



2025

WALK WITH A DOC TEXAS *EXECUTIVE SUMMARY*



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PROGRAM SUMMARY

Walk with a Doc (WWAD) provides Texans with a unique opportunity to engage in physical activity while also providing a casual setting for interaction with a volunteer physician from the Texas Medical Association (TMA). Each physician-led walking group is a safe, fun, and FREE place for community members to take a walk at their own pace, learn about important health topics, and meet new people.

Each program meets at least once per month and invites participants to gather for a 5-10 minute talk about a relevant health topic from a local physician. Topics this year included subjects such as vaccinations, sleep, exercise, stress, cholesterol, hydration, nutrition, diabetes, balance, back pain, skincare, fall prevention, breast cancer, allergies, tobacco cessation, and more.



Dr. Tiffany Nguyen

Dr. Kerolos Youssef

Dr. Louis Gilbert

WWAD Texas 2025

Dr. Meena Julapalli

Dr. Sandra Lozano

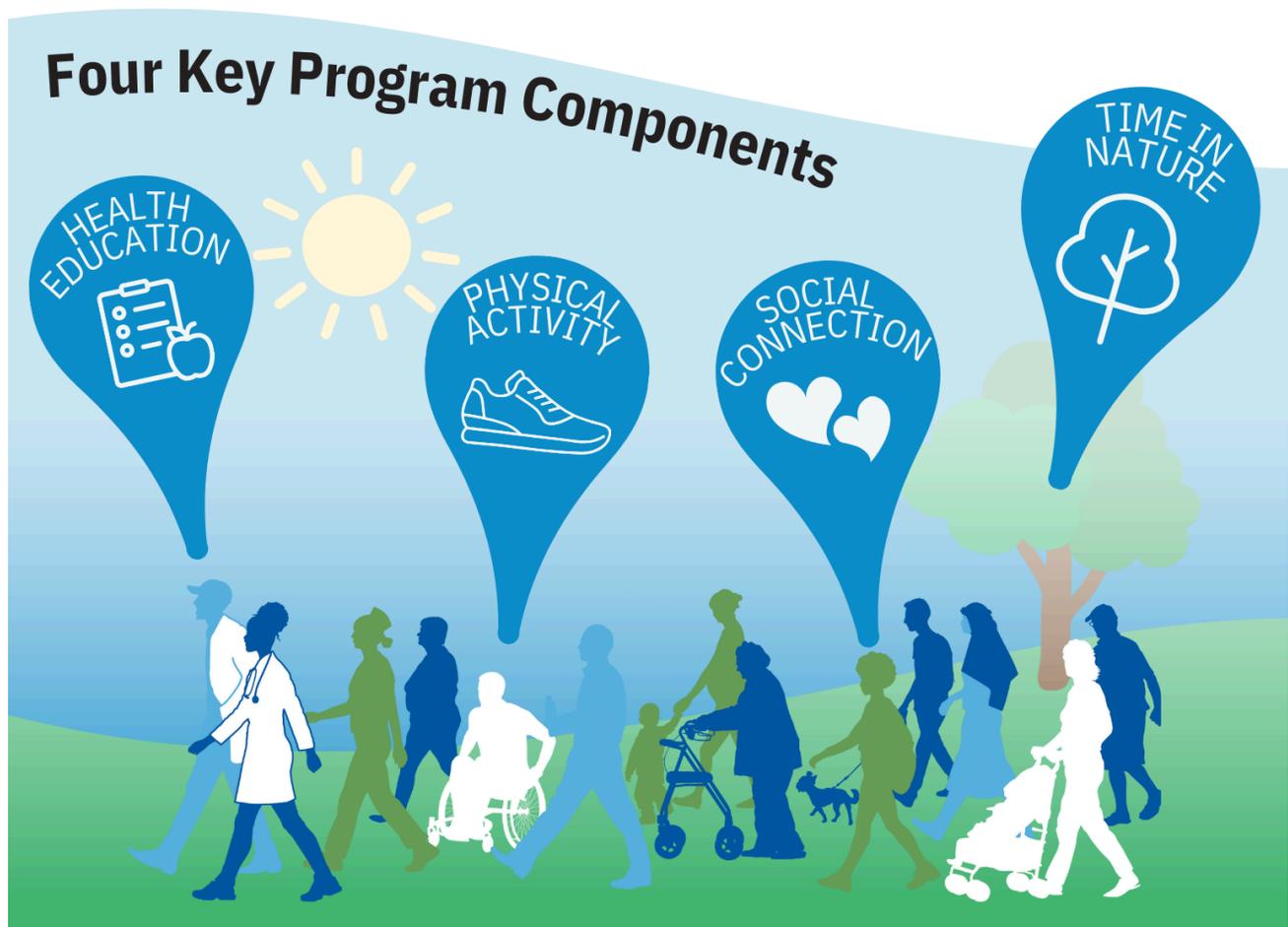
Dr. Reginald Nguyen

[Click here for additional photos from 2025](#)

