



2024 Annual Report

A Year of Growth



Osher Center for Integrative Health
at Northwestern University

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LETTER FROM THE DIRECTOR



Dear Friends and Supporters of the Osher Center for Integrative Health,

As I reflect on the past year, I am filled with immense pride and gratitude for the remarkable strides we have made at the Osher Center for Integrative Health at Northwestern University. The 2023-2024 academic year has been a year of significant milestones and transformative progress, further solidifying our commitment to advancing integrative health through innovative research, comprehensive education, and compassionate clinical care.

One of the most notable achievements this year was the founding of the Tina Trott Professorship in Integrative Health. This chair was made possible through the incredible generosity and vision of several core members of our philanthropic advisory council. Their unwavering support underscores the importance of integrative health in the modern medical landscape and empowers us to continue pioneering advancements that benefit our patients and communities. The Tina Trott Chair will play a pivotal role in fostering groundbreaking research and developing future leaders in integrative health, ensuring that our mission continues to thrive for years to come.

Another major focus this year has been our dedication to Diversity, Equity, and Inclusion (DEI). We recognize that integrative health must be accessible and relevant to all individuals, regardless of their background or circumstances. To this end, we have made significant advancements in DEI across several fronts, including our research and educational programming. Our efforts include refining the core competencies for integrative medicine fellowships to incorporate DEI principles, creating inclusive educational materials, and conducting community outreach to better serve underrepresented populations.

Our clinical team also experienced several transitions this year. Since direct patient care is the way patients personally experience integrative medicine and see its transformative possibilities, we are committed to continue to grow and evolve, and are exploring ways to increase access to our services both at our downtown location and across the Chicagoland area.

As we look ahead, we remain steadfast in our dedication to pushing the boundaries of integrative health. Guided by our core values, our focus on research excellence, innovative education, and compassionate care will continue to guide our efforts. We are deeply grateful for the support of our community, donors, and partners, whose contributions make our progress possible.

Thank you for being part of our journey,

A handwritten signature in black ink that reads "MRing, MD".

Melinda Ring, MD, FACP, ABOIM

Director, Osher Center for Integrative Health at Northwestern University, Tina Trott
Professor of Integrative Health

CENTER
HIGHLIGHTS

2024

Celebrating New Horizons: The Tina Trott Professorship in Integrative Health

In early 2024, The Osher Center for Integrative Health at Northwestern University received a generous donation from Trott Family Philanthropies to establish the Tina Trott Professorship in Integrative Health. This prestigious professorship marks a significant milestone.

The creation of the Tina Trott Professorship represents more than a title; it is a testament to the dedication and vision of our donors who believe in the healing potential of integrative health. This transformative gift comes at a pivotal moment for the Osher Center. The impact of this named professorship and its associated funding will be far-reaching, enabling us to expand access to clinic offerings, support cutting-edge research, enhance educational training future healthcare professionals, and strengthen our presence in the community. This funding empowers us to share our mission of making integrative medicine accessible and integral to everyday healthcare.

We extend our deepest gratitude to the Trotts' for their longstanding and unwavering commitment to our mission to effect positive changes in integrative medicine. Their generosity serves as an inspiration to us all and reaffirms the importance of coming together to create a brighter, more hopeful future. Additionally, we would like to express our heartfelt thanks to other key contributors: Charlie Mills, Diane and Andrew Lappin, Sue Shattock, Lori and Mike Lyman, Molly O'Neil and Richard Wenninger.



Byron and Tina Trott

Strategic Planning Retreat 2024



Dr. Anna Shannahan, Dr. Ben Kligler, Kalinda Marshall and Dr. Anna Jonas at our 2024 strategic planning retreat

Strategic planning is crucial for any organization, and that is especially the case in a dynamic and evolving field like integrative health. By providing a clear roadmap for the future, strategic planning ensures that the Osher Center of Integrative Health at Northwestern University can effectively navigate the complexities of the ever-changing healthcare landscape. Our planning process is not just about organization; it is a sacred commitment to shaping our future with intentionality and purpose.

With the infusion of funds from the Tina Trott Professorship, we were inspired to dream bigger and aim higher, ensuring that every initiative aligns with our mission of whole-person health. In June of 2024, we hosted a two-day strategic planning retreat, that for this first time invited outside expert advisors to expand our worldview. We were honored to be joined by Dr. Ben Kligler, Executive Director of the Veterans Affairs Office of Patient Centered Care & Cultural Transformation, and Dr. Darshan Mehta, Harvard Osher Center's Medical and Education Director and Medical Director of the Benson-Henry Institute for Mind Body Medicine. We additionally held a stakeholder meeting with our clinical team and community representatives, to ensure a diversity of voices were heard. Our core leadership teams from the university and clinic set our sights on promoting alignment and cohesion across various departments and Northwestern Medicine.

The strategic planning retreat was an opportunity to align our actions with our deepest values and aspirations, and we walked away with a deeper understanding of the importance of our work, a unified vision and excitement for what lies ahead. As we take the reigns for the future, we will be focusing on 5 Pillars: Organizational Enhancement; Robust Community Presence; Meaningful Educational and Learning Pathways; Clinic Expansion; and, Cutting-Edge Research.

RESEARCH

2024

EVIDENCE-BASED INTEGRATIVE HEALTH

It is with great pride and enthusiasm that I share our progress in this year's Annual Report. Our research team continues to make significant strides in extending and deepening collaborations across Northwestern University and the Osher Collaborative.

Our Osher Center strategic planning retreat was instrumental in fostering a stronger sense of community not just within the research faculty, but also across our research, clinical, and educational pillars. The cross-pollination of ideas and the shared vision that emerged from this retreat have positioned us to continue our mission of transforming healthcare through integrative medicine, and I am filled with immense excitement for our future endeavors.

We are pleased to highlight some of our recent successes in this report. These achievements are a testament to the dedication and hard work of our entire team.



