



Movement Is Life

HEALTH SUMMIT

COMBATING DISPARITIES: THE
POWER OF MOVEMENT IN
COMMUNITY

**November
14th 2025**

The Westin
Alexandria, Old
Town



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Welcome Letter

Dear Health Champion,

Welcome to the 2025 Movement is Life Summit!

Now in our 15th year, the Summit brings together clinicians, community leaders, researchers, policymakers, and changemakers committed to eliminating health disparities and advancing movement and mobility. No single group can close all these gaps, but working side-by-side across disciplines and communities we can make progress.

This year's program focuses on practical community-driven solutions: elevating stories from Movement is Life's community-based "Operation Change" program, sharing tools you can use upon your return home, and spotlighting stories that remind us why this work matters. Our aim is to educate, engage, and energize you to amplify impact where you live and lead.

While you're here, expand your network, meet our speakers and panelists, and ask how you can get more involved with Movement is Life - whether by partnering on programs, hosting an Operation Change site, volunteering for our board and steering committee, or connecting us with philanthropic champions.

We are deeply grateful to the Zimmer Biomet Foundation, our founding partner, and to all the 2025 partners in motion whose generosity helps make this gathering possible.

Thank you for lending your voice, your expertise, and your lived experience. Together, we can build communities where movement is possible for everyone.

With gratitude and momentum,



Mary I. O'Connor, MD

Chair, Movement is Life Board of Directors

Co-founder and Chief Medical Officer, Vori Health

Emerita Professor of Orthopedics, Mayo Clinic

Past Professor of Orthopedics and Rehabilitation, Yale School of Medicine

Past Director, Center for Musculoskeletal Care at Yale School of Medicine and Yale New Haven Hospital

On behalf of the Movement is Life Board of Directors, Steering Committee, and Staff

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2025 Annual Summit

Combating Disparities: The Power of Movement in Community

Friday, November 14, 2025

7:00 AM	Poster Set Up
7:15 AM	Registration & Continental Breakfast
8:00 AM	Summit Kickoff <ul style="list-style-type: none">▪ Mary O'Connor, MD, Chair, Movement is Life, Co-Founder and Chief Medical Officer, Vori Health, Chief Compliance Officer, Vori Health▪ Ber-Henda Williams, Mistress of Ceremonies
8:15 AM	Opening Keynote: Trusted to Transform: Community-Based Workforce Partnering with Communities for Health <ul style="list-style-type: none">▪ Denise Octavia Smith, CHW, PN, MBA
9:00 AM	Plenary Session: Grassroots GPS: Unleashing Community Power to Drive Health Equity <ul style="list-style-type: none">▪ Atiya Abdelmalik, PhD, MSN, RN▪ ReGina Newkirk Rucci
9:45 AM	Movement Break <ul style="list-style-type: none">▪ Led by: Tyneka Pack
10:00 AM	Poster Viewings and Engagement
10:45 AM	Plenary Session: Meeting People Where They Are <ul style="list-style-type: none">▪ Razia Jayman-Aristide, MD, MS-HPPL, FACP, MSCP
11:30 AM	Philanthropy Panel Session Shifting Power: Partnering with Communities to Advance Health Equity <ul style="list-style-type: none">▪ Jessica Eiland Anders, Senior Portfolio Manager, Ballmer Group▪ Giridhar Mallya, MD, MSHP, Senior Policy Officer, Robert Wood Johnson Foundation▪ Phyllis Meadows, PhD, MSN, RN, Senior Fellow, Health, The Kresge Foundation <p><i>Moderated by: Carolyn Cassin, President and CEO, Michigan Women Forward</i></p>
12:15–1:00 PM	Lunch
1:00 PM	Rapid Fire Oral Poster Presentations <p><i>Moderated by: Zachary Lum, DO FAOA, Assistant Professor of Orthopedic Surgery, University of California Davis Health System</i></p>
1:30 PM	PowHer Pitch Competition
2:30 PM	Break and Scoring Deliberation
3:00 PM	Plenary Session: Beyond the Pain: How Movement Helped Me Reclaim My Life, My Purpose, and My Power <ul style="list-style-type: none">▪ Grace Moore
3:30 PM	Keynote Speaker: Move Early, Move Often: The Best Medicine No One Prescribes <ul style="list-style-type: none">▪ Lattisha Bilbrew, MD, FAAOS, FAOA
4:15 PM	Award Presentations
4:45 PM	Closing & Reflections <ul style="list-style-type: none">▪ Danielle Hilliker, Executive Director, Movement is Life▪ Mary O'Connor, MD, Chair, Movement is Life