Program Summary (*continued*)

After the brief health presentation, the physician leads the group on a walk along a designated path. During the walk, participants are encouraged to engage in discussion with the physician and socialize with other participants. What began as a response to the challenges of inactivity has evolved into a holistic program that focuses on four key aspects of health: **physical activity, health education, social connection, and time in nature.**

This community-based model is bridging gaps in preventive healthcare, offering a practical approach to wellness on a global scale. Walk with a Doc celebrated its 20th anniversary in 2025 and its 13th year in partnership with the Texas Medical Association. Since the initiation of WWAD Texas in 2012, the TMA has supported the launch of 184 Walk with a Doc programs across 60 Texas counties. Through this valuable partnership, Walk with a Doc Texas continues to be the largest and most impactful Walk with a Doc network in the world.



PROGRAM DETAILS

Throughout the 2025 season, Walk with a Doc Texas experienced strong growth and sustained engagement across communities statewide. Chapters expanded into new areas, with continued interest from physicians eager to launch programs in their local communities, and many existing chapters choosing to renew and continue into the following year. A meaningful portion of these programs served underserved and rural communities, helping to extend access to free, physician-led walking events.

Across the season, participating chapters hosted regular walk events that drew both new participants and dedicated returning walkers. Many attendees became consistent “regulars,” while others explored multiple Walk with a Doc locations. Together, these events reflect steady participation, growing community connections, and ongoing momentum for the program.

See Figure 1 below for detailed metrics.



Special Highlights:

- On September 27th, Dr. Amanda Mohammed-Strait partnered with Wheels of Giving to host the largest Walk with a Doc event ever recorded in Texas, welcoming more than 500 participants, each of whom received a free pair of shoes (*pictured top right*).
- Drs. Nilesh and Mona Dave expanded their efforts with a “Walk and Eat with a Doc” program, featuring healthy food demonstrations and nutrition education.
- To celebrate Earth Day, Dr. Erica Solis and Dr. Sarah Ashitey led a special “PLALKING” (picking up litter while walking) event in West Dallas (*pictured bottom right*).
- Walk with a *Future* Doc continues to see success, with participation from eight medical schools across Texas, along with many residency programs.



Program Metrics (Figure 1)

| Metric | 2024 | 2025 | Comparison | 2025 Goal |
|--|-------|--------------------|--------------|-----------|
| Total Chapters | 75 | 83 ^a | 11% increase | 75 |
| New Chapters | 17 | 16 ^b | 6% decrease | 25 |
| Renewed for 2026 | 45 | 48 (+3 pending) | 4% increase | 50 |
| Discontinued in 2025 | 11 | 15 | 36% increase | N/A |
| Number of Counties | 36 | 38 | 6% increase | N/A |
| Rural / Underserved Locations | 28 | 36 | 29% increase | N/A |
| Walk Events Hosted | 707 | 682 ^c | 4% decrease | 900 |
| Average Chapter Size (Number of Participants) | 13 | 13 | No Change | 16 |
| Walker "Visits" | 8,282 | 8,314 ^c | 1% increase | 14,400 |

a. Note: the discrepancy in "total chapters" compared to new+renewed+discontinued is due to 1) Chapters that signed up in 2024 but didn't launch until 2025 and therefore aren't due for renewal until 2026, and 2) Chapters that both started/renewed in early 2025 and then discontinued later in 2025.

b. 5 of the 16 new chapters (31%) were started in Public Health Regions with obesity rates higher than the state average. Our goal was to launch 20% of new chapters in areas with health disparities and chronic disease, such as diabetes and obesity. These include the following cities: McAllen, Corpus Christi, San Antonio, Lindale, Longview. *Data Source: [Texas Department of State Health Services - 2023 Texas Behavioral Risk Factor Surveillance System \(BRFSS\)](#), Center for Health Statistics, Texas Department of State Health Services. Obesity is defined as a body mass index (BMI) of 30 kg/m² or higher, calculated from self reported height and weight.*

c. Includes calculated estimates for 12 chapters that were missing part of their attendance data. Reported values were 642 walks and 7,651 walker visits as of 1/14/2026.