Judy Moskowitz, PhD, MPH
Osher Director of Research

New Arrivals



We welcomed new faculty affiliate Howard S. Kim, MD, MS. Dr. Kim is an emergency medicine physician, addiction medicine physician, and health services researcher at Northwestern University Feinberg School of Medicine. He completed an AHRQ T32 fellowship in health services and outcomes research and a K12 career development award in patient-centered interventions. Dr. Kim's research agenda is focused on the management of acute and chronic pain, safe optimization of emergency department (ED) opioid prescribing, and provision of evidence-based interventions and harm reduction services for opioid use disorder. He is the principal investigator of an AHRQ R01-funded cluster-randomized trial of an embedded ED physical therapy intervention for low back pain and directs a Northwestern Medicine initiative to implement ED-based harm reduction services and ED-initiated buprenorphine across the 11 Northwestern EDs. He also serves as Deputy Editor for JAMA Network Open.

Research News

Osher affiliates published **more than 40 papers** in the past year across a variety of integrative health topics. Highlights include:

- **Work in Improvisatory Music for Inpatients** (Bonakdarpour, B., Zhou, G., Huang, D., Vidano, C. T., Schuele, S., Zelano, C., & Takarabe, C. (2023))
- **Considerations in Adaptive Mindfulness-Based Interventions for Black American Communities** (Haidar, A., Nwosisi, E., & Burnett-Zeigler, I. (2023))
- **A Pilot Test of a Positive Emotion Regulation Intervention for People with Fibromyalgia**: (Ong, A. D., Wilcox, K. T., Moskowitz, J. T., Wethington, E., Addington, E. L., Sanni, M. O., Kim, P., & Reid, M. C. (2023))



(For the full list of publications, please see Appendix B on page 32)

Research Grant Highlights

Acceptance and Commitment Therapy for Patient Fatigue Interference and Caregiver Burden in Advanced Gastrointestinal Cancer

Dr Elizabeth Addington, site PI of an NCI funded study. Lead PI, Dr. Kathy Mosher of Indiana University

Fatigue significantly impacts the activities, mood, and cognition of advanced gastrointestinal cancer patients, often increasing the burden on their caregivers. Despite this, evidence-based interventions addressing these challenges are limited. Recent pilot studies have shown that acceptance and commitment therapy (ACT) may reduce symptom-related suffering in cancer patients. A novel pilot study tested a dyadic ACT intervention combining mindfulness exercises and value-based activities for patients and caregivers. This telephone-based intervention proved feasible, acceptable, and promising in reducing fatigue interference and caregiver burden. A proposed phase II trial will further assess the efficacy of this intervention with 244 patient-caregiver dyads, randomly assigned to either the ACT intervention or an education/support control. Both groups will participate in six weekly 50-minute telephone sessions. The trial aims to evaluate the impact of ACT on patient fatigue and caregiver burden, with secondary outcomes including sleep interference, daily activity engagement, and quality of life. Assessments will be conducted at baseline, two weeks post-intervention, and three months post-intervention. The study will also investigate whether increased psychological flexibility contributes to the positive outcomes of ACT. Demonstrating ACT's efficacy could lead to its broader adoption in cancer care, benefiting a wide range of patients and caregivers facing serious illnesses.

Research Study Highlights

Positive Emotion Regulation Skills Can Improve Well-Being in Health Care Workers

The COVID-19 pandemic exacerbated already rising rates of burnout among American health care workers. A study led by Osher Center research affiliates found that learning and practicing skills that increase positive emotion like gratitude, mindful awareness and self-compassion helped improve health care workers' well-being and reduce stress and anxiety. Even before COVID-19, health care workers were significantly challenged by the stresses of the job, and any tools we can give them to lessen that stress even a little bit is a win; but, just like with any intervention — diet, exercise, etc. — these skills only work if you practice them.

The study enrolled 554 health care workers to participate in a five-week, online, self-guided intervention that targets positive emotion. The intervention, designed by Dr. Moskowitz and colleagues, included eight skills that evidence shows improve well-being. Examples of these skills are: noticing and savoring positive events, gratitude, mindful awareness, positive reappraisal, personal strengths, attainable goals, and self-compassion.

Those who completed all five weekly skill lessons of the intervention (9% of the sample) improved significantly more on positive emotion compared to those who did not use the intervention. 52.8% of participants who signed up to learn the positive emotion skills never logged in to complete any of the lessons. “Constraints in the U.S. health care system can make it really hard for individuals to take any time for self-care, and that’s a big problem,” Moskowitz said. “While systemic and organization-level changes in health care are critically important to address the causes of burnout, health care workers also need individual-level tools that are easily accessible to help them cope with the stress of the job.” In contrast to previous studies of stress-reduction interventions among health care workers that restricted samples to only nurses or physicians, this study enrolled health care workers from a wider variety of roles and, notably, demonstrated that the impact of the intervention did not differ based on role.



Feedback also reflected a mismatch between individually directed interventions that are used to address health care systems-level factors in the U.S. that drive burnout, such as low staffing, limited childcare options, workday breaks, etc. Moskowitz said the intervention is more likely to be successful at reducing burnout if implemented in parallel with changes to health care system-level policies. For that, she said, leaders within the U.S. health care system should follow the Surgeon General Dr. Vivek Murthy's Framework for Mental Health and Well-Being in the Workplace. It outlines five essentials for strengthening workplace mental health and well-being, helping organizations develop, institutionalize and update policies, processes and practices that best support the mental health and well-being of all workers.

Summer Research Interns

Dr. Elizabeth Addington directs the undergraduate summer internship program, which provides motivated students with an opportunity to explore the field of integrative health, through networking opportunities with professionals working in a variety of integrative health settings and through personalized mentorship with a Northwestern faculty member conducting integrative health research. Students gain hands-on experience in integrative health research, receive mentorship from clinical and research faculty, and participate in other scholarly activities.

