



**UC Health**



University of  
**CINCINNATI**

**OSHER CENTER FOR INTEGRATIVE HEALTH**  
FY **2023**  
**ANNUAL**  
**REPORT**

*JULY 2022-JUNE 2023*

*MED.UC.EDU/INTEGRATIVE*



University of  
**CINCINNATI**  
WHOLE-P... E RO...  
clinic

Pamela Sharpe, CNP  
Nurse Practitioner

U of Cincinnati  
Health

U of Cincinnati  
NURSE  
PRACTITIONER

**THE BRAIN HEALTH KITCHEN**  
PREVENTING ALZHEIMER'S THROUGH FOOD

U of Cincinnati  
Health

The Center hosted  
Annie Fenn, MD,  
author of *Brain  
Health Kitchen:  
Preventing Alzheimer's  
through Food*, on her  
national book tour for  
a panel focused on  
brain health with  
Pamela Sharpe, FNP-BC  
and Rhonna Shatz, DO

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The Osher Center team retreat at the Cincinnati Nature Center  
- May 2023

# LETTER FROM THE *director*

In 2023, we celebrate our tenth year as a division within the UC College of Medicine. As I reflect on the past decade, I am deeply grateful for the solid foundation we have established, the valuable insights we have gained, the strategic partnerships we have formed, and the steadfast support we have received along the way. I want to extend my enormous gratitude to our key stakeholders, clinicians and staff, and our friends and supporters for helping us reach this landmark year.

Last year marked an important milestone as we unveiled our newly named center, The Osher Center for Integrative Health at the University of Cincinnati, after securing a \$5.5M transformational investment from the Bernard Osher Foundation. Joining The Osher Collaborative, an internationally renowned group of eleven academic health centers elevating the impact of evidence-based integrative healthcare, has allowed us to extend the reach of our integrative health clinical services, education, and research to more patients, students, and community members than ever before. We were honored to host Mr. Bernard Osher and his team for their first visit to Cincinnati in May of this year to share our innovations in education, research, and community engagement at UC and the development of whole-person care through integrative medicine at UC Health.

Over the last year, we have revised our strategic direction to establish a clear framework and metrics that align with our vision of transforming a healthcare system focused on treating disease to one also focused on prevention and self-care. Our pillars of transformation encompass advanced education, clinical practice, innovative research, and community engagement, all with a focus on promoting health equity, maintaining financial stability, and enhancing outreach via marketing and communications initiatives.

With this clear direction and steadfast support, the center is poised to make significant progress toward our mission of improved health for all.

*Be Well.*



Sian Cotton, PhD  
Director, Osher Center for Integrative Health at the University of Cincinnati



The Center welcomed Mr. Bernard Osher and members of his team for their first visit to Cincinnati

# MISSION, VISION, AND *values*

## VISION

Our vision is to transform a disease-care system to a well-care system.

## MISSION

Our mission is to achieve improved health for all through clinical practice, advanced education, innovative research, and community engagement focused on integrative health and wellness.

## APPROACH

Our approach is to empower people to take charge of their health and well-being by actively practicing whole health within their communities.

## INTEGRATIVE HEALTH

We define Integrative Health as a whole-person approach that combines conventional medicine with evidence-based integrative therapies that focus on healthy lifestyle addressing stress, nutrition, movement, sleep, and environment to reduce suffering and enhance overall wellness.

## VALUES



Relationship-Centered



Empowered



Equitable



Evidence-Based



Integrity



Humility

# CLINICAL *care*

## HIGHLIGHTS



Grew clinical leadership with the addition of Pamela Sharpe, FNP-BC, the center's first Nurse Practitioner trained in lifestyle medicine and nutrition as a chef.



Launched patient and community-focused culinary medicine program through teaching kitchen demonstrations at Turner Farm, virtual cooking demonstrations, and hosted a culinary medicine panel focused on brain health featuring Annie Fenn, MD, author of Brain Health Kitchen during her national book tour.



Expanded Group Medical Visits and Centering Group Medical Visit Programs. Group Medical Visits began for patients with cancer and multiple sclerosis. Centering Group Medical Visits, which include patients with chronic pain, diabetes, obesity, and CenteringPregnancy, began two new monthly community partnerships: La Soupe teaching kitchen and Civic Garden Center Community Garden.



Established the Cancer Wellness Clinic - a collaboration between the Osher Center and Survivorship and Supportive Services. Mladen Golubic, MD, PhD, serves as co-director of the clinic, the first in the region to provide evidence-based wellness services to cancer patients.

