

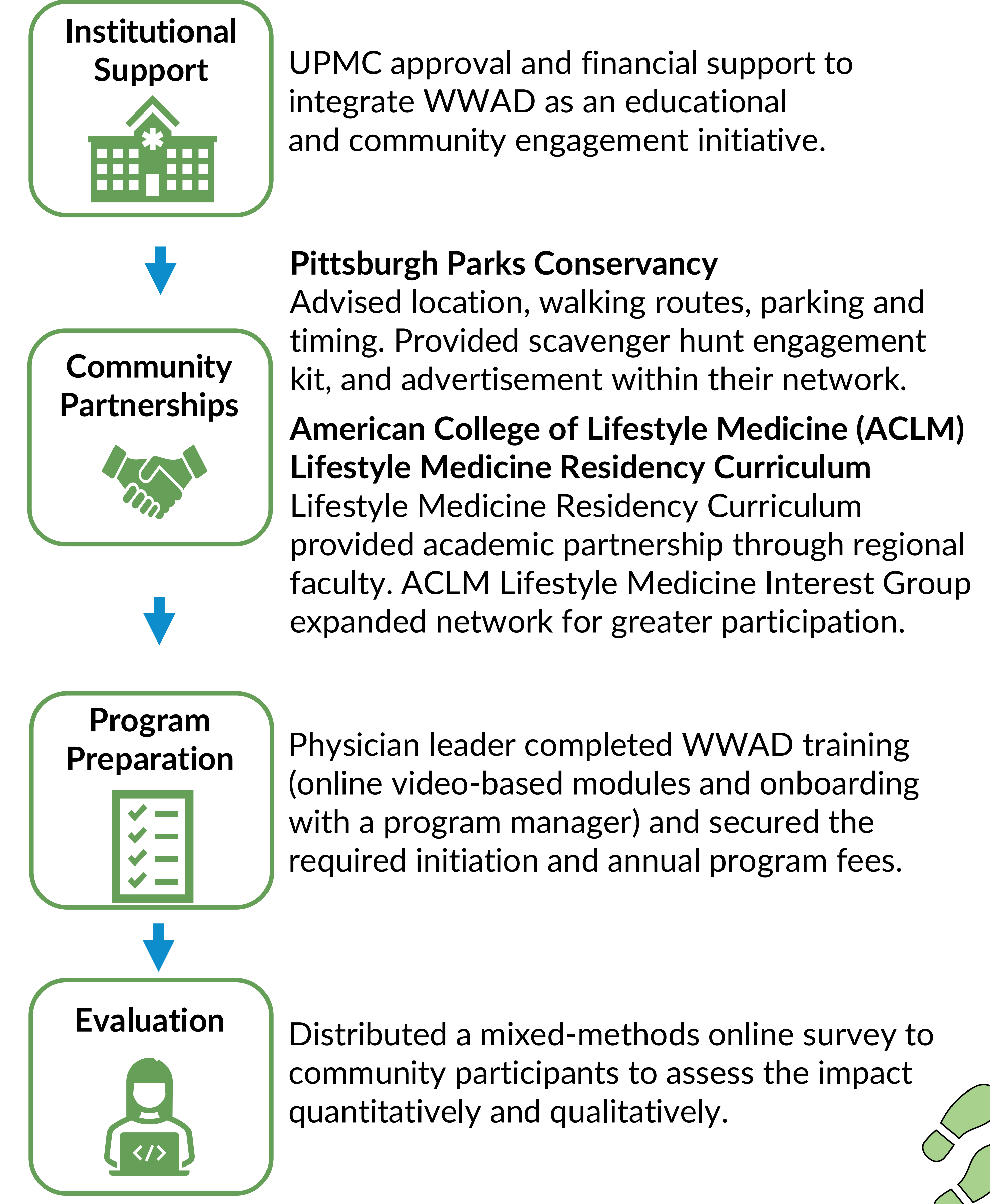
Walk with a Doc: Taking simple steps to teach better health

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INTRODUCTION

- Walk with a Doc (WWAD) (<https://walkwithadoc.org/>) is a national nonprofit that promotes activity, community connection, and informal health education with healthcare professionals.
- Lifestyle medicine is a rapidly expanding field of medicine that uses evidence-based interventions—nutrition, physical activity, sleep, stress management, substance use reduction, and social connection—to prevent and treat chronic disease.
- UPMC Family Medicine launched a collaborative, experiential program through WWAD to teach lifestyle-based chronic disease management. Residents, physicians, and pharmacists from three residencies engage community members in monthly events focused on physical activity and social connection.