Our 2023 internship cohort included:



Looking Forward

Following our strategic planning retreat, the research team is brimming with new ideas and enthusiasm. In close collaboration with our colleagues in the clinic and education programs, we aim to establish a sustainable training program that will expand our expertise in implementing integrative approaches, grow our team of Northwestern researchers, and train the next generation of integrative health researchers. This upcoming year we are also honored to join the IPHAM Population Health Forum in April 2025, which will replace our bi-annual Research Day. Held as an annual opportunity for health leaders, scientists, students, and stakeholders to share the latest from their fields, we look forward to contributing our cutting-edge research in integrative health.



CLINICAL CARE

2024

PROVIDING WHOLE-PERSON HEALTHCARE

The Osher Center for Integrative Health Clinic at Northwestern Medicine has had an outstanding year. Our integrative primary care clinicians excel in delivering high-quality holistic healthcare to our patients. This year we have expanded access for patients by increasing capacity for integrative medicine consultations, and welcoming aboard two new massage therapists and a new acupuncturist to our team. Our partnership with Roots & Wings Charitable Foundation has successfully increased the availability of acupuncture, massage and functional nutrition for metastatic breast cancer patients (MBC); these complimentary appointments are pivotal in addressing the unique needs of MBC patients undergoing continuous oncology treatment. Our front desk staff, medical assistants, triage nurse, clinicians, and providers continue to foster a healing environment through unmatched comprehensive, compassionate care to all our patients.



Anna Jonas, DO, MHSA

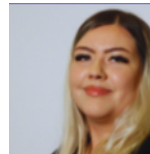
**Medical Director,
Osher Center for
Integrative Health Clinic**

New Clinic Team Members

We extend a warm welcome to our new clinic providers at the Osher Center for Integrative Health. Their expertise and dedication to holistic, patient-centered care align perfectly with our mission to promote whole-person wellness. We look forward to the compassionate care they will bring to our team, enriching the lives of our patients and advancing our commitment to integrative medicine. Welcome to the Osher Center family!



**Melanie Austin, LMT
Massage Therapist**



**Jaqueline Flores
Phlebotomist**



**Sade Hines
Medical Assistant**



**Marie "Kari" Manzanilla, LMT
Massage Therapist**



**Kelly Lyons, LAc
Acupuncturist**



**Christine Baio, RN
Registered Nurse**

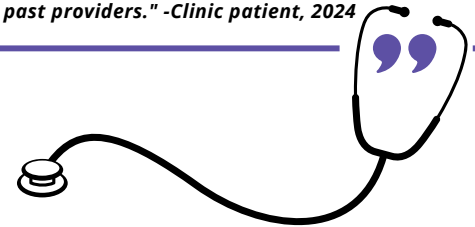
Special Recognition

Mary-Anne Meyer, APP, has been honored with a nomination for the 2024 Advanced Practice Provider Excellence Award.

This recognition reflects Mary-Anne's outstanding commitment to patient care and her significant contributions to our team.



"Mary-Anne is the BEST healthcare provider I've ever had. She's professional, thorough, compassionate and extremely knowledgeable. Her comprehensive approach to treatment includes physical and psychological wellness; the total body. I trust her and am most comfortable in her care in comparison to past providers." -Clinic patient, 2024



Statistics

Our clinic achieved impressive milestones this year, reflecting our commitment to excellence and holistic care. We had over 5,000 integrative primary care visits, 600 integrative consult visits and 3,000 integrative visits which include acupuncture, massage and chiropractic care for patients. These remarkable statistics underscore our dedication to providing comprehensive, patient-centered care and our success in fostering a healthier community.



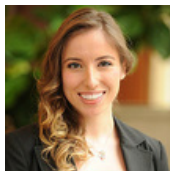
Looking Forward

As we move into the upcoming year, the Osher Clinic is filled with anticipation and excitement for the opportunities ahead. The strategic planning retreat helped us explore creative approaches to have an even bigger impact in our community. With the addition of new skilled practitioners, we aim to expand availability to the highest quality integrative care, serving as a valuable resource for Northwestern Medicine clinicians, patients and the broader community.

EDUCATION

2024

EDUCATING OUR FUTURE HEALTHCARE LEADERS



Anna B. Shannahan, MD, ABOIM, FAWM
Associate Director, Education

This year saw the development of an exciting partnership with the other nine U.S. Osher Centers. We began work towards a shared vision of providing future medical professionals around the country with exposure to Integrative Medicine as early and frequently as possible in their medical education journeys.

Our Center was the recipient of a grant from the Weil Foundation, allowing us to spearhead an initiative to collaborate with the other Osher Centers on an Integrative Medicine elective curriculum that will be used by all the Centers, serving both medical students & residents. Upon its completion, we look forward to piloting this curriculum at Northwestern, the Osher Centers, and eventually beyond. Our process in creating this novel curriculum has already been presented at national conferences. In the meantime, we continue to foster educational offerings in Integrative Medicine at Northwestern, through electives, seminars, lectures, fellowships and more.

It was my own experience as a fourth-year Northwestern medical student, going through our Osher Center's integrative medicine elective, that helped solidify my interest in pursuing integrative medicine as a career. It is now my privilege to provide the same exposure and opportunities at the medical center where I trained.

Faculty Awards

Education is a major goal of the Osher Center for Integrative Health at Northwestern University, and our work is driven by purpose, people and a commitment to high quality education. We are proud to recognize Drs. Melinda Ring and Anna Shannahan for their exceptional achievements and recent awards, which highlight their dedication to advancing the field of integrative medicine.