## FUTURE INITIATIVE | BLOOD CANCER HEALING CENTER

The Osher Center for Integrative Health will play an integral role in the new Blood Cancer Healing Center slated to open in 2024. The center will include a teaching kitchen, wellness programming such as yoga therapy and sound immersion, and integrative oncology clinical services.

## BY THE NUMBERS

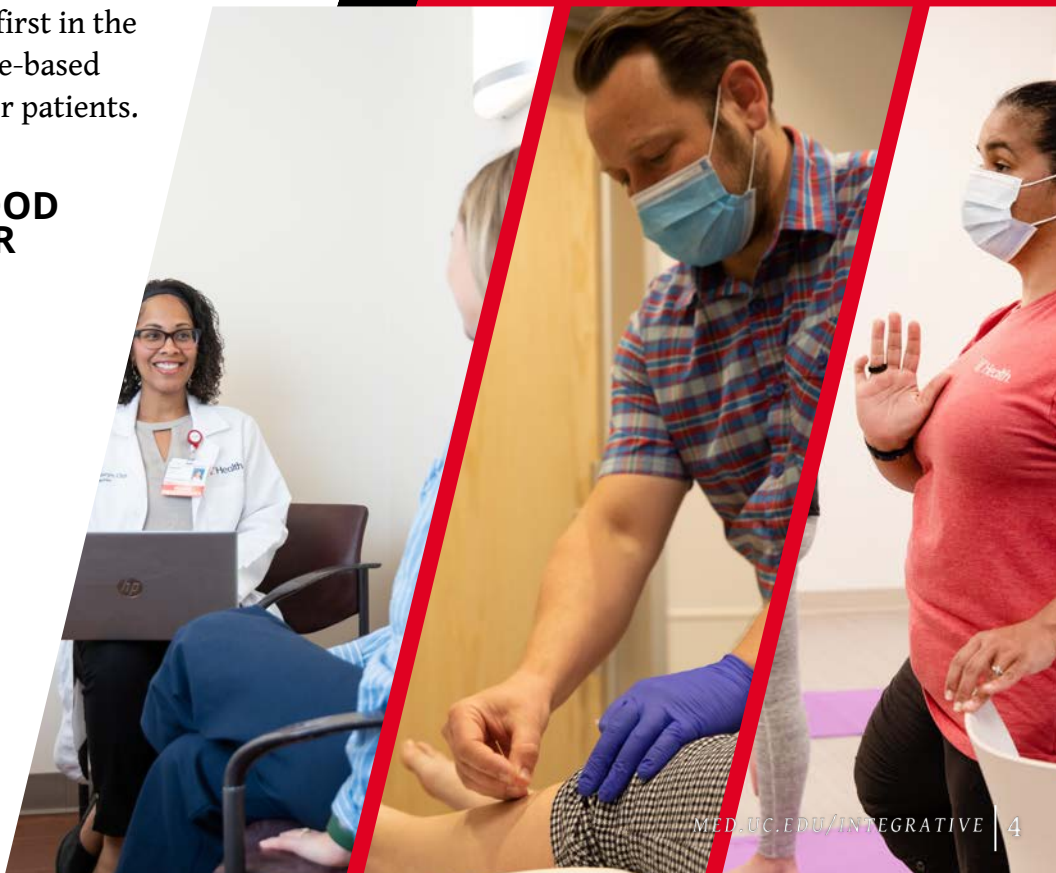
5,425  
referrals

2,919  
class registrants

3,868  
acupuncture visits

853  
massage therapy visits

1,376  
physician & nurse  
practitioner consultations



# PATIENT stories

## MAJA'S STORY: HOW INTEGRATIVE HEALTH HELPED ME THROUGH CHEMOTHERAPY



In addition to living with a rare lung disease for the past 20 years, Maja Flannery was diagnosed with endometrial cancer in 2021. After surgery, chemotherapy was also recommended. Maja grappled with the decision about chemotherapy due to her underlying condition and thought to herself: “Would my body be able to make it through this next phase?”

As Maja tried to reach a decision, one of her good friends suggested Maja research the benefits of integrative health. Maja found Dr. Golubic who “opened the door to the world of Integrative Health and all the wonderful people that are part of this community.” After a Lifestyle Medicine Consultation with Dr. Golubic, Maja knew she had found what she was searching for – she received the tools that she needed to get through her chemo treatment.