EVALUATION & FEEDBACK

Walk with a Doc has demonstrated a meaningful influence on enhancing the physical, mental, and emotional well-being of physicians, patients, and community members throughout Texas.

Participant Feedback:

New participants were asked to complete a short survey to assess their satisfaction with the program. Feedback was overwhelmingly positive, with **97%** saying that overall they enjoyed their time at the Walk with a Doc event(s) they attended this year. Many expressed their appreciation for the volunteer physicians and the engaging talks on a variety of health subjects.

Quotes from Participants:

- I love spending time with friends that I have made through Walk With a Doc.
- I enjoy getting outside and building camaraderie while learning life-saving skills.
- Our doctor is very knowledgeable and provides very useful information about health benefits.
- Walk with a Doc is a great way to network with new people while working on your fitness at the same time.
- Since I started Walk with a Doc, I have not missed a single one and have enjoyed every talk and walk. I have learned a lot and am very grateful for each and every doctor who comes out and takes the time to do this.



Walk Leader Feedback:

Walk Leaders also appear to be very satisfied with the program. Many physicians and medical students shared positive feedback and a deep appreciation for TMA's support of Walk with a Doc.

Quotes from Walk Leaders:

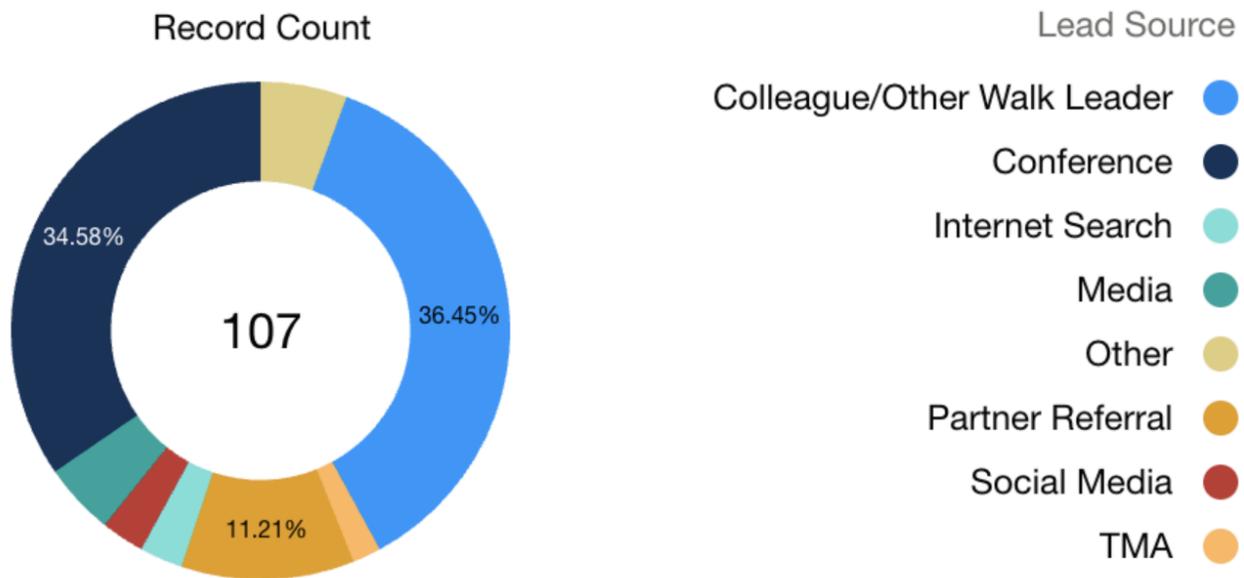
- Walk with a Doc has been a fantastic way to connect with patients and professionals in our greater healthcare network. The structure lends itself well to down-to-earth, non-intimidating health & wellness education. **-Erin Ruhlman, Medical Student**
- I enjoy being able to host the walk as both a leader, and a bridge between medicine and the community. **-Dr. Hunter Kohleffel**
- Living in a rural community, there is no other forum where patients have access to informal presentations about health like they do at Walk with a Doc. **-Dr. Larry Brown**
- Walk with a Doc provides a welcoming space to promote health and wellness, foster meaningful connections, and encourage physical activity in a way that is accessible to all. **-Dr. Amanda Mohammed-Strait**
- We have really enjoyed connecting with our neighbors and discussing health topics. Our walks have encouraged people to increase their physical activity! **-Dr. Erica Solis**



MARKETING & MEDIA

We continue to prioritize creating innovative marketing strategies aimed at inspiring new physicians to launch Walk with a Doc chapters in their communities while also motivating patients and local residents to participate in existing Walk with a Doc programs.

