



THE
2023
ANNUAL REPORT

THE SUMNER M. REDSTONE GLOBAL CENTER
FOR PREVENTION AND WELLNESS



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A MESSAGE FROM THE CHAIR

William H. Dietz, M.D., Ph.D.



For the last nine years, I have had the enormous privilege of being the first chair of the Sumner M. Redstone Global Center for Prevention and Wellness in the Milken Institute School of Public Health. Our initial goal was to make the District of Columbia the healthiest capital in the world through a focus on nutrition, physical activity, and obesity. The Redstone gift has allowed us to make important contributions to the health of the District of Columbia, and in a wider context to establish the Redstone Center as a trusted and knowledgeable brand promoting policy changes that improve the health of people and the planet. I am very grateful to Dean Lynn Goldman, who offered me the position of Chair of the Redstone Center. Her support and guidance has been invaluable, and has allowed us to thrive.

Throughout my tenure as chair, I have been fortunate to have an extraordinary staff. They are listed below. Thank you for your enormous contributions. Our success reflects your passion and expertise.

- [Sarah Baldauf](#), 2015–2020, Senior Director of Communications, Outreach and Engagement; now Senior Government Relations and Policy Advisor CCR
- [Jeff Hild](#), 2017–2021, Redstone Policy Director; now Principal Deputy Assistant Secretary, Administration for Children and Families, U.S. Department of Health and Human Services
- [Kate Wolff](#), 2020–2021, Senior Director of Communications, Outreach and Engagement; now Chief of Staff, Centers for Disease Control and Prevention
- [Rachel Clark](#), 2021–Present, Director Policy, Redstone Center
- [Kelly Whittier](#), 2022–Present, Senior Director of Communications, Outreach and Engagement
- [Christine Gallagher](#), 2014–Present, Senior Center Administrator, Redstone, Research Project Director, STOP Obesity Alliance

CONTRIBUTIONS TO THE MILKEN INSTITUTE SCHOOL OF PUBLIC HEALTH

In consultation with our internal advisory group, we initiated an annual RFA to solicit submissions requesting support for pilot studies. The Center provides up to \$50,000 for one year to enable junior faculty to develop the pilot data necessary for applications to NIH, NSF, or other funding agencies. The data collected by funded faculty has successfully led to external grant support and multiple publications. We also instituted three years of financial support to attract and support promising doctoral candidates whose research interests align with those of the Redstone Center. Both of these programs have succeeded. A newer, but underutilized, source of funding is a small grants program for the support of doctoral candidate research.

REDSTONE CENTER ACCOMPLISHMENTS

Some of our highlights are described below. Additional information regarding our publications can be found in Appendix II, and regarding our testimony on page 11.

2015

- Advisor to Health Affairs for issue on food
- Steering committee for one day meeting of evaluators of their funded childhood obesity interventions at the California Endowment in Oakland, CA. Members of the Convergence Partnership included RWJF, KP, the California Endowment, Nemours, and the WK Kellogg Foundation

- Hosted two-day meeting of 30 foundations and funders of childhood obesity interventions to evaluate what works
- Became member of Chronic Disease Advisory Committee of DC and member of the subcommittee on obesity
- Initiated pilot study support for junior faculty that led to multiple successful NIH applications submitted by pilot study recipients
- Published a new model for addressing the obesity epidemic: “An Integrated Framework for the Prevention and Treatment of Obesity and its Related Chronic Disease”

2016

- Plenary speaker “Epidemiology of Obesity and Type 2 Diabetes” at National Academy of Medicine
- Received RWJF grant for obesity training and education
- Became chair of Wendy Ellis’s dissertation committee
- Became the academic home for Building Community Resilience under the leadership of Wendy Ellis
- Co-chair of the Diabesity Committee at DC Department of Health
- Became a Commissioner of the Healthy Youth and Schools Commission (six-year term)
- Named Co-Chair of the Lancet Commission on Obesity

2017

- Inaugural work in Congressional and DC policy
- Hosted BCR meeting on childhood trauma
- Hosted first of two meetings of the Lancet Commission on Obesity, consisting of Commission members from 14 countries
- Published enormously popular Pair of Aces Tree with Dr. Ellis

2018

- BCR receives Kresge grant
- Published manuscript in Pediatrics on new approaches to the prevention of childhood obesity in low- income minority children
- Published commentary in JAMA that identified young adults as a new target for the prevention of obesity
- Provided key support for successful DC’s Healthy Students Amendment Act to increase physical activity in preschool, elementary and middle school students