METHODS

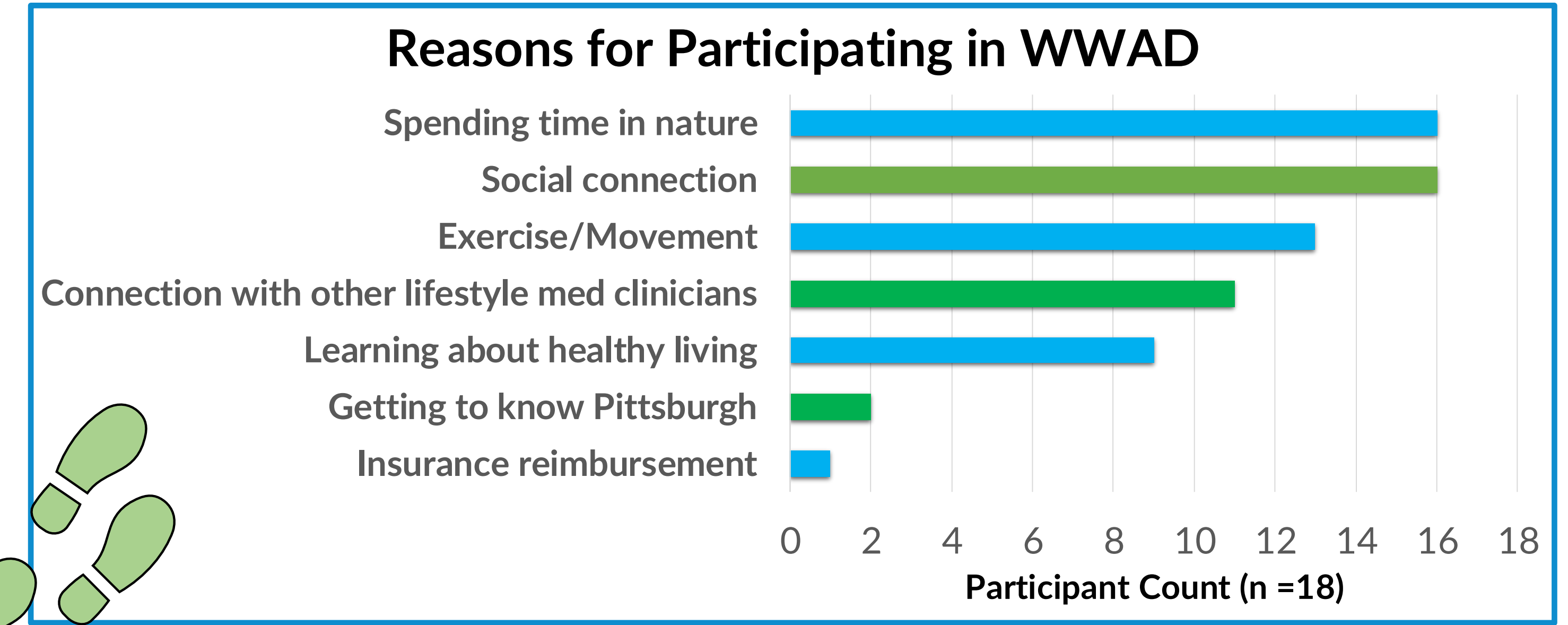
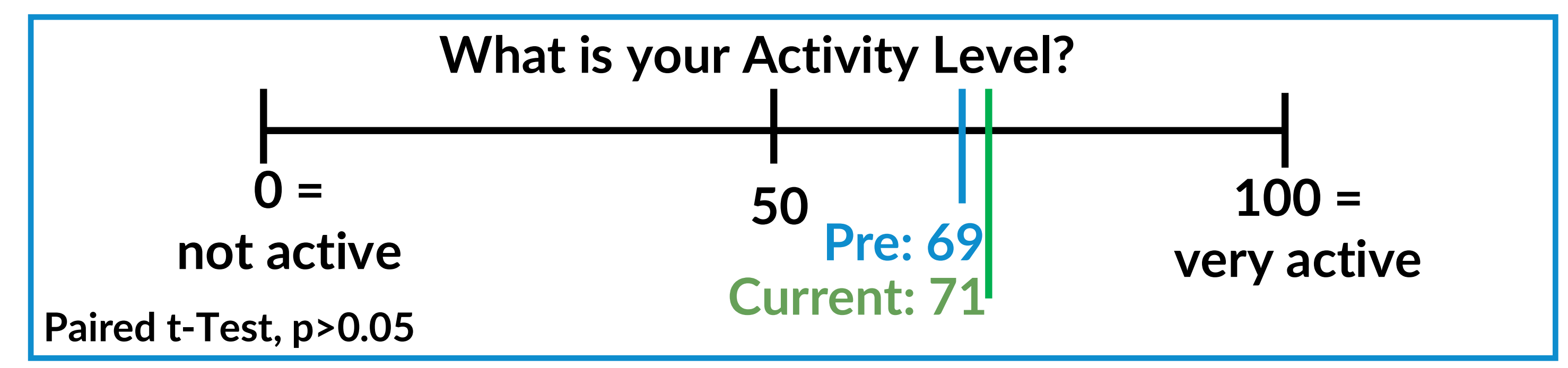


Step by Step: In 2 years, a Community-Based Model Connected **18 Community Members** with **27 Medical Learners and Clinicians** over **9 Programs/Departments**



RESULTS

Participant Survey Summary (n = 18)
 Age Range 25 to >75 years old
 60% Female
 Range of Number of walks: 1-18
 28% of participants walked ≥ 1



"I felt happier being part of a group...it didn't feel like exercise and I didn't feel lonely."

"I am new to Pittsburgh and have no friends...it is wonderful to get out once a month and connect with other like-minded humans. This groups has been the most positive impact in my life over the last year."

CONCLUSIONS

- WWAD provides a mechanism to connect community members and medical professionals across a large health system.
- Participants are motivated by social connection, time in nature, extra movement in their lives, and connecting with others in lifestyle medicine.

NEXT STEPS

- Connecting with additional groups in the Pittsburgh area.
- Designated leaders and routes to support varying mobility levels.

