



GROWING STRONGER

2023 ANNUAL REPORT

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In 2023, the Community Wellness Initiative (CWI) continued to uphold the osteopathic approach, centering its community engagement on holistic health and wellness. This year, CWI strengthened its community participation, engaged more community members, and increased participation from faculty, staff, alumni, and students from each program.

CWI provided more food and personal care items to community members and PCOM Healthcare Center patients, demonstrating concern for their well-being beyond their scheduled appointments. Staying committed to working upstream, CWI remained dedicated to bettering the health of individuals and families surrounding PCOM's locations and healthcare centers. In alignment with its proactive approach to offering accessible healthcare, CWI empowered individuals to invest in their health by providing essential tools such as free thermometers and electronic blood pressure monitors, generously provided by donors.







MESSAGE FROM STUDENTS

"Working with CWI has been more than a blessing, truly! We understand the importance of engaging with community members who share our culture and language. Whether through the Brothers in Medicine initiative serving the Black and African American community or through the Latino Medical Student Association serving the Latin X community, we both recognize that CWI has allowed us to get an early start on one of the core reasons that inspired us to enter the healthcare workforce. We desire to serve those underrepresented in medicine. It is enriching to see people in the community brighten up when they realize that we look like them or can communicate with them in their native tongue. CWI events also allow us to sharpen our skills while working towards preventative medicine, which is part of the holistic approach we strive to achieve at PCOM. Overall, we are grateful for the experiences that CWI provides us as students but are even more proud of its effect on our community. Together, we are working towards making Philadelphia a healthier community!"



Joyce "JD" Suarez (DO '26) and Simon "Adeola" Ogyneye (DO '26)

FAST FACTS

	2021	2022	2023
 COMMUNITY EVENTS	10	42	87
 INDIVIDUALS SERVED AT OUR FOOD PANTRIES	237	1,551	4,931
 STUDENTS ENGAGED	50	70	150+
 COMMUNITY MEMBERS SCREENED AND EDUCATED	810	3,000	6,000

HIGHLIGHTS FROM 2023

THROUGH ITS COLLABORATIONS WITH COMMUNITY PARTNERS AT ALL PCOM LOCATIONS, CWI VALUES BUILDING TRUSTED RELATIONSHIPS AND WORKING TOGETHER TO IMPROVE THE LIVES OF THOSE IT SERVES. IT IS NOT ENOUGH TO HAVE A PRESENCE; ADDRESSING HEALTH CONCERNS AND BARRIERS TO OPTIMUM HEALTH IS ESSENTIAL.

PCOM

To support healthy aging for older adults, students from the DO and PsyD program screened and educated residents from three senior residential complexes: Park Tower Apartments, Wynne Senior Apartments, and Bernice Arms Senior Apartments. Each visit included health screenings and wellness education on various health topics, from heart disease and high blood pressure to diabetes and emotional wellbeing. Participants received free blood pressure monitors, thermometers, and low-sodium recipes to help them invest in their own health.

PCOM Georgia

To provide vulnerable populations access to health screenings, students from the DO and Pharmacy programs provided monthly blood

pressure screenings and prediabetes risk assessments to community members receiving food from the Neighborhood Cooperative Ministries monthly food distribution. Participants received free blood pressure monitors, thermometers, and educational materials on sugar consumption and healthy blood pressure.

PCOM South Georgia

To make health screenings and education available to everyone, students from the DO program provided blood pressure screenings and prediabetes risk assessments to community members attending the monthly Second Saturday events in downtown Moultrie. Participants received educational materials on sugar consumption, healthy blood pressure, and giveaways promoting healthy living.



Thank you!



We thank our sponsors for their generous support and commitment to CWI. Their help has allowed us to establish partnerships in the communities where CWI serves, which is essential to expanding our reach. We are truly grateful for the many partnerships we have established and their tremendous impact on our mission. We are grateful to everyone who helped CWI grow stronger in 2023.

COMMUNITY WELLNESS INITIATIVE

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Contact Flo Byarms, Director, Community Wellness Initiative, to discuss partnering with PCOM at any of our campus locations.
florastby@pcom.edu | 215-871-6604

For CWI sponsorship opportunities, contact Sean Morgan, Sponsorship Officer.
seanmo@pcom.edu | 215-871-6317

Visit www.pcom.edu/about/president/cwi for more information and a list of upcoming events.