2019

- Senior author of the Lancet Commission on Obesity report on “The Global Syndemic of Obesity, Undernutrition and Climate Change.” An outgrowth of this report was the addition of climate change to the Center’s scope of work, which led to several publications and an increased focus on climate-friendly food and physical activity practices
- Co-author of American Academy of Pediatrics statement “Public policies to reduce sugary drink consumption in children and adolescents”

2020

- One of the first publications linking obesity to severe COVID-19 infections
- Published comment in Journal of Clinical Investigation on need to act on climate change and malnutrition
- Initiated financial support to attract outstanding doctoral candidates

2021

- Published 4th edition of Clinical Obesity in Children and Adults

2022

- Published 2 papers on mitigation of the Global Syndemic of Obesity, Undernutrition and Climate Change and the COVID-19, Obesity and Food Insecurity Syndemic.

2023

- Redstone published a highly influential report on DC Parks, almost all of which are under the auspices of the National Park Service (NPS). The report identified multiple financial and jurisdictional challenges with current oversight of DC parks by the NPS, and proposed important strategies to mitigate these challenges

THE STOP OBESITY ALLIANCE


When I came to GW, I inherited the STOP (Strategies to Overcome and Prevent) Obesity Alliance. The STOP Obesity Alliance currently consists of 60 associate and steering committee members from industry, academia and the public sector. One of our most important accomplishments was to generate the financial foundation necessary to sustain STOP's activities. This goal has been achieved through the addition of corporate members. We now have nine corporate members that brought in \$200,000 in 2023. We also receive voluntary membership fees from our members.

With our partners, we have established STOP as a widely respected and trusted source of information regarding care for people with obesity. Some of our accomplishments are listed below.

- 15 publications in the peer reviewed literature
- In collaboration with the Roundtable on Obesity Solutions at the National Academy of Medicine, we developed obesity care competencies with a curated collection of promising curricular materials and tools to bolster provider training and education
- Developed and published a guide for primary care providers to help start the conversation about weight with their patients (Why Weight Guide)
- Developed and published a standard of care for obesity, published in 2019
- Leading experts on what coverage of obesity looks like for Medicaid and State Employee Health plans
- Developed a Comprehensive Obesity Benefit, published in 2023
- Developed and published an algorithm for primary care providers to assess and treat obesity (Weight Can't Wait Guide)
- Published several papers from research from the Docstyles survey assessing health care providers' knowledge, attitudes and counseling of obesity
- Initiated work on the development of quality measures for what matters for obesity care and published an assessment of obesity quality measures (2023)
- Successfully collaborated with CDC to change coding measures for the diagnosis of obesity
- Participated with leading obesity organizations to develop consensus statements regarding the diagnosis and care of people with obesity
- Put out a monthly newsletter on obesity topics circulated to our list serv of over 1800 members

Of course, none of this vital, life-changing and life-saving work could have been done without the vision and support of the late Sumner M. Redstone and the Redstone family. It has been an extraordinary privilege to serve as the first chair of the Sumner M. Redstone Global Center for Prevention and Wellness. Thank you for your support. I will be forever grateful.

Sincerely,



William H. Dietz

Chair and Director, Sumner M. Redstone Global Center for Prevention and Wellness



ACTIVITIES

The Redstone Center maintains the vision that Washington, DC, will become the healthiest capital in the world and that our local successes will inspire leaders everywhere to adopt our solutions to local and global public health and environmental challenges. Recognizing that chronic disease, health inequities, and climate change are all interconnected and share common drivers, the Redstone Center maintained a targeted focus on the three priorities of **sustainable food systems**, **healthy communities**, and **climate and health** in 2023.



SUSTAINABLE FOOD SYSTEMS



Sustainable food systems provide food and nutrition security while also limiting negative impacts on the environment. A sustainable food system that provides access to nutritious food for all is essential to ending chronic health disparities and addressing the food system's contributions to climate change.



HEALTHY COMMUNITIES



Healthy communities are supported through design and investments in the built environment that improves physical and mental health by decreasing car dependence, promoting physical activity, improving air quality, increasing social connections, and reducing greenhouse gas emissions.



CLIMATE AND HEALTH



Climate change has a profound impact on human health, yet the healthcare sector accounts for 8.5% of U.S. greenhouse gas emissions. We focus on strategies to reduce the healthcare sector's contributions to climate change and promote the connection between climate and health.

CALLING FOR CLIMATE ACTION AT THE WHITE HOUSE

In the fall of 2022, the Biden administration brought renewed attention to food insecurity and diet-related chronic disease by holding the first **White House Conference on Hunger, Nutrition, and Health** in more than 50 years. Attended by leaders and experts from across the country, including Dr. Dietz, the White House Conference launched the Biden Administration's National Strategy on Hunger, Nutrition, and Health, but neglected to integrate climate change mitigation and adaption as part of the strategy.