Welcome to the 2025 Movement is Life Annual Health Summit

Dear Health Champions,

Welcome! I'm so grateful you're here. As we gather for this year's Summit, Combating Disparities: The Power of Movement in Community, I'm filled with optimism about what we can accomplish together in a single day of shared purpose. Movement is Life is entering a new chapter as an independent nonprofit, and your presence affirms why this work matters: when people can move, they can work, care for family, connect with community, and reclaim dignity. Over the past months, we've been strengthening MIL's identity and infrastructure so our impact can grow and last. This isn't just about systems, it's about culture. We are building an organization rooted in accountability and possibility, where collaboration, transparency, and innovation guide every decision. My background in community-level programming has taught me that change sticks when we meet people where they are and move forward together. That is the spirit of today.

You'll feel that energy throughout the program. Our Mistress of Ceremonies, Ber-Henda Williams, will weave connection and courage through the day, and Movement Specialist, Tyneka Pack, will invite us into a joyful 15-minute movement experience. We'll hear from cross-sector leaders, engage with national funders during the Philanthropy Panel on shifting power to communities, cheer on women-led innovation in the PowHer Pitch, and explore nearly 30 bold, solution-driven posters from community and academia. Tonight, we also honor the legacy of equity and compassion through the Dr. Augustus A. White Humanitarian Award, a reminder that leadership in health is measured by service and impact.

As you move through today, meet new partners, and gather ideas to bring home, I invite you to think about what's possible in your community. Consider launching Operation Change, collaborating on research or education, or championing policies that remove barriers to mobility and care. Tell us what you need, we're building this movement with you.

Thank you for being part of the MIL community and for trusting us to lead with purpose. I'm excited for the connections you'll make today and the momentum we'll carry forward, together.

In solidarity,



Danielle Hilliker, MSM, MPhil
PhD Candidate, Public Policy & Administration
Executive Director
Movement is Life

Kick Off
Giving Tuesday
Donate Today



Dr. Augustus A. White Humanitarian Award 2025 Recipient



Ivan Tornos

Chairman of the Board of Directors,
President and Chief Executive Officer of
Zimmer Biomet

Ivan Tornos serves as Chairman of the Board of Directors, President and Chief Executive Officer of Zimmer Biomet Holdings, Inc., a global medical technology leader with a comprehensive portfolio designed to maximize mobility and improve health. Appointed CEO in 2023 and Chairman in 2025, Mr. Tornos has continued to advance the patient experience through innovative products and integrated digital and robotics technologies while advancing health equity through strategic investment, programs, support and partnerships.

Central to this commitment is the Zimmer Biomet Foundation, the philanthropic arm of the company. Established in 2018, the Foundation invests in building healthy communities, advancing STEM education, supporting disaster relief, and promoting global inclusion. Significantly, the Foundation aligns with our mutual ambition: to address musculoskeletal health disparities and elevate movement as a vehicle for community wellness and dignity.

As the recipient of the 2025 Summit Humanitarian Award, Ivan's leadership exemplifies the theme of this year's Summit, Combating Disparities: The Power of Movement in Community. Under his stewardship, the Foundation and company have prioritized addressing the systemic barriers and healthcare disparities that impede mobility in underserved communities—expanding Zimmer Biomet's Mission to alleviate pain and improve the quality of life for people around the world.

By honoring Mr. Tornos today, we acknowledge not just his role as a transformational MedTech leader, but his tangible influence in shifting how we think about movement, community, and health justice. His example reinforces our shared belief: when communities are enabled to move, engage, and access equitable care, we do far more than treat joints, fractures or pain; we restore dignity, connection, and agency.



