at Exeter Medical School in England, has studied the concept of healing from various perspectives, including the placebo effect, and is now exploring questions about individuals’ healing experiences and the optimal conditions for healing.

“Healing to many of us is about restoration of wholeness after trauma or disease has led to fragmentation within us, but ‘healing’ does not mean the same thing as ‘curing,’” wrote Dieppe. “We believe that healing is predominantly experiential.”

To underscore this experiential perspective, Dieppe curated How Are You Healing?, which explores the healing process through photography, illustration, and other means of creative expression. Originally on display at hospitals in England, the exhibit traveled to Baltimore in 2018 for its first U.S. presentation at the International Congress on Integrative Medicine & Health. While on display in a hospital setting, Dieppe reported that patients and staff would visit it repeatedly to help their own healing journeys.

In Being Heard, a collaborative exhibit between young patients and artists, Rollins explored her Institute-supported research question: What elements of artwork in health care settings are most effective in enhancing the patients’ well-being?

“We began by asking each child to write an ‘I Am From’ poem,” wrote Rollins in 2018, who wanted from these poems to gain a better understanding of the background of each child. “Artists conducted one-on-one interviews (with the patient). They then returned to their studios to create a painting based on what they learned.”

The resulting artwork first appeared in 2018 as an exhibit at the Georgetown University School of Medicine in dramatic fashion with the paintings and artists’ narratives, as well as responses to each painting from the child for which it was intended.

For example, Untitled No. 11, an acrylics/mixed media work from artist Lori Anne Boocks was inspired by her interactions with Truu, an African-American youth who had been diagnosed with multiple organ diseases since birth and had undergone numerous organ transplants. Boocks created a painting to reflect Truu’s experiences and sense of self (left): his love of math and science, the red circle of his existence and its many possibilities, even Truu’s preference to leave his work “untitled,” which the artist referenced as Truu having “a lot more story to tell.”

Truu’s response to this unique work about him says all that is needed: “I like it. It feels true. I am not what my chart says. It feels like me.”

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At the Confluence of Healing and Art

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At the Confluence of Healing and Art

WITH TWO OF ITS SCHOLARS, the Institute for Integrative Health explored healing through the lens of creative endeavors. One exhibit emerged from an examination of what healing meant to different people in different contexts, using creative expression as a communication tool. The other project paired a child patient with an artist to create empathetic artwork with the intention of helping the patient feel better understood.

Paul Dieppe, MD, an internationally renowned rheumatologist and emeritus professor of health and well-being at Exeter Medical School in England, has studied the concept of healing from various perspectives, including the placebo effect, and is now exploring questions about individuals’ healing experiences and the optimal conditions for healing.

“Healing to many of us is about restoration of wholeness after trauma or disease has led to fragmentation within us, but ‘healing’ does not mean the same thing as ‘curing,’” wrote Dieppe. “We believe that healing is predominantly experiential.”

To underscore this experiential perspective, Dieppe curated How Are You Healing?, which explores the healing process through photography, illustration, and other means of creative expression. Originally on display at hospitals in England, the exhibit traveled to Baltimore in 2018 for its first U.S. presentation at the International Congress on Integrative Medicine & Health. While on display in a hospital setting, Dieppe reported that patients and staff would visit it repeatedly to help their own healing journeys.

In Being Heard, a collaborative exhibit between young patients and artists, Rollins explored her Institute-supported research question: What elements of artwork in health care settings are most effective in enhancing the patients’ well-being?

“We began by asking each child to write an ‘I Am From’ poem,” wrote Rollins in 2018, who wanted from these poems to gain a better understanding of the background of each child. “Artists conducted one-on-one interviews (with the patient). They then returned to their studios to create a painting based on what they learned.”

The resulting artwork first appeared in 2018 as an exhibit at the Georgetown University School of Medicine in dramatic fashion with the paintings and artists’ narratives, as well as responses to each painting from the child for which it was intended.

For example, Untitled No. 11, an acrylics/mixed media work from artist Lori Anne Boocks was inspired by her interactions with Truu, an African-American youth who had been diagnosed with multiple organ diseases since birth and had undergone numerous organ transplants. Boocks created a painting to reflect Truu’s experiences and sense of self (left): his love of math and science, the red circle of his existence and its many possibilities, even Truu’s preference to leave his work “untitled,” which the artist referenced as Truu having “a lot more story to tell.”