Recognizing that the climate crisis and the crisis of hunger and diet-related disease are deeply interconnected, the Redstone Center published a piece in the *American Journal of Public Health* entitled, **"Where Was Climate Change at the White House Conference on Hunger, Nutrition, and Health?"** Authored by Rachel Clark, Sydney Pryor, and Dr. Dietz, the article called on the Biden Administration to align its food and nutrition priorities with its climate commitments.

TRANSLATING RESEARCH INTO POLICY: THE NEIGHBORHOOD PARK SERVICE REPORT

Urban parks protect and promote public health through a series of connected interactions between people and the environment. For example, parks provide space for physical activity, thereby acting as a protective factor against cardiovascular and respiratory diseases. Activated parks house activities that promote social connection and belonging, either through more active events like sports leagues or community events. They can also provide more solitary opportunities to commune with nature, which can provide mental health benefits. **Urban park systems also support sustainability and adaptation to climate change threats**, such as through valuable ecosystem services including carbon storage, pollutant filtration, stormwater runoff mitigation, and heat protection.

In 2023, qualitative research published by the Redstone Center revealed that fragmented stewardship by multiple federal and local agencies has left the District’s park system inequitably funded and maintained, causing it to be underutilized as a public health asset for local communities. The District of Columbia faces a unique barrier when trying to improve its park system: it does not own most of its parkland. Due to DC’s status as a federal district and despite its broad functionality as a state, the vast majority of the District’s parkland is owned by the National Park Service (NPS), a federal agency that is rightfully focused on wilderness preservation at large uninhabited national parks across the country –not, necessarily, on urban parklands serving as neighborhood parks for the 700,000 people who live in the nation’s capital.

The report, **Neighborhood Park Service: Strategies to create an equitable and activated park system for the District of Columbia**, identified the federal-local power imbalance at the root of this problem and proposes several policy recommendations to improve the park system. The enormous positive response generated by the Redstone Center’s report by the media, DC government, Federal City Council, and **Congresswoman Eleanor Holmes Norton** have already resulted in the introduction of federal legislation (H.R. 4497, H.R. 5118, and H.R. 5869) to support the policy solutions in the Neighborhood Park Service Report.

“The idea for this bill came from a new report authored by George Washington University’s Sumner M. Redstone Global Center for Prevention and Wellness that examined strategies to create a more equitable and activated park system in the District of Columbia.”

–Congresswoman Norton upon introducing H.R.4497, which proposes that Congress directly adopt a key recommendation from the report



1,659

FULL REPORT
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645

EXECUTIVE SUMMARY
DOWNLOADS

Activating Community Leaders

The Federal City Council, a non-profit organization headed by **former DC Mayor Anthony Williams**, is in the process of launching a special longterm project on the park system to organize local decision makers in determining the best path forward to implement the local, agency, and federal-level policy recommendations developed by Redstone researchers.

Local Government Investments

Within months of the report’s publication, B25-0487, the Office of Natural Area Conservation Establishment Act of 2023, was introduced at the Council of the District of Columbia to establish an office within the DC Department of Energy and the Environment responsible for maintaining District-owned and-managed forested natural areas. This legislation builds upon the recommendation to develop forestry management expertise at the local agency level.



THE DRIVING CHANGE WHITE PAPER

The Redstone Center's 2023 White Paper, **Driving Change: Road Pricing As A Public Health Strategy For the District of Columbia**, challenges the car-centric planning systems that prioritize the movement of vehicles above human and environmental health, resulting in severe transportation and health inequities that disproportionately burden marginalized communities in the District, region, and country. The report details the longstanding public health impacts of vehicle traffic and traffic congestion within these systems. This includes **air pollution, noise pollution, greenhouse gas emissions** accelerating climate change, traffic violence, and other harmful effects on community health and the environment. Redstone researchers then identified the public health benefits realized by cities around the world that have implemented road pricing policies, focusing on Singapore, London, Stockholm and Milan.

Road pricing, the practice of charging drivers directly for their use of roads, is **a proven policy tool** for reducing the concentration of vehicles entering and driving within a defined urban area, thereby relieving congestion. The Redstone White Paper found that road pricing has resulted in significant climate and health gains:

1,888 The number of extra years of life saved due to congestion pricing among roughly eight million London residents who are now breathing cleaner air

25% The reduction of vehicle crashes resulting from Singapore's pioneering congestion pricing scheme of 1975

16% The decline in CO2 emissions in London since implementing congestion pricing. Globally, road pricing mechanisms have contributed to the decline in overall greenhouse gas (GHG) emissions, including: a 10-15% reduction in CO2 emissions in Singapore's inner city and a 14% reduction in CO2 in Stockholm

Equally important is the **equitable investment of congestion pricing revenue** into public and active transportation systems. These cities have prioritized investment of road pricing revenue in street safety improvements like more comprehensive mobility networks of bike lanes and pedestrian zones, thereby building safer environments for active transport and physical activity.