Combating Disparities:

THE POWER OF

Movement in Community

About Movement is Life

What is Movement is Life?

Movement is Life (MIL) is a national nonprofit organization dedicated to advancing health, mobility, and wellness for women in communities of need. We promote knowledge, programs, and partnerships that address the root causes of health disparities through movement, education, and community connection.

Movement is Life focuses on the ways in which limited mobility and low levels of physical activity contribute to chronic conditions such as obesity, diabetes, arthritis, and cardiovascular disease. When movement becomes restricted, overall health declines and access to treatment, such as joint replacement, becomes even more challenging, particularly for those in underserved communities. This creates a cycle of immobility and inequity that Movement is Life works to break through education, empowerment, and culturally responsive community programs.

Who founded Movement is Life?

Founded in 2010 as an initiative of Zimmer Biomet's Minority Initiatives Program, Movement is Life has grown into a national nonprofit dedicated to reducing racial, ethnic, and gender disparities in health. From the start, the Zimmer Biomet Foundation has been more than a funder—it's a founding force and steadfast partner in advancing mobility, equity, and well-being for women in communities of need.

Together, we've launched programs that change lives: Operation Change helps women 45+ reclaim health and mobility; the Health Disparities Podcast elevates diverse voices; and Continuing Education Modules equip clinicians with culturally informed care strategies. Our Annual Summit unites clinicians, researchers, advocates, and policymakers to share ideas and drive action. As we gather for the 2025 Summit, *Combating Disparities: The Power of Movement in Community*, we celebrate the partnership and progress powering this work.



Who does Movement is Life represent?

Movement is Life represents the underserved populations most impacted by health disparities and common chronic conditions, as well as healthcare professionals, community leaders, and advocates working to eliminate health disparities.

The National Institute on Minority Health and Health Disparities (NIMHD) defines vulnerable populations as those that experience the greatest health disparities, such as racial and ethnic minority groups, people with lower socioeconomic status (SES), underserved rural communities, and sexual and gender minority (SGM) groups¹.

Underserved populations impacted the most by health disparities and common chronic conditions include:

- African American women and Latina women
- Women living in rural environments
- Low-income populations experiencing economic barriers to accessing care
- Individuals impacted by social determinants of health
- Individuals experiencing racism, sexism, and discrimination
- Individuals living in areas impacted by decades of economic disinvestment

What type of solutions does Movement is Life advocate for?

1. Increasing physical activity — because “Movement is Life”: Increasing physical activity and movement as a way of reducing health disparities may seem like an obvious and ubiquitous solution, but the reasons for underserved populations having lower levels of physical activity are complex, structural, and often socially determined. Building a culture of movement means solutions need to address factors such as safety, access, disinvestment, built environment, motivation, and time availability, so that the benefits of physical activity can be realized.

2. Promoting community and connectedness: Individuals may become disconnected from their communities because of the impact of common chronic conditions and immobility, leading to social isolation, loss of motivation, and loss of hope. Movement is Life advocates for solutions that enable convening of community as part of a process that increases physical activity and other lifestyle changes.

3. Understanding complex patients and removing barriers to their care: Complex patients are individuals who experience multiple chronic conditions, often exacerbated by social determinants of health. The resulting health disparities impose significant medical costs on patients, their families, and the U.S. economy. These patients require more healthcare resources, making them higher risk in a typical bundled reimbursement structure. This is a process often referred to as “cherry-picking” of healthier patients and “lemon dropping” of sicker ones. This additional barrier not only increases disparities, but also the number of underserved patients.

4. Promote bias awareness and self-care: Underserved populations care deeply about their own health but may lack knowledge and connection to the local resources and programs that can help them. Furthermore, these individuals frequently experience bias and discrimination and may not be aware of proactive ways to overcome barriers to good health. Movement is Life supports programs that encourage self-care in a positive and supportive environment, empowering individuals to navigate barriers and access available resources.

