



**IMPACT DC**  
**2019**  
ANNUAL REPORT

Asthma is one of the most challenging issues that children and teens in Washington, D.C. face. Approximately 16,000 youths under the age of 18 have asthma. Together, they miss more than 14 million school days each year due to their condition. The impact of asthma, from academic interruptions to missed workdays, keeps kids from excelling and stresses families. Helping families manage asthma is critical.

Thanks to the support of committed donors, IMPACT DC is making great strides towards this goal. You help us reduce emergency department visits, hospitalizations and school absences. Your generosity enables us to partner throughout the community to reach families at home, in school and in their pediatrician's office. The actions you helped fuel in 2019, detailed below, make us a trusted resource for our city's children and families.

## Expansion of Clinical Care

Along with IMPACT DC's outreach efforts, providing clinical care services that meet the needs of our patients is an ongoing priority. We have seen steady success at our newest location at Children's Health Center at THEARC and have made our services available in new communities.



### A New Severe Asthma Clinic at THEARC

Our research studies through the Inner City Asthma Coalition (ICAC) show that emergency room visit rates for asthma among children living in Southeast D.C.'s most disadvantaged zip codes are much greater than in Northwest D.C.'s more advantaged ones. We continued our efforts to address needs in Southeast by building an IMPACT DC Severe Asthma Clinic at THEARC. The Severe Asthma Clinic in the pulmonary medicine division consists of a nationally recognized care team with extensive experience in the long-term care of patients with highly severe asthma. IMPACT DC's strong relationship with the clinic helps us provide exceptional care at THEARC. The clinic also collaborates with the hospital's otolaryngology, allergy, sleep medicine, psychology and aero digestive divisions.

### Service Increases for Spanish-speaking Families

We hold a full Spanish-speaking clinic on Thursdays at the Children's National Hospital Emergency Department. Families have access to asthma educators and clinicians who are fluent in Spanish. We also have been working with the Mary's Center Community Health Center clinic in D.C.'s Ward 4 to successfully launch the first IMPACT DC Asthma Clinic site outside of Children's National. We are thrilled about our continued collaboration and expansion of asthma care in the community.

### BUILD Health Updates

We continue to make new strides with our medical-legal partnership, BUILD (Bold, Upstream, Integrated, Local and Data-driven) Health. Our collaboration with Children's Law Center (CLC) allows us to work directly with families to improve housing conditions, which leads to better asthma health outcomes.

Since the development of our partnership through BUILD in 2018, there has been a 293 percent increase in referrals from IMPACT DC to CLC. BUILD Health expanded their team by adding a family outreach position that serves as an additional resource for families. This also allows CLC to spend more time in the community.



## A New Partnership

Addressing a family's housing needs is crucial for the health of IMPACT DC's patients. We launched a partnership with Yachad, an affordable housing and community development nonprofit that brings together communities by preserving affordable homes and revitalizing neighborhoods throughout the D.C. metropolitan area. Yachad works with homeowners, houses of worship, nonprofits and other community stakeholders to transform properties. Services include repairs for roofs, plumbing and electrical issues as well as pest control. IMPACT DC is now a primary source of referrals to Yachad.

## IMPACT DC's Team Grows

Access to diverse providers has been a positive experience for our clinicians and families. We currently have a team of allergists, emergency medicine specialists, hospitalists, primary care pediatricians and a pulmonologist. This year, we added six remarkable providers:



### NIA BODRICK

Dr. Nia Bodrick is an experienced board-certified pediatrician. She graduated from Meharry Medical College School of Medicine and completed her internship and residency at University of Florida at Orlando Health. Her background includes working in underserved communities and higher education. Dr. Bodrick's areas of interest include obesity prevention, adverse childhood experiences, medical-legal partnerships, global health advocacy and policy with a focus on human trafficking.



### ELLIE HAMBURGER

Dr. Ellie Hamburger received her bachelor of arts in urban studies and a medical degree at the University of Pennsylvania. She completed a pediatric residency at Children's National in 1984. Dr. Hamburger cares for children from birth through adolescence, with a particular interest in children with special needs and premature infants. A senior partner with Children's Pediatricians & Associates (CP&A) since 2002, Ellie serves on the CP&A board of directors and has been its medical director since 2016.