The Redstone Center's White Paper shows that **cities that implement road pricing consistently achieve climate and health gains**, from both decreased vehicle traffic and by investing revenue in multimodal transportation infrastructure. Through cleaner (and quieter) air, safer streets, and enhanced mobility and connectivity, road pricing would help the District reduce chronic disease inequities and leap toward our carbon neutrality goals. We look forward to seeing the impacts of our work.



GRANTS AND ONGOING RESEARCH

A Study on DC Food Procurement

The District of Columbia spends over \$80 million per year on food procurement to feed children, seniors, and vulnerable residents across multiple agencies. In the same way that federal energy procurement has accelerated the transition to clean energy across the US economy, food procurement can be a driver for a just, healthy, and sustainable food system by prioritizing purchases from locally and BIPOC-owned businesses, improving the quality and nutrition of meals served, and shifting toward plant-based foods to reduce carbon emissions. However, the District is currently very limited in its ability to leverage its food spending due to a **complicated, opaque procurement system** that entrenches large out-of-state food service vendors. Furthermore, efforts to address nutrition and sustainability have been siloed across agencies, resulting in a lack of information sharing around feasibility, barriers, opportunities, and best practices. This status quo fails both the residents who rely on these meals and those in the local food economy.

The Redstone Center has secured funding from the **Bainum Family Foundation** to conduct a study of the District government's food procurement system. This study is currently underway, and is engaging stakeholders inside and outside DC government, including agency procurement officers, food policy experts, and small/local food business owners, to understand the food procurement process at District agencies, assess current food purchases, and identify barriers and opportunities for advancing values-based food procurement across the District. The Redstone Center anticipates that this study will be completed in Spring of 2024 with a report released in Summer 2024.

Redstone Center Doctoral Support Grants

In 2020, the Internal Advisory Committee recommended that the Redstone Center fund outstanding doctoral candidates to **attract and retain promising students** in areas that reflect the priorities of the Center. Doctoral candidate funding began in 2020, and the candidates enrolled to date are described below:



Sydney Pryor, 2020-2024: Health Policy Doctoral candidate

Sydney (she/her) has worked closely with Dr. Dietz since she began her doctoral program in Health Policy and Management at the Milken Institute School of Public Health in the Fall of 2020. Following her and Dr. Dietz's previous work building on the Global Syndemic of Obesity, Undernutrition, and Climate Change, Sydney's current work focuses on strategies to achieve a healthy, sustainable, and just agrifood system transformation. In June, Sydney successfully defended her dissertation proposal, with Dr. Dietz as the chair of her committee, to investigate high rates of beef production and overconsumption in the U.S. as a key contributor of the adverse human and planetary health impacts of the U.S. agrifood system. Using a systems approach, she aims to identify policy options for effectively and equitably reducing beef consumption in the U.S. She presented this work at the 2023 International System Dynamics Conference and will continue this research into 2024.

Sydney also collaborated with Dr. Dietz and Rachel Clark on an article detailing the limited attention to climate change at the White House Conference on Hunger, Nutrition, and Health and the urgency of addressing food systems as part of climate action, published in the American Journal of Public Health (AJPH) in August. Beyond her research, Sydney provides support for local and national policy efforts with the Redstone Center, including providing testimony and developing materials for advocacy efforts related to healthy and sustainable food systems, and as a member of the Good Food Purchasing Program Coalition and Federal Good Food Purchasing Coalition. She was an instructor in the course, 'Food Systems and Public Health' for MPH students this fall.



Christie St. Pierre, 2021-2024: Exercise and Nutrition Sciences Doctoral candidate

Christie St. Pierre is a 3rd year Doctoral Candidate in Exercise Physiology and Applied Nutrition PhD program with a focus on applied nutrition and food systems. She is a Registered Dietitian and holds an MPH in Public Health Nutrition from GWU. Her research is motivated by a goal of moving toward greater equity in opportunities for all people to enjoy nourishing food that promotes human and planetary health. Her research integrates her experiences in food and agriculture and is oriented toward contributing solutions to the intersecting challenges of diet-related chronic disease, disparities in food and nutrition security, and ensuring the long-term viability of sustainable food production.