In 2025, Walk with a Doc received 107 requests from physicians in Texas interested in starting a chapter in their community (an increase of 26% from 85 requests in 2024). Top lead sources remain consistent with previous years, with word of mouth and conferences being at the top of the list.



Conferences:

Texas Academy of Family Physicians (April 2025 - Round Rock)

Tammy Wishard and Swathi Narayanan of the Texas Medical Association attended the TAFP annual conference. They were able to share Walk with a Doc with a new audience of prospective leaders, and also wrote a [follow-up story](#) featuring a TAFP physician in *Texas Medicine Today*. These initiatives directly led to at least 2 new chapters started by Family Medicine physicians.

TexMed (May 2025 - San Antonio)

Walk with a Doc’s Founder and CEO, Dr. David Sabgir, attended TexMed this year. He was able to connect with many current Walk Leaders, share the program with prospective leaders, speak at three meetings (Women Physicians, Resident and Fellows, and Young Physicians), lead a walk, and brainstorm opportunities with TMA leadership. This conference led to 8 requests for more information.

American College of Lifestyle Medicine (November 2025 - Grapevine)

Walk with a Doc staff attended the annual ACLM conference, which took place in Texas this year. In addition to having a booth, Dr. Sabgir gave a keynote presentation about Walk with a Doc and the importance of social connection. This conference led to 24 requests for more information and was an excellent opportunity to tell many Texas physicians about our partnership with the TMA.



Media:

In 2025, Walk with a Doc was frequently mentioned in media outlets throughout Texas and around the world.

Texas Media Samples (click below for links)

- [TMA Health Beat: Meet Walk With a Doc Founder David Sabgir, MD](#)
- [Dr. Rodney Young talks about interesting health news and Walk With A Doc](#)
- [UT Health East Texas Physicians in Jacksonville Receives Statewide Award for Outstanding Achievements in Rural Healthcare](#)
- [Dr. Madhu reflects on years of service to the community](#)
- [Walk with a Doc initiative bridges gap between doctors and community](#)
- [Midland Memorial Health hosts Walk with a Doc to promote health awareness](#)

International Media Samples (click below for links)

- **CBC:** *The Current - Taking a walk with your doctor*
- **National Geographic:** *Forget about 10,000 steps a day—science now has a more accurate number*
- **CBS:** *Nationwide "Walk with a Doc" movement boosts health, friendship*
- **NPR:** *With social prescribing, hanging out, movement and arts are doctor's order*

Social Media:

TMA and WWAD frequently promote the program on social media throughout the year. Efforts include both organic outreach and several pay-per-click (PPC) campaigns.

TMA Paid Advertising:

Goal: Increase awareness and support walk participation while directing those interested to sign up on the [landing page](#).

| April 23, 2025 - May 23, 2025 | |
|-------------------------------|----------|
| Link Clicks | 1,483 |
| Reach | 99,973 |
| Impressions | 168,937 |
| Amount Spent | \$599.99 |



TMA Organic Social Media:

*Goal: Through the **Caring Beyond Clinics** campaign, increase awareness of these programs and recognize the physicians who are doing them.*

| Post date | Likes | | Impressions | |
|-------------|-------|----|-------------|-----|
| | FB | IG | FB | IG |
| November 25 | 22 | 6 | 1,570 | 628 |
| October 8 | 19 | 9 | 1,225 | 951 |



WWAD Organic Social Media:

Walk with a Doc frequently features Texas WWAD chapters on its social media channels.

Walk With A Doc Published by Constant Contact · January 26 ·

Dr. Benedict Ifedi is walking the walk in Houston! Here's what he has to say about his experience with leading monthly walks since 2021:

"I have enjoyed having the opportunity to connect with the residents and genuinely be a positive part of their health journeys. The Walk with a Doc participants come with energy and actively engage with me as we discuss different health topics ranging from cancer prevention to healthy aging. It has been a blessing to get positive feedback from the participants on how they have become healthier and find they are gaining good knowledge in our monthly walks and talks. It has been an honor and a pleasure to be a part of WWAD in the Acres Homes community, and I look forward to continuing our program."

Learn how you can start or join a Walk with a Doc program at <https://walkwithadoc.org>

Thanks to the [Texas Medical Association](#) for sponsoring WWAD Texas!