Acupuncture with Angela helped get Maja’s body ready for chemo, yoga with Tina helped Maja relax during her chemo treatments and Dr. Walker’s mindfulness meditation reduced Maja's stress and worry. Maja says, “I am so grateful to have been taken seriously, my input was respected, and I felt that I truly had a team on my side.”

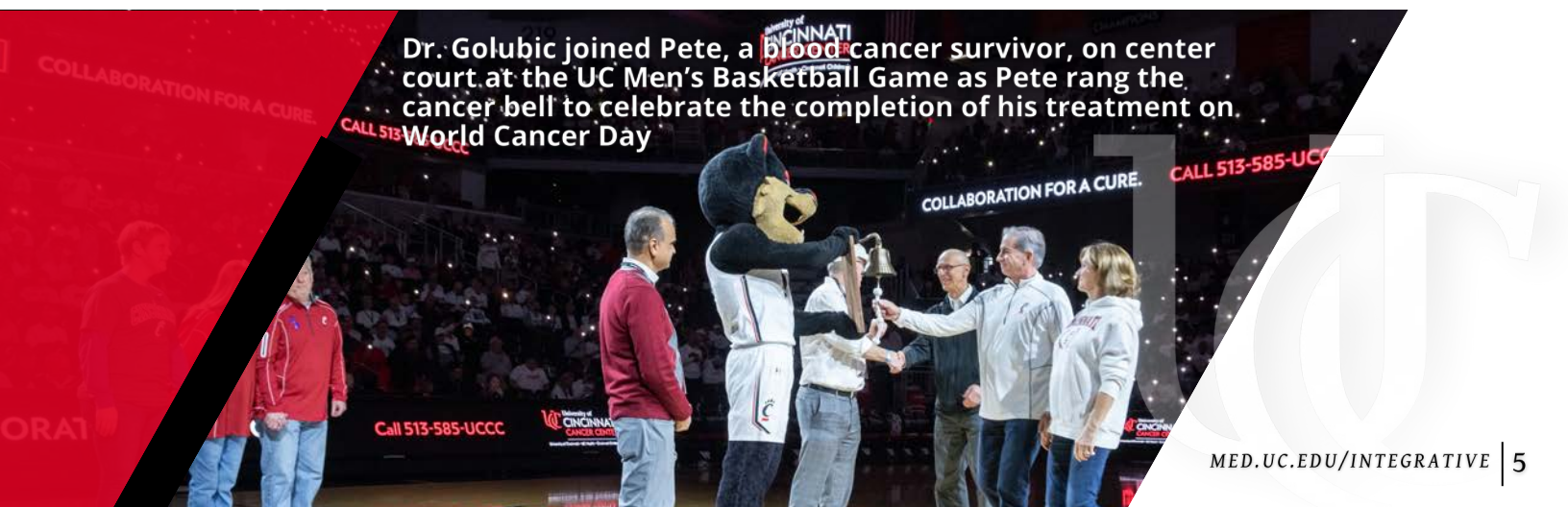
## MARK'S STORY: DITCHING DAILY PAIN KILLERS THANKS TO INTEGRATIVE MEDICINE



Mark’s bile duct cancer was successfully treated in 2020 after numerous therapies including the Whipple procedure – where part of his pancreas, bile duct, gallbladder, lymph nodes, and small intestine were removed. Although Mark was cancer free, his life was put on hold due to serious stomach issues and pain. For over two years, Mark spent most of his days curled up in a ball – knees near chest – with the only sense of temporary relief coming from daily painkillers and muscle relaxers. At this point, he felt hopeless and was ready to get off the medications and get on with his life.

Mark was eventually referred to Angela Lai, Licensed Acupuncturist at the Osher Center for Integrative Health at the University of Cincinnati, and he describes the first day that he sat down with her as the day that his healing journey began. Not only did Angela provide relief through acupuncture, but she also created a personalized diet plan for him that would lead to a painless, drug-free life. Within weeks of incorporating his new diet, Mark ditched daily painkillers and was back to enjoying his time with his wife, children, and grandkids and his hobby: building baby cribs for the Rose Garden Mission.

Dr. Golubic joined Pete, a blood cancer survivor, on center court at the UC Men’s Basketball Game as Pete rang the cancer bell to celebrate the completion of his treatment on World Cancer Day



# advanced EDUCATION

## HIGHLIGHTS



The Medical Student Scholars Program (MSSP) in Integrative and Lifestyle Medicine welcomed two inaugural students into the program, designed to broaden students' knowledge and experience in the fields of integrative medicine and Lifestyle medicine to expand the students' expertise as future physicians and to promote self-care and wellness.