### MANSI KOTWAL

Dr. Mansi Kotwal completed her residency program and internship in pediatrics at Children's National. She received her medical degree at the University of Arizona College of Medicine where she also completed a master's of public health.



### DAVID LIDDLE

Dr. David Liddle is an IMPACT DC clinician and a chief pediatric resident at Children's National. He attended college at the University of Georgia and medical school at Emory University. Dr. Liddle completed his residency in pediatrics at Children's National. He is interested in medical education and quality improvement.



### MARGARITA RAMOS

Dr. Margarita Ramos is a chief pediatric resident at Children's National. She received her bachelor's degree in psychology from the University of Virginia and a master's degree in physiology and biophysics from Georgetown University. She received her medical degree from the George Washington School of Medicine and Health Sciences. She is passionate about newborn care and early childhood growth and development.



### LEXI CRAWFORD

Dr. Lexi Crawford attended the University of Florida College of Medicine. She is a chief pediatric resident at Children's National. She plans to pursue a pediatric critical care fellowship. Dr. Crawford's areas of interest include medical education and advocacy, global health and antimicrobial stewardship.

## Our Outreach, Education and Advocacy Efforts

IMPACT DC strives to expand awareness beyond our clinic. In 2019, we participated in over 70 outreach events, including health fairs, school-based programs and other educational and advocacy events.

### Outreach

We participated in more than 20 community-based health fairs, a 40 percent increase over last year. We prioritized events in areas of greatest need and asthma morbidity, with the majority of events located east of the Anacostia River. Health fairs sites included THEARC, UPO Anacostia Community Service Center and Educare. Highlights include:

- The NBC4 Health and Fitness Expo at the Washington Convention Center – With 85,000 attendees every year, this is the largest, best-attended consumer wellness expo in the country
- THEARC Holiday Party – Attendees enjoyed music, dinner and tabling from various local vendors and nonprofit organizations at this community-based event for children and families in Wards 7 and 8
- Joyful Markets – These no-cost farmers' markets, operated at dismissal in all 49 elementary schools in Wards 7 and 8, increase a family's access to healthy, high-quality foods



IMPACT DC also organized and hosted its inaugural World Asthma Day Health Fair in May 2019 at Children's National. The event engaged community partners and patients while increasing awareness of best practices in pediatric asthma management. More than 100 patients attended. Vendors included D.C. Managed Care Organizations and community partners such as Breathe DC, Children's Law Center, the Child Health Advocacy Institute at Children's National and the American Lung Association. This unique event allowed patients, families, visitors and staff to learn how to manage a child's asthma and interact with community organizations that can help eliminate asthma triggers in the home.

We further expanded IMPACT DC's reach in the medical community by developing a provider newsletter. Topics included pharmaceutical updates, insurance coverage FAQs for frequently prescribed asthma medications and a review of the Global Initiative for Asthma 2018 guidelines. More than 500 pediatricians in the Washington, D.C., region received the newsletter in April 2019.

### Education

IMPACT DC continues to work closely with the clinicians, school nurses, parents, teachers and daycare providers who make up a child's network of care. In 2019, our program trained more than 500 healthcare and childcare providers on how to identify, treat and manage asthma. Our longstanding partnership with the Office of the State Superintendent of Education allowed IMPACT DC to host six "Breathing Easy" asthma training workshops for daycare and early childhood education professionals. We trained more than 100 attendees, who in turn reach nearly 900 children. IMPACT DC also strengthened its relationship with Children's School Services and D.C. School Nurses. In April 2019, we provided an interactive, care-based presentation on asthma management in the school setting to more than 200 D.C. school nurses.

IMPACT DC remains focused on clinical outreach by leading training sessions for Children's National pediatric residents, emergency department nurses and providers throughout the region. We continued hosting the hospital's noon conference for pediatric residents, titled "Childhood Asthma: Practical Assessment and Management." This two-part series included a lecture from Dr. Ankoor Shah, IMPACT DC's medical director. He reviewed National Heart, Lung, and Blood Institute asthma assessment guidelines and standards of care. An educational workshop led by IMPACT DC asthma educators followed Dr. Shah's lecture.