Recent and ongoing projects have focused on the food-related experiences of children and youth, including food insecurity and participation in school-based food education programs, and connecting these experiences to dietary intake. Qualitative findings on the impact of elementary school experiential food education programs from the perspectives of current and alumni participants are in press and inform her dissertation work to develop and test a tool to measure food literacy in upper elementary-age children. She is the lead author of a systematic review commissioned by Healthy Eating Research examining associations between food insecurity and childhood obesity published in Pediatrics. Through her work on the Creating Opportunities for Adolescents through Coaching, Healthy Eating, and Sports (COACHES) project, she has published findings highlighting youth-reported food insecurity and dietary intake during the COVID-19 pandemic and a systematic review identifying the most effective models and practices for train-the-trainer approaches to youth nutrition education, and findings from qualitative research with student and coach participants in COACHES are currently under review.



Mariana Fagundes Grilo, 2022-2025: Exercise and Nutrition Sciences Doctoral candidate

Mariana F. Grilo recently completed her third semester in the Exercise Physiology and Applied Nutrition PhD program with a focus on nutrition policy. She is an international student from Brazil, with a MPH from University of Campinas, currently working with Dr. Sylvetsky. Her research areas of interest include consumption of ultra-processed foods, food additives, added sugars/non-sugar sweeteners, and food labeling. Through her research she aims to help build healthier food environments while helping consumers to have clearer information about the nutritional composition of foods and beverages to make healthier choices. Mariana has been leading a study in Brazil to understand the perceptions and knowledge of parents of young children on non-nutritive sweeteners and front-of-package labeling. During the summer, she was in Brazil to develop the materials to be used in the focus group discussions and to start implementing the study and train the research members that continued the data collection. In addition, during the last year she presented non-nutritive-sweeteners related studies in the International Congress of Nutrition in Tokyo, Japan, where she received the "IUNS Early Career Award" (December 2022); in the American Society for Nutrition (ASN) Conference in Boston (July 2023), where she received the "Student Interest Group 3 minute Thesis Award" and was selected as finalist for the "Emerging Leaders in Nutrition Poster Competition"; and in the Conference of the Sociedad Latino Americana de Nutrición in Cuenca, Ecuador (October 2023).

During the past year, Mariana published an opinion article with Dr Sylvetsky and Dr Taillie from UNC, on how the widespread presence of non-nutritive sweeteners challenges

adherence to beverage guidance for children, and co-authored other studies on non-sugar sweeteners and ultra-processed foods in the US, Brazil and Chile. Next steps include finalizing the focus groups in Brazil, and starting a randomized controlled trial using an online grocery store to understand purchases of beverages to young children.



Tim Oneal, 2023-2027: Exercise and Nutrition Sciences Doctoral candidate

Tim is a first year PhD student in the EPAN program. In 2020, he graduated from San Diego State University with two MS in Nutrition Science and Exercise Physiology. As a registered dietitian, personal trainer, health coach, and group fitness instructor, he is passionate about promoting long-term wellness through sustainable lifestyle choices including both diet and physical activity.

Tim's research interests focus on lifelong chronic disease prevention through a combination of nutrition and exercise. This semester, he assisted Drs. Sackeck and Levers on their FRESH study that examined health behaviors in undergraduate students. He also assisted Dr. Price with her research on the effect of mentorship and physical activity on mental health outcomes in disadvantaged adolescents.



A vertical image of the American flag, showing the stars and stripes, positioned on the left side of the page.

COMMUNITY PARTNERSHIPS

The Redstone Center continues to be a sought-after resource among local advocates and elected officials. Below is a selection of Redstone's current community partnerships:

DC Food Policy Council

Redstone's Policy Director, Rachel Clark, was appointed by DC Mayor Muriel Bowser to serve on the DC Food Policy Council (FPC), a coalition of 13 public and government food leaders working towards a **just, healthy, equitable and sustainable food system** in the District of Columbia. As an FPC member, Rachel co-chairs the FPC's Sustainable Supply Chain Working Group, which leads efforts to increase the sustainability of the District's food system.

Good Food Purchasing Coalition

The Redstone Center is a member of DC's Good Food Purchasing Coalition, which aims to use values-based food procurement to achieve a more just and equitable food system. The coalition prioritizes five key values in procurement: local economies, environmental sustainability, valued workforce, animal welfare, and nutrition. Kelly Whittier, Redstone's Director of Communication, Engagement, and Outreach, was elected to serve on the Executive Committee and chairs the Engage Committee while Rachel serves as the chair of the Advocate Subcommittee, which supports policy and resource investments that support adoption of values-based procurement practices. Rachel is also a member of the Federal Good Food Purchasing Coalition, which seeks to bring the value-based food procurement to the federal government. Serving on several subcommittees, Rachel is a leading organizer for an upcoming convening on federal procurement strategies with the **GW Global Food Institute**.