- Dr. Melinda Ring
 - Integrative Medicine Physician of the Year, American Board of Physician Specialists (2024)
 - Chair of the American Board of Integrative Medicine (ABOIM) from 2021 – 2024
- Dr. Anna Shannahan
 - Outstanding Teacher Award, Feinberg School of Medicine (2024)
 - AWCIM Cultivating Leaders in Academic Integrative Medicine (ACLAIM) Program, Andrew Weil Center for Integrative Medicine (2024)

Faculty Fellowship

The goal of the Faculty Fellowship is to develop highly skilled leaders and clinicians in integrative health. The interdepartmental Faculty Fellowship expands integrative health expertise, fostering an accessible and comprehensive network of integrative care, education, and scholarship. From July 2023 through June 2024, we welcomed faculty from across the country into our Osher Faculty Fellowship program, developed in collaboration with our sister Osher program at the University of California - San Francisco (UCSF). Dr. Melinda Ring serves as Fellowship Director for this sought-after training. Faculty fellows from across the Collaborative met weekly with experienced teachers to acquire the knowledge and skills needed to bring integrative health to their own patients and learners. Esteemed faculty from Northwestern, UCSF, Harvard University, Vanderbilt University, University of Washington, and University of Miami contributed to curriculum development and participated in live teaching sessions to share their expertise. Over the course of the year-long program, scholars are encouraged to develop their individual interests in integrative health. This program has received formal recognition from the Academic Consortium for Integrative Medicine and Health, which allows these physicians to sit for the American Board of Integrative Medicine certifying exam upon successful completion of the training.

The 2023-2024 Faculty Fellows:



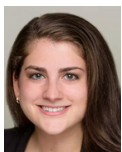
Rahmat Balogun, DO, MS, MPH

Dr. Balogun holds the academic title of Assistant Clinical Professor and clinical Title of Assistant Medical Director at UCSF in the Division of Occupational and Environmental Medicine. She completed Medical School at New York Institute of Technology (NYIT) College of Osteopathic Medicine, a Masters of Science in Neuromuscular Skeletal Medicine at NYIT and a Masters of Public Health at UC Berkeley. She is Board Certified in Internal Medicine (Northwell Health) and Occupational and Environmental Medicine (UCSF). She is currently in training to be a Yoga Teacher, which she will complete in May 2023. She enjoys singing, playing guitar and painting in her free time.



Deborah Barbouth, MD

Dr. Barbouth is an Associate Professor at the University of Miami Miller School of Medicine and hold board certifications in Clinical Genetics, Clinical Biochemical Genetics, and Pediatrics. She graduated with a magna cum laude medical degree from Maimonides University in Buenos Aires, Argentina. She completed her residency training in Pediatrics at Jackson Memorial Hospital/University of Miami, followed by Medical Genetics Residency at the Albert Einstein College of Medicine and the University of Miami, as well as a Clinical Biochemical Genetics Fellowship. Her research interests include Lysosomal Disorders, Newborn Screening, Fragile X, and Integrative Medicine.

**Jennifer Batel, MD**

Dr. Batel is a psychiatrist at Beth Israel Deaconess Medical Center in Boston. She is originally from Long Island, NY but has been living in Boston for the past 7 years since moving for her psychiatry residency training at the Harvard Longwood Program. She focused on outpatient treatment and sees patients in both a general ambulatory clinic and a psycho-oncology clinic. She is also involved in medical education and quality improvement. She is very excited to learn more about how integrative medicine can enhance her practice and become more incorporated into medical education.

**David Coggin-Carr, MD**

Dr. Coggin-Carr is a UK+US dual-trained obstetrician, subspecialist in Maternal-Fetal Medicine, board-certified physician-acupuncturist and early career physician-scientist at the University of Vermont. He is also Editor-in-Chief of the journal *Acupuncture in Medicine* (owned by the British Medical Acupuncture Society and published by SAGE). His interests include both the evidence-based integration of acupuncture and related techniques into obstetric/gynecologic care, as well as the exploration of novel applications in animal models of high-risk pregnancy. His lab is currently examining the efficacy, safety and mechanisms of action of electroacupuncture in an obese rat model characterized by maternal insulin resistance and fetal growth restriction.

**Kim Dittus, MD**

Dr. Dittus is a medical oncologist at the UVM Cancer Center in Burlington Vermont. Her clinical focus is breast cancer. She's the Medical Director for Supportive Services and founded an exercise-based oncology rehabilitation program which has existed since 2011. They currently provide in person and remotely delivered exercise interventions. They are currently pilot testing shared medical visits for individuals with cancer. She has a keen interest in how food choice influences oncology outcomes and overall health. She's involved in culinary medicine. Their current pilot project is providing vegetable boxes to individuals with cancer who are also food insecure.

**Linda Dulong, NP**

A graduate of the UCSF school of Nursing, Linda Dulong has been a primary care Nurse Practitioner for over 17 years. Prior to this, she worked as a massage therapist and developed a keen interest in holistic health. Linda enjoys cultivating long-term relationships with her patients and she is committed to evidence based care. She enjoys teaching patients about harm reduction and healthy practices. She recommends and lives by the motto 'movement is the cheapest medicine,' and she enjoys being physically active every day. In her free time she loves to spend time with family, cook, and play with her 2 year lab.

**Jennifer Lai, MD, MBA**

Dr. Lai is a general/transplant hepatologist and holds the Endowed Professorship of Liver Health & Transplantation at the UCSF Division of Gastroenterology & Hepatology. Her research, which has been funded continuously by the NIH since 2013, has focused on the impact frailty—physical, emotional, and cognitive—on the lived experience of patients with cirrhosis

**Christine Ma, MD**

Dr. Ma is a Professor of Pediatrics focusing on the health of families experiencing homelessness. Christine is the medical director of the homeless clinic, Encore Medical Clinic, at UCSF Benioff Children's Hospital Oakland, and the medical director of Kerry's Kids, a non-profit pediatric mobile health clinic in Alameda County. Christine also focuses on community engagement and policies impacting homelessness, serving on HUD-mandated Continuum of Care boards, and co-chairing the Health Committee for the Bassuk Center's National Network to End Family Homelessness. Christine is looking forward to learning about Integrative Medicine and how it can improve the health of children with trauma and multiple adverse childhood experience

**Tresa McGranahan, MD, PhD**

Dr. McGranahan is a neuro-oncologist at the University of Washington. Clinically, she cares for patients with primary and metastatic brain tumors as well as neurologic complications of cancer. As the director of clinical research for the neuro-oncology group at the Fred Hutchinson Cancer Center, she oversees all brain tumor clinical and translational research. She is passionate about brain health and wellness, especially in cancer survivors. Her clinical research focuses on minimizing neuro-toxicity of brain tumor treatment. With training in Integrative Health through the Osher Collaborative Faculty Fellowship she plans to build a Brain Wellness in Cancer Recovery Clinic.