The Graduate Certificate in Integrative Health began accepting students in Fall 2022. The program is the first of its kind in the region to provide graduate students with advanced knowledge and skills in the growing field of integrative health to enhance the lives of their patients and their own well-being.



The Yoga Studies Certificate and Yoga Teacher Training launched. Interdisciplinary in nature, the certificate includes coursework from the College of Education, Criminal Justice and Human Services, the College of Medicine, and the College of Arts & Sciences.



Two student groups thrived under new student leadership: the Medical Student Integrative Medicine Student Interest Group and the Undergraduate Integrative Medicine Health Club.

## FUTURE INITIATIVE | CURRICULUM INTEGRATION

In partnership with the UC College of Medicine, the Osher Center has received grant funding from the Weil Foundation to integrate a new longitudinal wellness thread into the medical school curriculum for 1st and 2nd year students focused on integrative and lifestyle medicine. This thread will transform the way the UC College of Medicine is positioned as a leader in advancing integrative and lifestyle medicine education and prevention for the next generation.



## BY THE NUMBERS

662

students enrolled in courses

11

courses offered

68

interest group students

11

teaching faculty

33

affiliated faculty



# MEET OUR *MSSP* students

## NITHYA TRICHY



*“I want to improve the health of the community by educating and making healthy food options more affordable for under-resourced populations and, ultimately, alleviate food insecurities.*

Nithya Trichy joined us as a first-year medical student at the University of Cincinnati College of Medicine. She received her Bachelor of Science in Medical Sciences and Minors/Certificate in Public Health, Nutrition, and Global Health

Studies from the University of Cincinnati. She serves as a Bearcat Mentor and Lead Teacher at New Leaf Kitchen. She also helped develop the Bearcats Food Recovery Network, a public health program in partnership with the University of Cincinnati, to distribute extra food from campus dining locations to communities in need. Nithya hopes to learn about the cultural and historical backgrounds behind integrative therapies and the systemic challenges associated with implementing them to ultimately contribute to research identifying the health disparities that exist within the community and developing effective avenues to address them.

## MEGAN KNAUER



*“We must shift medicine to emphasizing prevention and meeting people where they’re at in their journeys. This begins with figuring out what patients can control, and what lifestyle factors are mutable.*

Megan Knauer joined us as a first-year medical student at the University of Cincinnati College of Medicine. She received her Bachelor of Sciences in Medical Utilitarianism from Duke University where she also worked as a research assistant and as an intern at Duke University’s healthcare policy center. She wants to understand how to incorporate stress management, dietary changes, and every other aspect of holistic care into her future medical practice and to make this model of care possible for every patient.



2022-2023 Student Interest Group & Undergraduate Integrative Health Club Leaders (pictured from left to right: Olulayole Adedeji, Divine Grayson, Connor Funke, and Sneha Rajan)

# innovative RESEARCH

## HIGHLIGHTS



The Waddell Family Fund for Integrative Health & Lifestyle Medicine Research was established to analyze a clinical group model for specific disease areas such as multiple sclerosis, Parkinson's disease, and diabetes thanks to a \$30,000 donation from the Waddell Family.



Two student leaders presented a poster abstract at the 2023 Integrative Medicine and Health Symposium and Members Meeting, February 27-March 2, in Chicago IL: Integrative Medicine Modality Usage and Effectiveness on Chronic Pain Conditions in an Urban Clinic Setting. **Olulayole Adedeji, MS, Conner Funke, Harini Pallerla, MS, Mladen Golubic, MD, PhD.**



The center broadened recruitment efforts for the Carrie K. Hayden Endowed Chair of Integrative Oncology Research to lead integrative oncology research design, protocols, and funding to inform evidence-based practices of integrative therapies for the prevention and treatment of cancer and throughout survivorship.