DC Jail Food Working Group/FRESH STARTS Campaign

The Redstone Center is actively engaged in the movement to improve the nutrition, sustainability, and quality standards of the meals served to residents at the DC Department of Corrections. As a member of the overlapping DC Jail Food Working Group and FRESH STARTS Act Campaign, Redstone Center staff provide expertise, recommendations, and legislative technical support to coalition partners and returning citizens. Redstone Research Assistant Claire Summer also provided **data analysis** for the recently published report, *We're Hungry in Here: Food Insecurity Behind the Walls of DC Jails*.

Community Trauma Working Group

Rachel has partnered with Ward 5 Councilmember Zachary Parker, community members, and the **Center for Community Resilience**, also located within the Milken Institute School of Public Health, as part of the Potential Adverse Childhood Experiences (PACES) Community Trauma Working Group. Members are assessing community needs and strategic policy solutions to support community healing from adverse childhood events, such as gun violence, financial insecurity, and traffic violence,

GW's Climate and Health Institute

Recognizing the profound impact of climate on public health, Redstone is a member of GW's Climate & Health Institute (CHI), which seeks new solutions and opportunities to mitigate the harm of climate change on human health through cross-disciplinary research, training, and action. In addition to presenting at CHI's Climate and Health Connections Series and serving joining the NAM Action Collaborative on Decarbonizing the Healthcare Sector, Rachel serves as the **Co-Chair of the George Washington University Hospital Sustainability Committee**. The Sustainability Committee is a first-of-its-kind effort among hospital staff, medical faculty, and the CHI to launch targeted sustainability initiatives at the hospital.

TESTIMONY & PUBLIC COMMENT HIGHLIGHTS

The Redstone Center has remained actively engaged with the Council of the District of Columbia, presenting testimony and submitting comments at seventeen hearings and public roundtables in 2023:

Rachel Clark, Policy Director

- **2/16/2023:** Performance Oversight Hearing on the Department of Energy and the Environment - Testified to the important **link between food and climate** and called for reinvestments into the District's long languishing Environmentally Preferable Products & Services Program.
- **2/23/2023:** Performance Oversight Hearing on the Department of Parks and Recreation - Spotlighting the then-upcoming release of the **Neighborhood Park Service Report**, several agency and committee strategies were provided to support the activation and improvement of the District's park system.
- **3/24/2023:** Budget Oversight Hearing on the Office of Contracting and Procurement - Called attention to the agency's potential **climate impacts through the procurement process** and supported the adoption of Good Food Purchasing Program values within the Office of Contracting and Procurement.
- **4/06/2023:** Budget Oversight Hearing on DC Water - Detailed strategies for DC Water to **increase the consumption of tap water** and highlighted recent research from Redstone Pilot Study recipient Dr. Colon-Ramos, who demonstrated that providing water filters to Latinx families in the District resulted in better perceptions of tap water and significant decreases in sugary drink consumption.
- **4/06/2023:** Budget Oversight Hearing on Department of Energy & the Environment - Spoke on the importance of **government procurement as a tool** to achieve climate goals through intentionally purchasing more sustainable services, products, and foods.
- **4/10/2023:** Budget Oversight Hearing on DC Department of Health - Called for budget enhancements to more meaningfully support the adoption of the **Good Food Purchasing Program** at DC Public Schools and provide support for local vendors seeking to participate in local procurement.
- **7/06/2023:** Committee on Transportation & the Environment Public Hearing on B25-0192, the "Green New Deal for a Lead-Free DC Amendment Act of 2023," and B25-0195, the "Lead-Free DC Omnibus Amendment Act of 2023" - Strongly supported the goals of both pieces of legislation to eliminate lead service lines throughout the District of Columbia as a strategy to **eliminate the adverse health effects of lead exposure**.
- **10/05/2023:** Committee on Health Public Roundtable on PR25-0290, the "Director of the Department of Health Dr. Ayanna Bennett Confirmation Resolution of 2023" - Identifying **transportation policy as being inextricably linked to health policy**, recommended that DC Health play a more meaningful role in the District's transportation planning and Vision Zero policy.
- **10/26/2023:** Committee on Transportation & the Environment Public Roundtable on B25-0293, the "Prioritizing People in Planning Amendment Act of 2023" - Supported the legislative efforts to prioritize safety and **mode shift in transportation planning** infrastructure as a strategy to reduce traffic violence.
- **11/30/2023:** Committee of the Whole Public Hearing on B25-0035, the "Universal Free School Meals Amendment Act of 2023" - Called attention to **exorbitant added sugar levels** in DC Public School meals and recommended that the District adopt the USDA's proposed rule to limit added sugars in the next school year.