Truu’s response to this unique work about him says all that is needed: “I like it. It feels true. I am not what my chart says. It feels like me.”
Vet Arts Connect matches military veterans who’ve suffered injury or trauma with art and nature experiences. The Institute measures the impact of the programs offered by our partners on the veterans’ overall health and well-being. In 2018, Vet Arts Connect was recognized as a “Shining Star” at the Creative Forces: National Endowment for the Arts Military Healing Arts Network Summit for the Mid-Atlantic region.

STANDING OVATION

“This is something I’m doing for myself. I’m a disabled vet, so I have some issues that had to resolve themselves over time. One of those is recurring nightmares, which tie back to my active duty time. But now, I’ve been going over my lines, going over the plays, and watching them. So I’m thinking about the plays when I go to sleep, and it turns out I’m sleeping much better, so there’s definitely a positive effect.”

— Reed Cohberger, Veteran, U.S. Coast Guard

26% reduction in anxiety
25% reduction in depression
21% reduction in anger
16% reduction in sleep disturbances
13% reduction in social isolation

Military veterans who participate in programs sponsored by Vet Arts Connect experience reductions in anxiety (26%), depression (25%), anger (21%), sleep disturbances (16%), and social isolation (13%). Learn more at http://bit.ly/VetArtsConnect-TIIH.

#SpeakHealth

Vet Arts Connect participants gathered recently on the stage of the Chesapeake Shakespeare Company in Baltimore.
Mission Thrive’s portfolio of programs directly engages targeted communities on issues important to lifelong health. One program, Mission Thrive Summer, empowers Baltimore’s high school youth in a five-week, hands-on experience that teaches farming, healthy cooking, mindfulness, leadership and life skills—providing tools and experiences to make healthier lifestyle choices.

"Mission Thrive, to me, means new opportunities to express yourself, new opportunities to explore different cultures, different people, different vibes. You go into this program not being confident about what you’re doing, and you come out this a confident person because of all the things you experienced."

— Keasha Downing, 21

Please Share!
Baltimore youth who participate in Mission Thrive Summer have demonstrated a 50% reduction in stress! Mindfulness, healthy cooking, life skills, and leadership. Learn more at http://bit.ly/SpeakHealth-MissionThrive-IMore #MissionThrive #SpeakHealth

- 50% reduction in stress
- 30% increase in knowledge of sustainable farming practices
- 71% demonstrate confidence in following healthy recipes
- 33% increase in knowledge of eco-friendly practices

SEEDS PLANTED

The Institute’s Community Programs Coordinator Nicola “Uatuva” Norman (left) with Keasha Downing (right). Keasha was a crew member for Mission Thrive Summer during high school in 2013 and 2014. In 2018, she became a crew leader, inspiring younger crew members.
As part of its commitment to introduce the best health and wellness practices and ideas, the Institute launched the In Good Health Wellness Fair & Holiday Market in 2017. Designed to “begin the holidays with a side of wellness,” the event introduces innovative ideas from the nation’s top speakers on health and wellness, along with interactive demonstrations of practices as diverse as Qi Gong, yoga, and acupuncture. In Good Health also features a unique pop-up market, just in time for the holidays. Make plans to attend our next event on November 16, 2019!

Five people you will meet at the next In Good Health event (left to right): Jules Shepard, author and gluten-free expert from gfJules; Brandin Bowles, our Director of Community Programs, whose focus is solely on Jule’s homemade, gluten-free blueberry donut; Juan Nance, juice master and entrepreneur at Healthy People Juice; cosmetics entrepreneur Teporah Bilezikian of Monave, and certified Qi Gong instructor Mary Pinkard, M.Ed., NQA Level II.

IN GOOD HEALTH WELLNESS FAIR & HOLIDAY MARKET

more than 800 in attendance in 2018
more than 50 different eco-friendly, natural retailers
83% would “very likely” attend future Institute events

TO YOUR GOOD HEALTH

“I’ve been a part of this event every year. There are always wonderful speakers and vendors, but my favorite part is meeting people who attend because they’re eager to learn more about how they can take control of their health through good food and mindfulness. The Institute is truly a gem in Charm City’s crown, and this free event is the best way to learn all it has to offer!”