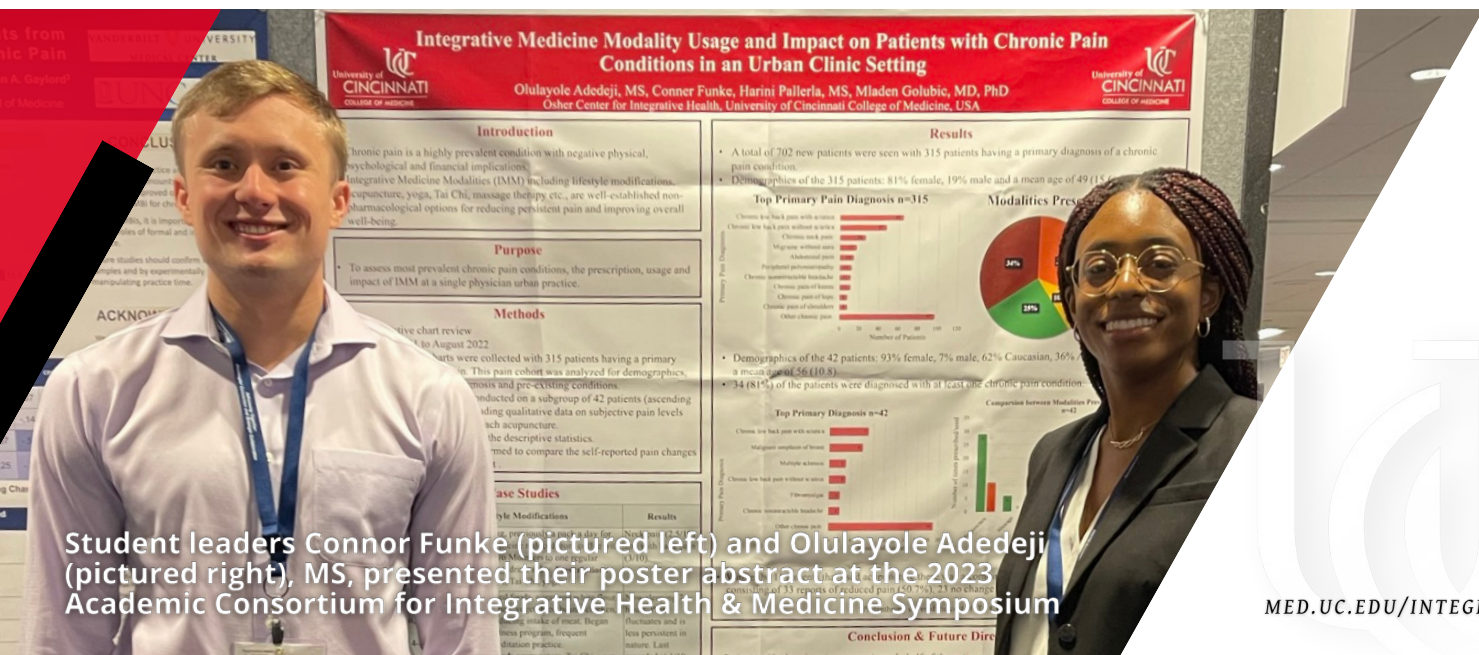
## AFFILIATED PUBLICATIONS



Tina Walter, C-IAYT, Certified Yoga Therapist for the Osher Center for Integrative Health, recently co-authored *Chairside Yoga Therapy Alleviates Symptoms in Patients Concurrently Receiving Outpatient Cancer Infusions: A Promising Feasibility Study* published in the Journal of Holistic Nursing in 2023, to evaluate effectiveness of chairside yoga therapy on perceptions of fatigue, pain, nausea, anxiety, and distress among oncology patients concurrently receiving outpatient cancer infusion therapy



Sarah Couch, PhD, RD, affiliated faculty for the Osher Center for Integrative Health, designed the dietary portion of the *Supermarket and Web-based Intervention Targeting Nutrition (SuperWIN) study*, a collaboration between UC, UC Health, Cincinnati Children's, and Kroger Health for a first-of-its-kind clinical trial designed to improve dietary quality and health outcomes through retail-based dietary interventions.



Student leaders Connor Funke (pictured left) and Olulayole Adedeji (pictured right), MS, presented their poster abstract at the 2023 Academic Consortium for Integrative Health & Medicine Symposium

# demonstrated LEADERSHIP

## JENNIFER MOLANO, MD, INAUGURAL UC INDUCTEE TO THE OSHER COLLABORATIVE FACULTY FELLOWSHIP



Jennifer Rose V. Molano, MD, associate professor at the University of Cincinnati College of Medicine, has been accepted to the Osher Center Integrative Health Faculty Fellowship Program Class of 2024, the first inductee from UC. The goal of the fellowship is for trainees to develop a holistic and expansive view of medicine, gaining and applying this perspective in their patient interactions now and in the future, through a combination of intensive mentorship, rigorous instruction, and immersive experiential activities. Molano is a neurologist specializing in the interface between sleep and cognition. She is a proud collaborator with the Osher Center, serving as a faculty member of the Mind-Body program since 2016 and as an expert speaker at numerous Osher Center events including the 2022 Optimize Your Well-Being Community Symposium and the 2022 Virtual Lifestyle Medicine and Wellness Series.