**Jennifer Rose V. Molano, MD**

Dr. Molano is an Associate Professor at the University of Cincinnati (UC). After obtaining her undergraduate degree in Psychology and Latin at the University of Michigan in Ann Arbor, she completed medical school and neurology residency training at West Virginia University. She completed a behavioral neurology fellowship at the Mayo Clinic in Rochester, Minnesota and a sleep medicine fellowship at Vanderbilt University in Nashville, Tennessee. She has served on many American Academy of Neurology (AAN) committees and is on the New England Journal of Medicine Journal Watch Neurology and the Brain and Life magazine editorial boards. She also is a physician wellness advocate, having served on wellness initiatives with locally, regionally and nationally, including the UC College of Medicine Mind-body program.

**Sorbarikor Piawah MD, MPH**

Dr. Piawah is a gastrointestinal medical oncologist at the University of California San Francisco. Her research focus lies in colorectal cancer disparities affecting racial/ethnic minorities, diet/lifestyle factors associated with these disparities, and the role of the microbiome in mediating them. She also maintains an active clinical practice treating patients with gastrointestinal malignancies, specifically CRC. Dr. Piawah earned her undergraduate degree from Yale University, medical degree from Harvard Medical School and a master of public health degree from the Harvard T.H. Chan School of Public Health. She completed a residency in internal medicine at Brigham and Women's Hospital, one of Harvard's teaching hospitals, and her fellowship in hematology and oncology at UCSF.

Medical Student Integrative Elective and Seminars

Our very popular integrative medicine elective provides M3 and M4 students two weeks of patient-centered care as well as experiential learning opportunities at the Osher Clinic. It also emphasizes the incorporation of all appropriate conventional and complementary approaches in an evidence-based way to optimize health, promote whole-person wellness, and prevent chronic disease. In addition, our integrative medicine education provides important anti-burnout resources that physicians and physicians-in-training can use for their own well-being. In both in-person and virtual formats, participants learn about evidence behind dietary supplements, herbs and integrative modalities, and how to use mindfulness, yoga, nutrition, and exercise for both patients and themselves. We also offer experiential opportunities at the Osher Clinic for acupuncture, massage & chiropractic treatments.

This year, we are expanding our reach by offering first-year medical students a unique integrative medicine experience as part of their required Medical Humanities and Applied Arts Seminars. These seminars encourage students to explore healthcare and the medical profession through the lens of the humanities, offering new perspectives on health and disease by integrating disciplines such as literature, philosophy, and the arts. This exposure to integrative medicine will help broaden their understanding of whole-person care early in their training.



I can see my future career being more sustainable, fruitful and enjoyable because of what I have been introduced to during this elective. I can also see myself having more tools for patients that I didn't have before. I am very grateful for the opportunity to participate in this elective, I had an amazing two weeks! -M4, IM Elective Student

Educating Our Community

Integrative Medicine Grand Rounds are sponsored by the Osher Center for Integrative Health in association with The Institute for Public Health and Medicine (IPHAM). The goal of our grand rounds series is to advance awareness of evidence-based integrative medicine in clinical care, education and research across Northwestern. During the recent academic year, our grand rounds series highlighted a collaboration of esteemed experts within Northwestern University and Northwestern Medicine. Each session was presented virtually and garnered record attendance. Upcoming grand rounds lectures will continue to feature integrative medicine experts on topics of relevance and importance.

Grand Rounds 2023-24



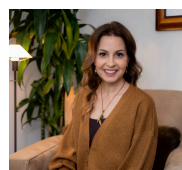
October 12, 2023
"An Integrative Approach to Atopic Dermatitis"

Peter Lio, MD, FAAD
Clinical Professor of Dermatology
Icahn School of Medicine at Mount Sinai
Clinical Assistant Professor of Dermatology & Pediatrics
Northwestern University Feinberg School of Medicine.
Founding Director
Chicago Integrative Eczema Center



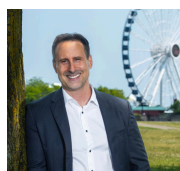
April 11, 2024
"There is a Balm in Gilead"

Shakira Sanchez-Collins, MD, MDiv
Internal Medicine
Osher Center for Integrative Health at Northwestern
Clinical Assistant Professor of Medicine
Northwestern University Feinberg School of Medicine



November 30, 2023
"What are Adaptagens?"

Melinda Ring, MD, FACP, ABOIM
Director, Osher Center for Integrative Health at Northwestern University
Tina Trott Professor in Integrative Health



May 16, 2024
"Nature Contact: A Social Determinant of Health for People, Population, and Planet"

David Victorson, PhD
Professor of Medical Social Sciences, and Director of the Flourishing in Society and Health research lab at Northwestern University's Feinberg School of Medicine



February 2, 2024
"Integrative Palliative Care"

Delia Chiaramonte, MD, MS
Founder and CEO of the Integrative Palliative Institute
Adjunct Assistant Professor, University of Maryland

Educating our Community: Partnership with Academy for Global Citizenship

In 2024, we were thrilled to continue our support of Cultivate Collective on the South Side of Chicago. This multi-generational community hub opened in 2023 and will eventually house an urban farm, a health center, adult education programs, and much more, serving as a vibrant space for holistic community engagement. Through Northwestern's partnership, we initiated a pilot project to train community cooks to lead health cooking demonstrations that are culturally sensitive and tailored to the diverse needs of the community. The overall goal is to improve nutritional educational opportunities and access within our Southwest Chicago communities, as well as community members' familiarity and comfort with cooking using fresh ingredients.