—Jules Shepard,
gluten-free expert, author, speaker

Please Share!
Please join me at the #InGoodHealth Wellness Fair & Holiday Market to “begin the holidays with a side of wellness!” Save the Date! Nov. 16, 2019. Learn more at http://bit.ly/SpeakHealth-InGoodHealth #SpeakHealth
Please Share!

#SpeakHealth

FIVE TIMES A FEAST

Five Times a Feast addresses common challenges associated with maintaining a healthy diet. This community-based nutrition education program provides six to eight weekly classes that teach healthy cooking practices and techniques. Students prepare family-sized recipes that are nutrient-dense and flavorful, while also being time-efficient and budget-friendly. Participants enjoy one serving of their meal in the class while the remaining servings are taken home to family and friends.

1,680
training hours in the kitchen

3,666
healthy meals prepared

GET COOKING!

“One of the things that Sisters Together and Reaching has as its mission is optimal wellness and optimal living. With Five Times a Feast, we’re learning about whole foods and how to decrease sugar. We’re looking at food as it relates to diabetes, as it relates to high blood pressure, as it relates to ‘how do we cook a healthier meal to live longer and live stronger.’ It’s practical.”

—André Turner, Sisters Together and Reaching, Inc.

Five Times a Feast recently trained Cooking Coaches at Sisters Together and Reaching (STAR). These Cooking Coaches will go further into the community to pass on the healthy cooking lessons provided by the Institute. Pictured (left to right): STAR’s Sean-Toure Thames, Rev. Debra Hickman (STAR CEO and President), and André Turner joined by Nneka Shoulds, MS, CHES, Community Programs Coordinator from the Institute.
CULINARY HEALTH AND MEDICINE

With gratitude to the France-Merrick Foundation and the Globe Foundation, the Institute opened its new Teaching Kitchen. In 2018, we piloted the new Culinary Health and Medicine program, which will provide instruction and practice to healthcare professionals, that they may better advise their patients. Stay tuned in 2019 to learn more about this exciting new program!

Presenting the team behind the expert instruction of Culinary Health & Medicine from the University of Maryland Medical School’s Center for Integrative Medicine: Chris D’Adamo, PhD, Director of Research; Gabriela Piedrahita, and Christine Barnabic, MS.

NEW FOR 2019!

COOK AS IF YOUR LIFE DEPENDS ON IT

“In 2018 we put the finishing touches on our Teaching Kitchen for Culinary Health and Medicine. We piloted the program in the last year, and in 2019 we look forward to expanding our offerings from medical students, to healthcare professionals, and other groups needing this important instruction.”

—Sue Berman, Executive Director, Institute for Integrative Health

“Nutrition is so essential to GOOD HEALTH OUTCOMES. Every medical student and doctor should have at least a basic level of understanding of nutrition. This would be one of the surest (and economical!) ways to provide better care and IMPROVE PATIENT OUTCOMES long term.”

—UMMS Medical Student, from 2018 Survey

Please Share! What is your Culinary Health IQ? Learn more about Culinary Health and Medicine by clicking the link below!
http://bit.ly/SpeakHealth-CHM #FoodAsMedicine #SpeakHealth
The first series coming from A Beautiful Ghetto, Working to Heal Baltimore, featured a panel discussion with local artists and community leaders organizers. A Beautiful Ghetto’s Healing Through Creative Expression provided an opportunity for community members to engage in the creative process, using creative expression as a means to promote healing and well-being. A Beautiful Ghetto’s Healing Through Human Connection featured Circles of Voices to foster dialogue between people of different cultural and ethnic backgrounds. Trap Yoga worked on the mind-body-soul connection.

In collaboration with the Gordon Parks Foundation, the Institute hosted a three-month art exhibition and event series, A Beautiful Ghetto Three Years Later: A Conversation About Healing.

The Institute’s Scholars and Fellows had a strong presence at the International Congress for Integrative Medicine & Health with 13 presentations, including 10 poster presentations.