## GRAND ROUNDS & PRESENTATIONS

Healthy Sleep, Jennifer Molano, MD | Osher Center for Integrative Health Lifestyle Medicine & Wellness Series | July 2022

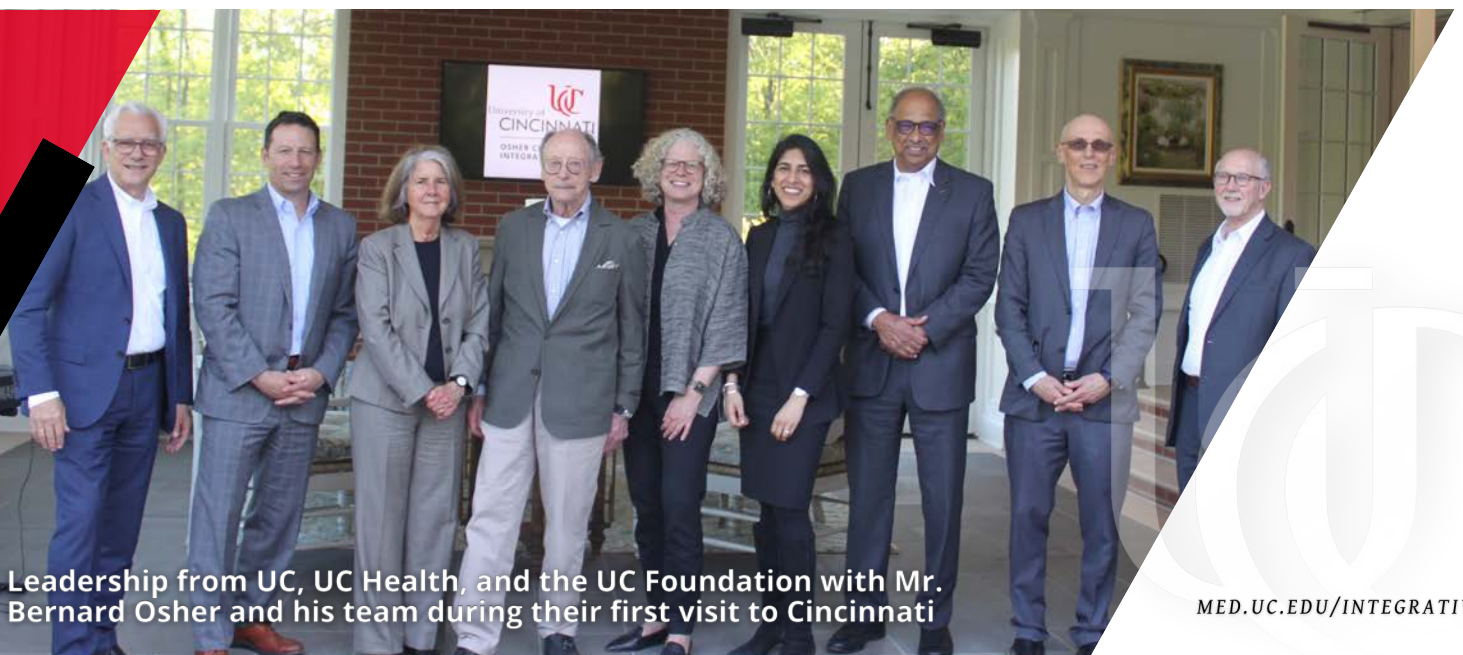
Integrative Therapies For People With Chronic Pain, Mladen Golubic, MD, PhD, Tiffany Diers, MD | UC College of Medicine Department of Internal Medicine Grand Rounds | December 2022

Promoting Well-being in Healthcare: Mindfulness and Mind-Body Techniques to Manage Stress and Build Resilience, Sian Cotton, PhD | UCSF Osher Center for Integrative Health Grand Rounds | January 2023

Be Well: An Owner's Manual, Lauri Nandyal, MD | Be Well UC Invest in Yourself Event | February 2023