We will use both quantitative and qualitative measures to assess the program's impact. Survey measures will assess participants' attitudes toward cooking, fruit and vegetable consumption, and the frequency of cooking at home versus eating out. Additionally, we will ask several open-ended questions to gain insight into what participants liked most about the classes, what they would improve, and whether they would recommend the classes to a friend. We are particularly interested in hearing community members' thoughts on the racial and cultural competency of the program to enhance future iterations of the course.

The Cultivate and Osher teams are developing a comprehensive evaluation strategy that includes goals, indicators, and a timeline for measuring the multi-faceted layers of our approach to health equity. We look forward to further activation of the teaching kitchens to better support the local community, promoting health and wellness through practical, culturally relevant culinary education.

Cooking Up Health and our partnership with Common Threads



Our Culinary Medicine Course, Cooking Up Health (CUH) is a yearly elective for health professional students developed by faculty from the Osher Center for Integrative Health at Northwestern University in partnership with the non-profit community organization Common Threads. This year, Common Threads was included in the White House's Challenge to End Hunger and Build Healthy Communities. Common Thread's efforts to fight against hunger and poor nutrition has spanned years of commitment and dedication to educating children, families and healthcare experts about the importance of nutrition and healthy eating habits, as well as finding ways to increase access to healthy foods in underserved communities. We are honored to be partners with such trailblazers and commend them for their nationally recognized work.

Nutrition Education and our partnership with the Teaching Kitchen Collaborative



Dietary patterns are one of the strongest behavioral influences on disease risk, significantly impacting conditions like obesity, diabetes, and heart disease. Despite this, nutrition education in medical training is insufficient, with no nationally required competencies in undergraduate or graduate medical education. This gap has prompted legislative and educational initiatives to improve nutrition training for healthcare professionals, recognizing that food and dietary interventions can improve population health and reduce healthcare costs.

This year, our partnership with the Teaching Kitchen Collaborative has been instrumental in addressing these educational gaps and promoting better nutrition practices. Our faculty have actively participated in national efforts to develop standardized nutrition competencies for medical students and trainees. These efforts aim to ensure that future healthcare providers are well-equipped to offer dietary advice and interventions.

Locally, we have focused on practical, community-based interventions. Our faculty led the development and implementation of teaching kitchens, providing hands-on culinary education for healthcare providers and community members. These kitchens serve as dynamic learning environments, bridging the gap between nutrition theory and practice.

Through our initiatives, we aim to enhance nutritional education opportunities, support community health, and advance integrative health practices. We look forward to further activating teaching kitchens and continuing our collaboration with the Teaching Kitchen Collaborative to achieve these goals.

DIVERSITY,
EQUITY
&
COMMUNITY
ENGAGEMENT

2024

PROMOTING HEALTH EQUITY

Diversity and Equity Initiatives

At the Osher Center for Integrative Health, our commitment to diversity, equity, and inclusion (DEI) is foundational to our mission and activities. This year, we are proud to highlight the impactful leadership and work of our core research faculty and their contributions to advancing DEI in integrative health. Dr. Ring was also appointed the Academic Consortium for Integrative Medicine and Health Invited Co-Chair, Task Force on DEI and Integrative Medicine Competencies (2023-2025).



Leadership in Research and Community Engagement

Dr. Elizabeth Addington has been a driving force in the Northwestern University Department of Medical Social Sciences, leading initiatives that promote equity and inclusion within research efforts. Her work has been instrumental in shaping the department's approach to addressing social determinants of health and ensuring that our research is inclusive and representative of diverse populations.

Dr. Inger Burnett-Zeigler and Dr. David Victorson have made significant contributions through their work with traditionally under-resourced populations. Their research and community engagement efforts focus on improving access to integrative health services and addressing the unique needs of marginalized communities. Their dedication to equity in healthcare is transforming lives and creating more inclusive health outcomes. This year their team:

- Published study findings in the peer reviewed journal *Global Advances in Integrative Medicine and Health* on the Development and Implementation of a Culturally Informed Spanish Language Yoga Program for Latiné Women with Overweight or Obesity Diagnosed with cCancer. This study was funded with OCIH NU support.
- Conducted two different research studies using the Spanish language version of their mindfulness app, Wakeful (which was developed with OCIH NU support and a grant from the Malkin Family Foundation). One study, funded by the National Cancer Institute, tested the app with a sample of young adult cancer survivors living in Bogota, Colombia. The other study, funded by a Lurie Cancer Center pilot award, tested the app with Spanish speaking cancer survivors living in the greater Chicago area.
- Supported the community-based organization, African Lotus Wellness, in submitting a seed grant proposal to Northwestern's Alliance for Research in Chicagoland Communities on a culturally informed yoga program for Southside Chicago residents.

Educational Publications and Innovations

In the realm of education, we have made substantial progress in incorporating DEI principles into our curricula. Our publication, "[Cooking up Change: DEIB Principles as Key Ingredients in Nutrition and Culinary Medicine Education](#)," underscores the importance of cultural sensitivity and inclusivity in teaching health and nutrition.



IHEART

Additionally, our team collaborated on the creation of a novel Integrative Health Equity and Anti-Racism Tool (IHEART). IHEART is an innovative instrument designed to infuse equity, diversity, and inclusion into integrative health education. This tool focuses on issues such as accessibility of complementary and integrative health (CIH) therapies, cultural misappropriation, anti-racism, gender diversity, disability justice, trauma-informed care, weight inclusivity, and planetary health. IHEART provides reflection questions tailored to the unique philosophy and topics of integrative health.

Finally, Dr. Melinda Ring co-chairs a task force of the Academic Consortium for Integrative Medicine and Health to ensure that fellowship programs remain at the forefront of academic and clinical excellence. The task force has three main goals:

- Review the existing core competencies, identify areas for improvement, and integrate new advancements in the field.
- Apply a health equity lens to the updated competencies.
- Make Diversity, Equity, and Inclusion (DEI) a cornerstone of the updated core competencies.