5. Increasing healthcare workforce diversity and representation: Healthcare specialties, particularly orthopedics, have professional workforces that do not reflect the population they serve. Women, African Americans and Latinos/Latinas are greatly underrepresented, resulting in less opportunity for a patient to receive care from a clinician who looks like them. Such a lack of clinician-patient concordance increases the possibility for bias and misunderstanding, negatively impacting clinical decision-making. Data shows that patients have better outcomes when some members of their medical team look like them.

The lack of diversity in the healthcare professional workforce perpetuates health disparities. Movement is Life advocates for programs that actively empower underrepresented minorities and women to successfully pursue careers in healthcare.

References:

1. U.S. Department of Health and Human Services. (n.d.). Minority Health and Health Disparities Definitions. National Institute of Minority Health and Health Disparities. <https://www.nimhd.nih.gov/resources/understanding-health-disparities/minority-health-and-health-disparities-definitions.html>



Our Signature Program: Operation Change

Operation Change is a 12-week behavior-change program designed to promote healthy living among women 45+affected by health disparities. Through educational and cultural sessions, adapted physical activity, and a supportive social environment, participants build sustainable habits that lead to lasting change.

From New York to San Diego, thousands of women have reclaimed their health, mobility, and confidence through Operation Change. Their stories prove that when women are empowered with knowledge, community, and movement, change isn't just possible, it's powerful. Not only for them but for their entire community. Learn more on page 14.

Her Story. Together in Movement.

Giving Tuesday 2025 – Help Us Launch a New Operation Change Site in 2026

Every step tells a story of resilience and change. Through Operation Change, women 45 and older are reclaiming their health, confidence, and purpose, proving that when women move together, communities grow stronger.

This Giving Tuesday, we invite you to join Her Movement by helping us raise \$50,000 to launch a new Operation Change site in 2026. Your gift directly supports women in underserved communities through education, cultural connection, adapted physical activity, and peer support that foster lasting behavior change.

Her story is not hers alone, it's ours to honor, to share, and to carry forward.
Donate today and be part of the movement.