Plant-Based Diets: Personal & Planetary Benefits, Mladen Golubic, MD | Cleveland Clinic Grand Rounds | April 2023

Optimizing Mental Wellness through Lifestyle Principles as First Line of Defense, Barbara Walker, PhD | UC College of Medicine Department of Psychiatry Grand Rounds | May 2023



Leadership from UC, UC Health, and the UC Foundation with Mr. Bernard Osher and his team during their first visit to Cincinnati

# COMMUNITY *engagement*

## HIGHLIGHTS



The Workplace Mindfulness program launched full and half-day retreats, a new heavily experiential offering focused on bringing teams together in an increasingly disconnected world. The team also introduced new topics including AI in conjunction with mindfulness practices and work-life separation in a hybrid environment. Clients include: Cincinnati Regional Chamber of Commerce, Main Street Ventures, Gorilla Glue, GE Aerospace, Greenacres Foundation, and Withrow High School.



The center hosted unique community events highlighting a variety of integrative health and wellness topics:

- Movement as Medicine featuring Victoria Morgan, recently retired Artistic Director of the Cincinnati Ballet and Osher Community Advisory Council member, led participants of all ages through dance-based fitness class, followed by a presentation and discussion on healthy aging and longevity with Drs. Tew, Golubic, and Cotton.
- Stable Wellness: An Evening of Wellness at Saddle Lake Equestrian Center, a collaboration between Saddle Lake, the UC Equestrian Club, and the Osher Center, featured wellness experiential sessions including: a labyrinth meditation and yoga in nature with Osher Center clinicians, and equestrian wellness with the horses and staff of Saddle Lake.
- The Lifestyle Medicine & Wellness series highlighted an array of topics including healthy sleep, food as medicine, and mindfulness.

## FUTURE INITIATIVE | PARKS FOR WELLNESS

Parks for Wellness is a proposed coalition between the Osher Center and Cincinnati Parks to implement the region's first park prescription program to further integrate a healthcare network and park resources to provide additional methods for treating chronic disease. There is strong evidence of the beneficial health outcomes through preventative and therapeutic activity in nature for patients living with chronic conditions.



## BY THE NUMBERS

15

community events/classes

1,642

event/class registrants

65

workplace mindfulness sessions/retreats

17

workplace mindfulness clients



**Stable Wellness**  
was an evening  
dedicated to well-  
being including  
movement,  
meditation, equine  
wellness, and the  
healing power of  
nature

# HEALTH *equity*

This past year, we created our strategic framework defining our pillars of transformation: advanced education, clinical practice, innovative research, and community engagement, with a focus on health equity throughout each pillar. The health equity thread, led by Tiffany Diers, MD, associate professor and co-director of the Centering Group Visit Program, aims to deliver integrative care for people who need it the most and partner with communities to improve health together.

## HIGHLIGHTS



**Clinical:** The Centering Program aims to improve health outcomes in high-risk patients, serving a high number of patients with Medicaid/Medicare insurance who often face barriers based on social determinants of health. This includes patients with chronic pain, diabetes, obesity, and CenteringPregnancy. The program emphasizes community-connected care through community partnerships to support patients' health and that of the neighborhoods where they live.



**Team Development:** The Osher team incorporated health equity topics into team meetings to better understand how it relates to integrative health and prepare the team for health equity work. Sessions included a review of the state of health equity in Ohio and practicing skills to engage in this topic including the Harvard Implicit Association Tests and an unconscious bias meditation and group discussion.



**Education:** The Fundamentals of Integrative Health course covered health equity topics such as racism in medicine, racial & zip code disparities with regard to environmental toxins, nutrition and inequalities, and social determinants of health.



**Community Engagement:** The Osher Team, including Pamela Sharpe, FNP-BC (pictured right with red lanyard), prioritized representing the Osher Center at local events to educate people throughout Cincinnati about lifestyle medicine and encourage healthy lifestyle choices.



## BY THE NUMBERS

**\$47,642**  
philanthropy fund

**79**  
applicants to  
philanthropy fund

**257**  
sessions allocated  
to fund

**1,931**  
visits & classes covered  
by philanthropy

**124**  
group medical visits

# THE POWER OF *philanthropy*

## HIGHLIGHTS



The Center has grown the Friends of the Center Giving Circle to over 250 donors, helping to expand our work in service of our mission of improved health for all through clinical practice, advanced education, innovative research, and community engagement focused on integrative health and wellness.