Through these efforts, we aim to create a more inclusive and equitable framework for integrative health education, ensuring that future practitioners are equipped to address the diverse needs of all patients.

ADVISORY
COUNCIL

2024

IM AWARE ADVISORY COUNCIL

Since 2014, our advisory council, whose vision is to help integrative medicine become *everyone's everyday medicine* has tirelessly worked to raise awareness, provide guidance, and contribute funds in support of our center. Our program is enhanced through our member's expertise and networks, which enable us to engage with the local Chicago community.

We are very grateful for the support and dedication of our IM AWARE Council members and the leadership of our current executive committee, Lori Lyman, Molly O'Neil and Barb Anderson. We continue to seek new council members with a passion for integrative medicine. To learn more, please contact Molly O'Neil at integrate@northwestern.edu.

Thank You To Our Current Council Members:

Barb Anderson
Leah Bostrom
Fabrice Braunrot
Christine D'hondt
Marilyn Garcia
Stephanie Horksteter

Louise Kelley
Diane Lappin
Lori Lyman
Karen Malkin
Diane Meagher
Izabel Olson

Molly O'Neil
Nina Schroeder
Sue Shattock
Tina Trott



Gratitude To Our Past Council Members:

Carey Cooper
Tara DeMarco
Emily Grace
Laura Flynn
Melinda Graham
Sheila Gutman
Paul Heiselmann
Elisabeth Ihlenfeld
Elinor Jannotta

Jim Karas
Pam Miller
Brennan Murray
Elizabeth Pruett
Brett Rentmeester
Melissa Ritter
Viki Ryan
Mary Jeanne Scott
Avanti Singh

Kanwar Singh
Aaron Underwood
Molly Vaile
Marigale Walsh
Tracy Ward
Mark Weglarz
Vanya Weglarz
Meredith Wood-Prince

MARKETING & SOCIAL MEDIA

2024

OUR VIRTUAL PRESENCE: CREATING WIDER ACCESS TO INTEGRATIVE HEALTH

Over the past year, our integrative health initiatives have significantly benefited from a strategic emphasis on social media and community outreach. These efforts have not only amplified our reach but also fostered a deeper connection with our community, enhancing our ability to provide comprehensive, patient-centered care.

Our social media platforms have become vital tools for disseminating information about integrative health practices, upcoming events, and cutting-edge research. Through targeted campaigns and engaging content, we have continued to maintain a **40% open rate** for our newsletter, far surpassing the the average open rate for nonprofit newsletters of 26.6%; increased our Instagram followers by **100%** over the past year; partnered with IPHAM to cross-market our significant offerings at the clinic through thought-provoking and informative articles; launched our new podcast, **Next Level Health with Dr. Melinda Ring**. Our first episode will air on September 30, 2024 featuring Dr. Andrew Weil.

These platforms allow us to reach a wider and varied audience, educating our community on the benefits of integrative health and encouraging them to incorporate these practices into their daily lives. Additionally, they have facilitated real-time interactions with our community members, providing them with a sense of value and support. The success of our social media and outreach efforts underscores the importance of these strategies in promoting integrative health. By leveraging these platforms, we have been able to begin bridging gaps in healthcare, providing valuable resources and support to those who need it most. These initiatives have been instrumental in advancing our mission of transforming healthcare through integrative medicine. As we move forward, we remain committed to these outreach efforts, ensuring that we make a meaningful impact on the health and well-being of our community.



LOOKING
AHEAD

2024

Shaping the Future Of Healthcare

The Osher Center for Integrative Health at Northwestern University is committed to providing leadership in integrative medicine that fosters whole-person healthcare through innovative and impactful education, research, and advocacy. As we evolve to the changing needs of today's healthcare landscape, we aspire to transform healthcare in our efforts to:



EDUCATE current and future healthcare professionals, policymakers, and community members about safe, evidence-informed approaches to integrative care.



ENGAGE key stakeholders in our mission to disseminate knowledge and scientific research



INFLUENCE healthcare delivery on a local, community, and national level



SUSTAIN our center to develop faculty, grow programs, and ensure their long-term impact

Community: Education Programs & Professional Networks

The Osher Center for Integrative Health at Northwestern University is excited to be participating in the **2024 Osher Collaborative Virtual Symposium: Healthy People, Healthy Planet** bringing together experts and leaders from the 10 US-based Centers within the Osher Collaborative. This free, virtual, event will take place on November 8, 2024 and provide a opportunity to share research findings, best practices, and innovative ideas on the reciprocal relationship between personal and planetary wellness. The program will cover the following four sessions: Healthy Lifestyle: Personal choices and behaviors, Healthy Connections: Relationships with nature and people, Healthy Community: Structural context of health, Healthy Future: Re-visioning and building resilience.

In addition to our community education symposium, we will be launching new medical and community education initiatives designed to empower healthcare professionals and the wider community with the knowledge and tools needed to embrace integrative health practices. Through these initiatives, we aim to leverage the experience and expertise of the Osher Collaborative to promote health and well-being in diverse populations.

Osher's Commitment to Planetary Health

Osher's commitment to planetary health is crucial for ensuring a sustainable future for both whole-person health and the natural world. Environmental degradation, climate change, and biodiversity loss directly impact our health through increased incidence of diseases, food and water insecurity, and natural disasters. Planetary health recognizes the interconnectedness of human well-being and the health of our planet's ecosystems. This concept emphasizes that our health is intricately linked to the health of the environment. By committing to planetary health, The Osher Center for Integrative Health at Northwestern University is not only safeguarding the environment but also advancing integrative health and health care access.

Planetary health requires collective action and systemic change. It involves rethinking our lifestyles, consumption patterns, and policies to reduce our ecological footprint and foster sustainable development. It is not just an ethical imperative but a practical necessity for the long-term survival and prosperity of our species and the planet we call home.