#Houston #Texas #CommunityHealth #LifestyleMedicine #ExerciseIsMedicine #Walking #WalkwithaDoc #WWAD #CancerPrevention #HealthyAging

Walk With A Doc is with Dallas Police Department and 2 others in Dallas, TX. Published by Constant Contact · April 22 ·

Happy Earth Day! To celebrate their one-year anniversary of Walk with a Doc, Dr. Erica Solis and Dr. Sarah Ashtey hosted a special "PLALKING" event in Dallas — picking up litter while walking! This Earth Day, we encourage you to do the same: head out for a walk and help clean up your community. It's a simple way to boost your own health and support a healthier planet. 🌱

#EarthDay #Plalking #WalkWithADoc #Walking #GreenPlanet #GoingGreen #GoGreen #Environment

WWAD Paid Advertising:

Goal: Increase awareness of new WWAD chapters and encourage registration for the chapter's kickoff walk on the Walk with a Doc website.

| Kickoff Ads: January 1 - December 31, 2025 | |
|--|----------|
| Number of Campaigns | 15 |
| Link Clicks | 1,143 |
| Reach | 64,234 |
| Impressions | 110,150 |
| Amount Spent | \$432.19 |

Are you ready to take a STEP toward better health? Join Dr. Shikha Bharaktiya for Walk with a Doc! Our first walk will be held on Saturday, November 15th at 9 AM at Memorial Park (across Jim McConn Memorial Softball field on Memorial Loop)

This fun and free community walking program offers an opportunity to:

- 👣 Take a Walk
- 🩺 Learn health tips
- 💙 Meet new people
- 🌿 Spend time in nature

Visit our website to learn more and register! Future walks will be held once per month.



NEW CHAPTER RESOURCES

WWAD HQ continues to refine practices and offer tools to increase attendance at each event. All new Walk leaders receive:

- A [starter pack](#) with WWAD merchandise
- Liability insurance coverage
- Access to the leader portal with a [marketing guide](#) and templates
- Subscription to the monthly WWAD leader newsletter with example health topics, marketing support, and more
- Press release created by WWAD and distributed by TMA
- Paid social media campaign created by WWAD
- Mention in WWAD weekly newsletter (45,000 subscribers)



REGIONAL PROGRAM COORDINATOR

Walk with a Doc Texas continues to expand, fueled in large part by the Texas Medical Association's leadership and support. Therefore, in 2026, we are investing in the country's first Regional Program Coordinator. This new employee will be based in Texas and will help grow the program while providing hands-on support to existing chapter leaders. This role reflects our commitment to sustaining momentum and deepening impact across communities throughout the state. Interviews are underway with the goal of onboarding the new teammate in early 2026.



CONCLUSION & GOALS

Walk with a Doc Texas marked its 13th full season in 2025, and saw an overwhelmingly positive response. We will work diligently throughout 2026 to reach TMA's goals for the program and provide the best Walk with a Doc experience possible to the Texas community.

Goals for 2026 include:

- Secure 75 WWAD chapters across the state (25 new walks and 50 renewed walks) to support Texans in embracing healthier lifestyles, increasing physical activity, combating loneliness through meaningful social connections, enjoying the outdoors, and, most importantly, having fun.
- Provide healthy living information to 14,400 Texans through 75 monthly walk sites with an average of 16 participants per event.
- Start 20% of new walk chapters in Texas counties (five of 25) with higher rates of health disparities and chronic disease, such as diabetes and obesity.

PROGRAM SPONSORS & PARTNERS

The program would not have been a success without the collaboration of the following partners:

Texas Medical Association (TMA) is the largest state medical society in the nation, representing more than 60,000 physician and medical student members. It is located in Austin and has 110 component county medical societies around the state. TMA's key objective since 1853 is to improve the health of all Texans. To learn more, visit the [TMA website](#).

TMA Foundation (TMAF) is a 501 (c)(3) nonprofit organization and the philanthropic arm of TMA. TMAF's mission is to "fund initiatives with the power to help physicians create a healthier future for all Texans." TMA projects that are funded by TMAF strengthen physicians' trusted leadership role within their communities. TMA's Walk with a Doc Texas is funded in 2025 by TMA Foundation with generous support from TMA Insurance Trust and physicians and their families. To learn more, visit the [TMA Foundation website](#).

Walk with a Doc (WWAD) is a 501 (c)(3) nonprofit organization whose mission is to inspire communities through movement and conversation with physician-led walking groups. Support from the WWAD office includes merchandise, marketing support, liability insurance, and webpage maintenance. Walk with a Doc was started in 2005 by David Sabgir, MD, a board-certified cardiologist in Columbus, Ohio. To learn more, visit the [Walk with a Doc website](#).