The Center offered over 400 meditation, movement therapy, and music therapy classes per week to patients at no cost thanks to generous donors, expanding the reach of evidence-based integrative health services—regardless of ability to pay.



Engaging the next generation of healthcare providers with sustainable models of whole-person health through the Medical Student Scholars Program (MSSP) in Integrative & Lifestyle Medicine, established for 2-4 new students each year to broaden and deepen their knowledge and experience throughout their four years in medical school thanks to a generous donor.



The Waddell Family Fund for Integrative Health & Lifestyle Medicine Research was established thanks to a \$30,000 donation from the Waddell Family, contributing to our goal of developing a national research reputation in integrative health.

As the Osher Center continues to grow and positively impact more members of our community, we look forward to engaging those who find true meaning from their philanthropy to advance our important mission of integrative health for all.

Support our Mission:  
Become a Friend of the Center



Participants in the Centering Program prepare a carrot dish at La Soupe/Photo/Andrew Higley/UC Marketing + Brand

# ADVISORY *councils*

## INAUGURAL MEETING OF THE ACADEMIC ADVISORY COUNCIL



The Academic Advisory Council convened for its first meeting on September 6-7, 2022. Formed in 2022, the Academic Council includes an outstanding group of individuals, with a broad range of expertise and experiences. The Academic Council advises Center leadership on academic matters and provides suggestions and feedback to help guide the Center's academic mission and optimize the use of resources.

Aviad Haramati, PhD, Chair

## COMMUNITY ADVISORY COUNCIL LEADERSHIP

The Community Advisory Council is an independent body of community leaders committed to promoting the Osher Center for Integrative Health. These professionals have extensive experience in healthcare, academia, local industry, government, or the private sector. Council members play an important role in our mission to improve the health of our local and global community through outreach, advisement, and collaboration. In 2022, Carrie Hayden stepped down from her role as chair of the council after nine years of service and exceptional leadership and introduced Beverly Grant and Kay Geiger as new co-chairs.



Beverly Grant brings over 28 years of executive-level experience (Chief Client Strategy Officer IRI and VP of Customer Business Development at P&G). She is a board member for the Nancy & David Wolf Holocaust and Humanity Center, Steinhauser, National Underground Railroad Freedom Center, and recently served as chair of the 2023 Heart of Greater Cincinnati Effort.

Beverly Grant, Co-Chair



Kay Geiger, former Regional President of PNC Bank, has over 30 years of experience in the banking industry and has held multiple board positions including Ohio Business Roundtable, 3CDC, United Way of Greater Cincinnati, Cincinnati Business Committee, Cincinnati Children's Hospital Medical Center Foundation, Zoological Society of Cincinnati, CincyTech, and Ursuline Academy.

Kay Geiger, Co-Chair



The Osher Center was recognized with two awards at the 2022 UC Foundation Outstanding Philanthropic Volunteer Awards: the center's Community Advisory Council received the Group Philanthropy Award and Sian Cotton, PhD, received the 2022 Staff Award of Merit





**Victoria Morgan, Community Advisory Council member and retired Artistic Director of the Cincinnati Ballet, hosted a Movement as Medicine event featuring her signature workout**

# MEDIA and mentions

Simply Medicine Podcast: July 30, 2022 Interview with Dr. Sian Cotton | July 2022

UC News: Osher Center recognized with two awards at the UC Foundation Outstanding Philanthropic Volunteer Awards | October 2022

UC News: Movement as Medicine: Victoria Morgan encourages Cincinnatians to stay healthy and active as they age | November 2022

UC News: Taking a bite out of diabetes and hypertension. Community food education program from UC hopes to improve diets | November 2022

UC News: New Culinary Medicine program empowers Cincinnatians to eat healthier | January 2022

Cardi Ohio Podcast: Good Sleep is Good Medicine with Jennifer Molano, MD and moderated by Lauri Nandyal, MD, Osher Affiliated Faculty | March 2023

UC News: Creating a Culture of 'Calm' | April 2023

UC News: Cultivating Mindfulness on the Job | April 2023

WLWT/Popular Mechanics: Social isolation could be slowly killing you, according to science featuring tips from Barbara Walker, PhD, Osher Center affiliated faculty and mindfulness instructor | June 2023




Featured in UC News, Meriden McGraw, Director of Workplace Mindfulness, offers tips for workplace culture change




The Center  
hosted a team  
from P&G for a  
mindfulness  
immersion  
retreat at the  
Meshewa House  
at Turner Farm

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