## Advocacy

IMPACT DC participates in several advocacy initiatives and events as we continue to influence child health policies for asthma care and prevention. In 2019, we:

- Testified at the D.C. Department of Health Budget Performance Oversight Hearing in June and April
- Participated in the Allergy and Asthma Foundation Advocacy Day in May, speaking with members of Congress and their staffers on key policy issues addressing asthma and allergies
- Facilitated three Lunch & Learn events hosted by the Child Health Advocacy Institute – discussions centered on brainstorming institutional and community-wide policies to support the Children’s National corporate goal of reducing pediatric asthma emergency department visits and hospitalizations
- Worked with Maryland Physicians Care to remove the need for prior authorization of Flovent, a commonly prescribed asthma medication, for children age 8 and younger
- Participated monthly in the D.C. Asthma Coalition, a community partnership of local citizens, healthcare providers and nonprofit organizations united to improve asthma outcomes
- Co-founded the Healthy Housing Collaborative, a multi-sector coalition seeking to address substandard housing conditions that contribute to significant health issues affecting D.C.’s residents



## Asthma Advocacy Is a Family Matter

Nicole had just tucked in her son Isaiah for the night when she heard coughs and cries coming from his room. “It didn’t sound right. Nothing I did to comfort him worked,” she says. Nicole quickly drove Isaiah, then 16 months, to the hospital where he stayed for 10 days. This frightening moment was the start of the family’s life with asthma, which now includes advocacy work to help other parents in the Washington, D.C., region tell their stories of living with asthma.

When the family moved to Maryland in 2016, Isaiah’s pulmonologist, pediatrician and relatives recommended Children’s National Hospital. They connected with IMPACT DC, our award-winning program focused on improving asthma care, awareness and outcomes. “IMPACT DC provided training and techniques to help us administer Isaiah’s medicine,” Nicole says. “The program also gave us the opportunity to meet other parents and join its outreach efforts.”

This led Nicole to help build IMPACT DC’s Parent Advisory Council. She participates on a parent panel at an IMPACT DC-led George Washington University’s clinical public health summit, where she helps medical students understand the struggles families face and gives feedback on policy proposals to prevent and treat asthma. Her advocacy extends to other local and national organizations. Nicole gives voice to the effort to highlight issues such as housing conditions, which can intensify this chronic condition.

Today, Isaiah, 8, is a top student who loves sports and superheroes. A fast runner since preschool, he plays soccer on a team that his dad coaches. With his parents’ help, Isaiah manages his asthma, takes his medicines twice a day and avoids triggers. He, too, is an advocate, joining his mom to speak about his asthma. As Nicole notes, it affects entire families. “I want to do everything I can to be a source of strength and advice to parents in similar situations,” she says.

## Grants and Honors



### The Hoops Award

The Children's Health Board awarded IMPACT DC its Hoops Award during the sixth annual Hoops Madness event last spring. The event brings together community and business leaders in support of Children's Health Board's grants program which funds projects throughout Children's National. The Children's Health Board noted IMPACT DC as a local grantee who works tirelessly to support the board's mission of advancing the health and well-being of children in the area.

### A New Focus on Population Health Improvement

IMPACT DC envisions a future where all minority youth living in disadvantaged communities in D.C. can receive coordinated and innovative asthma care that reaches beyond the clinic. This work has the potential to transform the lives of our patients and the communities in which they live. We received two grant and contract awards from the D.C. Department of Health and Fannie Mae to implement new population health improvement projects.

*Fannie Mae* selected IMPACT DC as one of the five innovation ideas to receive contract awards under the Sustainable Communities Innovation Challenge: Healthy Affordable Housing. Our innovation will implement a two-year virtual home visit program to improve childhood asthma outcomes. This will allow a family to schedule a telemedicine visit with a pediatrician and a housing remediation expert instead of an in-person medical appointment and home trigger assessment.

This virtual home visit program will bring health and housing expertise to families where they live. It also will improve coordination between pediatric health care and housing service organizations. This can contribute to the efficient and effective use of resources, reduce intervention time and increase the stock of healthy, affordable housing in under-resourced neighborhoods.