Claire Summa, Redstone Research Assistant

- **2/27/2023**: Performance Oversight Hearing on the District Department of Transportation - Identified traffic safety as a public health issue while sharing **data trends and policy solutions** to support the safety of pedestrians, cyclists, and other road users in the District.
- **10/04/2023**: Committee on Transportation & the Environment and the Committee on Public Works and Operations Joint Hearing on B25-0421, the "License Suspension Reform Amendment Act of 2023," B25-0422, the "Automated Traffic Enforcement Effectiveness Amendment Act of 2023," B25-0425, the "Strengthening Traffic Enforcement, Education, and Responsibility ("STEER") Amendment Act of 2023," and B25-0435, the "Fraudulent Vehicle Tag Enforcement Amendment Act of 2023" - Discussed the lack of integration of emergency room and **trauma center data in traffic safety analysis** and how this information should help inform agency planning and decision making.
- **10/12/2023**: Committee on Transportation & the Environment and the Committee of the Whole Joint Public Hearing on B25-0279, the "Climatizing Our Overheated Living Spaces Regulation Amendment Act of 2023" - Spoke to the necessity of **heat-adaption policies** in light of the climate crisis and how local agencies can help mitigate the direct harms of climate change for vulnerable residents.
- **11/15/2023**: Committee on Recreation, Libraries, and Youth Affairs Public Hearing on B25-0133, the "Weekend Equal Access to Swimming Amendment Act of 2023" - Testified to the physical, mental, and community health benefits of **increased access to neighborhood amenities** while calling for equitable programming at aquatic centers in Wards 7 and 8 in order to meet community demand.

Kelly Whittier, Director of Communications, Engagement, and Outreach

- **2/15/2023**: Performance Oversight Hearing on the Department of Public Works - Focused on food waste and its importance for the District's **waste diversion and climate goals**, as well as its implications for public health.
- **3/14/2023**: Public Roundtable on PR25-0071, the "The Director of the Department of Public Works Timothy Spriggs Confirmation Resolution of 2023" - Testified on the immediate need for agency leadership to spearhead new policies, **agency-wide innovation**, and modernization of its waste reduction infrastructure and recycling operations.

Sydney Pryor, Redstone Fellow

- **7/13/2023**: Committee on the Judiciary & Public Safety Public Hearing on B25-0112, the "Food Regulation Ensures Safety and Hospitality Specialty Training Aids Re-entry Transition and Success (FRESH STARTS) Act of 2023" - Identified several areas for the legislation to be strengthened, including: (1) clarifying that the development of nutrition standards be an explicit requirement, (2) tasking an agency with nutrition expertise with the development of nutrition standards, such as DC Health, and (3) expressly **requiring nutrient-dense foods** to support the health and wellness of the residents at the DC Department of Corrections.



LOOKING FORWARD

The Redstone Center remains committed to the prevention and treatment of chronic disease, improving access to nutrition and physical activity, and other interventions to address health disparities and inequities. Consistent with our five-year plan, our work includes:

- Engagement with policymakers and **fostering collaboration** with organizations working to improve health outcomes tied to climate change, medical care/practices, and the food system;
- Continued **research and innovation** in chronic disease prevention and the development of double-duty and triple-duty policy solutions;
- Building the Center's **communications strategy** to promote Redstone's brand, engaging the press, and reaching the community through social media platforms;
- **Engagement with policymakers** and community members to improve public health outcomes in our nation's capital;
- Continuing to **grow the Redstone Center's capacity** to identify and implement strategies to address health disparities, equity, and public health priorities locally, nationally, and globally; and
- Implementing the Redstone Center's **anti-racist action agenda** into our research, policy work, and office practices.

APPENDIX I: PUBLICATIONS

Healthy Environments & Climate Change

- Clark, R., Summa, C., & O'Donnell, C. (2024). Driving Change: Road Pricing as a Public Health Strategy for the District of Columbia [White Paper]. The Sumner M. Redstone Global Center for Prevention and Wellness at the George Washington University. <https://go.gwu.edu/drivingchange>
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APPENDIX II: PANEL & PRESENTATION HIGHLIGHTS