Dr. Ann Vertovec, former Osher Collaborative Faculty Fellow and current Osher Northwestern Associate, is one of the faculty leads in our department to help us be at the forefront of planetary health. She has been active on the program committee for the fall 2024 Osher Collaborative Healthy People, Healthy Planet Symposium.



In addition to the symposium, Dr. Vertovec has previously led classes on Eating Sustainably and Planetary Health in Osher's Culinary Medicine Elective at Northwestern University.

She will be providing lectures to the general public and to medical professionals (of all levels at multiple institutions) on topics including Nature as Medicine and Eating Sustainably, working with ELAWA which is a historic gentleman's farm in Lake Forest, to give a teaching kitchen program on eating sustainably and providing presentations to local garden clubs on human health/planetary health related to gardening.

Osher and IPHAM: A Partnership for Health Equity

Northwestern University's Institute for Public Health and Medicine (IPHAM) envisions a future where all people are able to realize their highest possible health and well-being. The center pursues this vision by advancing collaborative research and education that improves health and well-being for all individuals and their communities.

In early 2023, the Osher Center for Integrative Health joined IPHAM. Since becoming one of IPHAM's centers, we have seen tremendous growth in our reach throughout the university and the community. Together, our research and training programs reflect the rich diversity of our shared goal.

With complementary values in vision and strength, IPHAM and Osher prioritize diverse organizations and communities. We work to invest our time and resources in building capacity through partnership, workforce development, and strategies in an effort to advance population health and health equity. In April 2025, Osher's research team will be joining IPHAM's Health Population Forum to feature renowned speakers in integrative health research.

Community: Endowment Planning and Giving

Center-level Endowment: Osher Center for Integrative Health at Northwestern University is ranked among the top academic programs in the country for the innovative work being done in research, teaching, patient care, and advocacy. **The Bernard Osher Foundation** has awarded a generous expansion of the center endowment, which will allow us to provide support for junior faculty- the future leaders in the field.

Our deepest thanks to those who have already shared their support through major gift commitments: **Trott Family Philanthropies, The Charlie Mills/Mills Family Foundation; Karen and Steve Malkin; Andrew and Diane Lappin; Susan Shattock/Shattock Family Foundation; and Michael and Lori Lyman.**

For additional information on our endowment-initiatives, please contact Terri Dillon, Associate Dean for Development, Northwestern University Feinberg School of Medicine, at 312-503-4837 or terri-dillon@northwestern.edu.

Our Sincerest Gratitude

On behalf of our faculty, staff, patients, and the integrative health community, we would like to thank the many donors who have given time, money, and resources that allow the Osher Center to continue to thrive. As a non-profit organization, we depend on the generosity of our supporters, and we are grateful for their partnership as we grow the field of integrative medicine to improve the health and well-being of people across the globe. Our philanthropic advisory council, IM AWARE (Integrative Medicine: Advising with Awareness, Resources, and Education), has been instrumental in our success. For more information about IM AWARE, please visit our Osher Center website.

We also express deep appreciation for the generous, outright and multi-year financial support we have received from the Bernard Osher Foundation. As we embark on this exciting next chapter, we remain deeply grateful for the dedication and support of our team, donors, and partners. Together, we will continue to redefine the future of healthcare and create a world in which integrative health is a cornerstone of wellness for all. Thank you for your ongoing support, and we look forward to an inspiring and transformative year ahead.

To make a donation to the Osher Center for Integrative Health at Northwestern University, please contact:

Terri Dillon
Associate Dean
Northwestern University Feinberg School of Medicine
312-503-4837/ terri-dillon@northwestern.edu
feinberg.northwestern.edu/giving

"With each donation we receive, we move closer to our shared goal of transforming medical care into true healthcare. Thank you to each and every supporter for making a difference through your partnership and generosity."

~Melinda Ring, MD, Osher Director



APPENDICES

2024

Faculty & Staff

Osher Leadership Team

Executive Director, Tina Trott Professor of Integrative
Medicine

Melinda Ring, MD, FACP, ABOIM

Director, Research

Judith Moskowitz, PhD, MPH

Associate Director, Education

Anna Shannahan, MD

Director, Internship

Elizabeth Addington, PhD

Director, Program Development

Isra Z. Hassan

Senior Program and Marketing Coordinator

Vanessa Hughes

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Anna Jonas, DO

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Manager, Clinic Practice

Kalinda Marshall, RN

Coordinator, Clinic Operations

Dominique Cook-Bey

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Sarah Fodor

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Director of Philanthropy

Northwestern Memorial Foundation

Karen Kliebhan



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Kari Manzanilla, LMT, CLT
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Melinda Ring, MD
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Anna Shannahan, MD
Tatyana Shafiro, LAc
Carly Trueger, RD



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Inger Burnett-Zeigler, PhD
Bonnie Essner, PhD
Kim Feingold, PhD
Jamie Griffith, PhD
Veronika Grote
Suena Massey, MD
David Victorson, PhD
Betina Yanez, PhD

Affiliated Teaching Faculty

Shelley Adler, PhD (UCSF)
Judy Cuneo, MD (UCSF)
Anand Dhruva, MD (UCSF)
Katy Hansen, ANP (Vanderbilt)
Priya Jain, MD (UCSF)
Karen Koffler, MD (U Miami)
Matt Kowalski, DC (Harvard)
Iman Majd, MD (U Washington)
Lindsey McKernan, PhD (Vanderbilt)
Darshan Mehta, MD (Harvard)
Heather Tick, MD (U Washington)
Peter Wayne, PhD (Harvard)

Core Teaching Faculty

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Melinda Ring, MD
Anna Shannahan, MD
Lori Walsh, MD

Group Program Instructors

Regina Cadenhead
Tonna Reinhold



Elizabeth Addington

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Borna Bonakdarpour

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Kim Feingold

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Judy Moskowitz

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Melinda Ring

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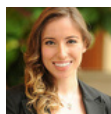
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