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The Institute hosted a members’ dinner for the annual Academic Consortium for Integrative Medicine & Health at the Institute’s headquarters in Baltimore, amidst it’s A Beautiful Ghetto exhibit. At this event, Institute President Brian Berman received the 2018 Bravewell Distinguished Service Award for his “significant contributions to the Consortium’s mission.”

Volunteers helped to clean up The Green Road at Naval Support Activity Bethesda, home of the Walter Reed National Military Medical Center.

A Beautiful Ghetto ended a breathtaking run that saw more than 1,500 people visiting the exhibit and taking part in the programming that followed.

The Institute’s Healthy Happy Hour, an annual networking event, featured a presentation on genetics by Chris D’Adamo, PhD.

Timeline:

- **February 2018**: William T. Riley, PhD, National Institutes of Health, Director, Office of Behavioral & Social Sciences Research, joined the Institute for a discussion on the opioid crisis and the issues underlying this health crisis.

- **March 2018**: In collaboration with the Gordon Parks Foundation, the Institute hosted a three-month art exhibition and event series, A Beautiful Ghetto Three Years Later: A Conversation About Healing.

- **April 2018**: The Institute’s Scholars and Fellows had a strong presence at the International Congress for Integrative Medicine & Health with 13 presentations, including 10 poster presentations.

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- **July 2018**: The Institute’s Healthy Happy Hour, an annual networking event, featured a presentation on genetics by Chris D’Adamo, PhD.
To educate and demonstrate the benefits of integrative health, the Institute hosted its second annual In Good Health Wellness Fair & Holiday Market.

For its Five Times a Feast program, the Institute trained five support group leaders from Baltimore-based community organizations, who will then take the program deeper into their communities.

In collaboration with the National Institutes of Health, the Institute co-sponsored a workshop by the National Academies of Science on non-pharmacological approaches to pain management.

The Institute piloted its first Culinary Health and Medicine class.

Institute Scholar Paul Dieppe, MD, took his ”How Are You Healing?” exhibit to the University of Lapland in Finland.

Mission Thrive Summer Crew Leader Training expanded to train additional crew leaders to support Civic Works’ Baltimore Conservation Leadership Corps program.

Tracey Gaudet, MD, executive director of the Veterans Health Administration’s (VA) National Office of Patient-Centered Care and Cultural Transformation, spoke about the transformation of the VA’s health care system into a new, patient-centered Whole Health framework.

The Institute attended the National Organization for Arts in Health’s Leadership Summit, held at Georgetown University. With initial support from the TKF Foundation, the Institute engaged two Nature Sacred Fellows, Denise Shanté Brown, MA, and Francesca Richardson, PhD, to explore the relationship between nature and healing.

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FEBRUARY
The Institute will host a panel discussion on the Public Health Approaches to Violence.

The Institute will host Sandro Galea, MD, MPH, DrPH, to discuss the social determinants affecting health.

The Culinary Health and Medicine program will launch officially with students from the University of Maryland Medical School.

MARCH
The Institute will host Liv Wu for an intensive workshop, Kitchen Jazz: Food and Flavor Fundamentals.

MAY
The Institute will announce a new Veteran Ready Training with its partners, the Maryland State Department of Education and the Maryland State Arts Council.

June
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NOVEMBER
Save the date! The next In Good Health Wellness Fair & Holiday Market arrives Nov. 16, 2019.
STATEMENT OF ACTIVITIES 2018*

**SUPPORT & OTHER REVENUES**
- Foundation Contributions: $5,088,500 (97%)
- Individual/Business Contributions: $80,100 (2)
- Program Income: $119,600 (2)
- Investments/Other: $68,800 (1)

**TOTAL REVENUE**: $5,241,400 (100%)

**EXPENSES**
- Programs: $2,148,300 (78%)
- Development: $122,900 (5)
- Administrative Operations: $467,400 (17)

**TOTAL EXPENSES**: $2,738,600 (100%)

**CHANGE IN NET ASSETS**: $2,502,800

The Institute would like to thank all the people and organizations that have supported our mission of advancing integrative health. To your good health!

**EDUCATIONAL PROGRAMS & FORUMS**
- Leadership and Administration: 17%
- Development: 5%
- Integrated Clinical Programs: 3%
- Green Road and VetArts Connect: 10%
- Community Programs: 27%
- Scholars & Fellows: 17%
- Educational Programs and Forums: 21%

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