Dr. William H. Dietz, Chair & Director

- 3/9/2023: Presenter, National Academy of Medicine Standing Committee on Evidence Synthesis and Communications in Diet and Chronic Disease Relationships Workshop on Advancing a Food Systems Approach to Prioritize Healthy People and a Healthy Planet. Presentation: "The Global Syndemic"
- 3/17/2023: Moderator, Healthy Eating Research Panel on Current Perspectives on Childhood Obesity: Words and Metrics Matter
- 3/27/2023: Lecturer, GW Medical Faculty Associates Endocrine Grand Rounds. Presentation: "The STOP Obesity Alliance's Efforts to Improve Obesity Care"
- 3/21/2023: Reviewer, PCORI Cycle 3 2022-23. Addressing Disparities
- 3/27/2023: Lecturer, MFA and VA Endocrine Grand Rounds. Presentation: "The STOP Obesity Alliance's Efforts to Improve Obesity Care"
- 4/14/2023: Panelist, Consortium of Universities for Global Health, Panel on Malnutrition and Climate Change. Presentation: "Overview: Climate Change and Malnutrition"
- 4/19/2023: Presenter, Federal Health Executives. Presentation: "From Obesity to Health"
- 4/19/2023: Lecturer, GWU 2nd year Medical Students. Presentation: "Foundations of Obesity"
- 4/19/2023: Presenter, MOTION Coalition, Detroit. Presentation: "AAP Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents with Obesity"
- 4/25/2023: Panelist, AMA Obesity Expert Panel Convening
- 4/27/2023: Presenter, Caribbean Diabetes and Obesity Webinar. Presentation: "Strategies to Address the Global Syndemic of Obesity, Undernutrition, and Climate Change"
- 5/2/2023: Panelist, Smarter Health Care Coalition, Obesity Panel
- 5/24/2023: Bipartisan Policy Center, Food is Medicine Working Group Meeting
- 8/23/2023: Plenary Speaker, International Society of Behavioral Medicine. "Hope or Despair? How to mitigate the global syndemic of obesity, undernutrition and climate change"
- 10/11/2023: Speaker, Trust for America's Health Briefing on Obesity
- 11/1/2023: Opening Keynote, Canadian SMART Healthy Cities Training Program
- 11/2/2023: Panelist, Public Sector Healthcare Roundtable Panel on the Cost of Obesity in America
- 11/29/2023: Panelist, Food and Nutrition Board, Panel on Nutritional Implications of Pharmaceutical Interventions in Obesity Management

Rachel Clark, Policy Director

- 1/25/2023: Presenter, Climate and Health Connections Lunch Series: Think Global, Act Local: Advocacy Strategies in the District of Columbia
- 3/29/2023: Moderator, Urban Land Institute Health Leaders Network Presentation on Health Equity in DC
- 5/31/2023: Panelist, Federal City Council Panel, District Strong: Working with the National Park Service
- 9/21/2023: Panelist, Greater Greater Washington Panel on Only One Map: How Transportation & Racial Inequities Affect Population Health in DC
- 10/10/2023: Co-Host and Moderator, The Food Policy Council and DC Department of Energy and the Environment Panel on Green Food Purchasing in DC: A Two Year Update



APPENDIX III: COMMITTEE AND BOARD MEMBERSHIPS

Dr. William H. Dietz, Chair & Director

- Advisory Board, Planetary Health Alliance
- Advisory Board, Global Alliance for the Future of Food
- Board of Directors, Partnership for a Healthier America
- Member and Consultant, National Academy of Medicine and NAM Roundtable on Obesity Solutions
- Advisory Board, Childhood Obesity Intervention Cost-Effectiveness Study (CHOICES), Harvard T.H. Chan School of Public Health, Boston, MA
- Co-Chair, Michigan Organizations to Impact Obesity and Nutrition (MOTION) Coalition, Detroit, MI

Rachel Clark, Policy Director

- Mayoral Appointee, DC Food Policy Council
 - Co-Chair, Sustainable Supply Chain Working Group
- Member, Federal Good Food Purchasing Coalition
 - Climate-Friendly Food Purchasing Working Group, Policy & Advocacy Working Group
 - Session Lead, Joint Convening on Federal Food Procurement with the GW Global Food Institute
- Chair, Advocate Subcommittee, DC Good Food Purchasing Program Coalition
- Member, Community Trauma Working Group, Potential Adverse Childhood Experiences (PACES)
- Member, GW Climate and Health Institute
 - Co-Chair, GW Hospital Sustainability Committee
- Member, National Academy of Medicine Action Collaborative on Decarbonizing the US Health Sector

Kelly Whittier, Director of Communications, Engagement, and Outreach

- Executive Committee & Engage Subcommittee Chair, DC Good Food Purchasing Program Coalition
- Member, FSA Campaign
- Member, GW Climate and Health Institute
 - GW Hospital Sustainability Committee
- Benefits Subcommittee Chair & Milken Institute School of Public Health Representative, The GW Staff Council



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