**This effort will create new home equity for owners, especially in gentrifying neighborhoods where increased property values are substantial. By helping renters remain in quality units once their existing housing improves, this innovation can promote individual and population-level health and well-being.**

The D.C. Department of Health awarded IMPACT DC a grant to develop a citywide childhood asthma registry. The project, "Improving Pediatric Asthma Care and Outcomes through an Electronic Asthma Registry," leverages electronic medical records at Children's National to identify every child with asthma in D.C. It includes four initiatives aimed at improving asthma outcomes: improve care coordination and care delivery by school nurses; expand care coordination for the "high-risk asthma cohort"; reduce pediatric asthma emergency department and hospitalization utilization among children within the asthma registry seasonal predictive morbidity model; and launch a regional pediatric asthma conference in the District of Columbia.

The "high-risk asthma cohort" consists of 300 children with the highest morbidity on the asthma registry. We will work to close gaps in their care, provide more coordination and improve a shared mental model of care. Children's School Services will develop a protocol to share the "high-risk asthma cohort" data with school nurses to improve asthma outcomes at school. The asthma registry's seasonal predictive morbidity model will identify potential future asthma exacerbations for children in a predictive fashion based on prior history of recurrent seasonal asthma exacerbations.





The Regional Pediatric Asthma Conference brought together more than 70 healthcare providers in the D.C. metropolitan area for a full-day conference held on October 15, 2019. Content focused on new management techniques, current asthma initiatives and innovations. In the future, the asthma registry project seeks to continue its quality improvement efforts and develop an asthma learning collaborative.

## Advances in Clinical Research Efforts

Clinical research aids in the development of new medicines and research to improve health outcomes. It also allows providers to deliver the best care to patients. We take pride in our clinical research efforts designed to improve the lives of children with asthma. The research team continues to recruit participants in clinical research from the IMPACT DC Asthma Clinic and primary care centers. Our next steps include recruiting during community outreach events.

### The PARK Study

The PARK study is a new multicenter study funded by the National Institute for Allergy and Infectious Diseases (NIAID) of the National Institutes of Health (NIH) to learn more about preventing wheezing children from developing asthma. The purpose of the study is to see if a medication, Omalizumab (Xolair), can prevent children from developing asthma or make their symptoms less severe. The PARK research team has now contacted over 100 families.

### The ORBEX Study

We continue recruitment for the ORBEX study, a five-year, \$2.8-million NIH grant supporting a multicenter study assessing the efficacy, safety and tolerability of Oral Bacterial Extract for the prevention of wheezing lower respiratory tract illness. The research team has contacted over 2000 families. ORBEX opened seven more sites throughout the country in the past year.

## The Inner City Asthma Consortium

For 10 years, IMPACT DC has participated as a clinical site for this consortium funded by NIAID. New highlights from their studies include:

- MUPPITS-2, a multicenter, double-blind randomized trial of mepolizumab in children with asthma and high number of blood eosinophils. The primary objective is to see if mepolizumab can reduce asthma exacerbations in these kids. In the past year, MUPPITS-2 recruited 94 new patients. Next steps include an extension study to follow kids who have successfully completed the study.
- RACR2, a registry study with the primary goal to create a database of potential recruits for current and future ICAC research studies. We recruited 86 participants in the past year, bringing our participant number to 253.

### IMPACT DC IN 2019



**1,981**

patients treated



**1,315**

new patients who  
received asthma care



**70**

outreach events  
attended



**300+**

health professionals  
trained



**92-98%**

increase in the number of  
children across Children's  
National primary care  
with persistent asthma  
who are prescribed a  
controller medicine



**200+**

early childhood education  
professionals trained

## Our Heartfelt Appreciation

As Children's National nears its 150th birthday, community health remains central to our vision for the future. Because of you, children with asthma in the Washington, D.C. region have access to care that helps them grow up stronger. Thank you for helping us create a healthier city through your support of IMPACT DC's clinical, advocacy, research and education goals.



**Children's National**

[www.ChildrensNational.org/giving](http://www.ChildrensNational.org/giving)