Scan the QR code below or visit MovementisLifeCommunity.org/Donate



Health Disparities Across Common Chronic Conditions



Health Disparities & Social Determinants Discussion Map

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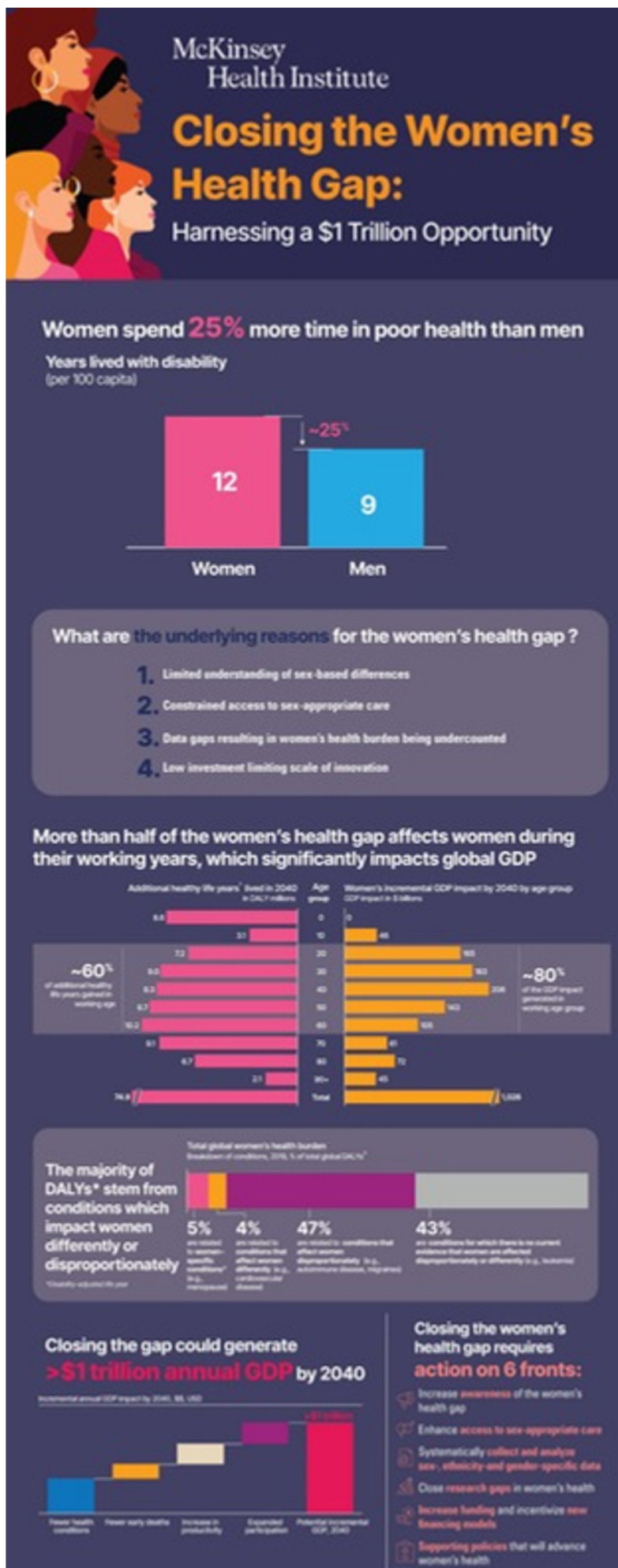
When women improve their health, families and neighborhoods follow. Increases in maternal mobility and activity are linked with higher youth activity levels and healthier household dietary patterns, creating ripple effects that extend across generations and help shift norms around prevention and daily movement (Short et al., 2022). Access to trusted community resources, safe spaces to move, peer support, and practical education, amplifies these effects by turning individual gains into shared routines.

Community-driven solutions like Operation Change translate research into practice by pairing education, cultural sessions, adapted physical activity, and social support. These programs strengthen local networks, reduce isolation, and deepen engagement with clinics, faith groups, and community partners—building the social conditions where movement, wellness, and empowerment become the norm (APHA Policy Brief, 2024).

Sources:

Short SE, et al. Women's health: Population patterns and social inequalities. *Annu Rev Sociol.* 2022;48:219–242. <https://doi.org/10.1146/annurev-soc-030320-034200>

American Public Health Association. Community-Driven Models for Chronic Disease Prevention: Integrating Movement, Social Support, and Cultural Relevance. APHA Policy Briefs. 2024.



Social Determinants of Health (SDOH)

Social determinants, including income, education, housing stability, food access, neighborhood safety, and the built environment, play a defining role in women's health outcomes. These structural conditions influence not only access to healthcare but also opportunities for movement, nutrition, and stress regulation.

Research shows that midlife women experiencing economic hardship or living in communities with limited access to safe exercise spaces and nutritious food are more likely to experience earlier menopause, higher rates of obesity, and delayed preventive care. The compounding effects of limited time, multiple caregiving roles, and medical bias further restrict access to hormone therapy and chronic disease management. Effective interventions must move beyond the clinical setting to address these root causes, integrating community partnerships, education, and advocacy to dismantle the barriers that perpetuate inequities (Cortés et al., 2022).

Community-Based Wellness

Community-based wellness initiatives are emerging as a powerful strategy to close health gaps and promote intergenerational change. Programs like **Operation Change** translate evidence-based approaches into accessible, culturally grounded interventions that resonate with women in their own communities. Through interactive education, cultural sessions, adapted physical activity, and social support, participants gain the tools and confidence to sustain healthy behaviors.

These experiences reaffirm women's agency, their ability to make informed decisions, advocate for their health, and lead change within their families and neighborhoods. The collective experience of moving, learning, and sharing together not only improves physical outcomes such as reduced pain and greater mobility, but also enhances mental health, belonging, and purpose. By embedding health promotion in trusted community spaces, programs like Operation Change extend their impact beyond individual participants, strengthening local networks and creating environments where wellness becomes a shared community value.



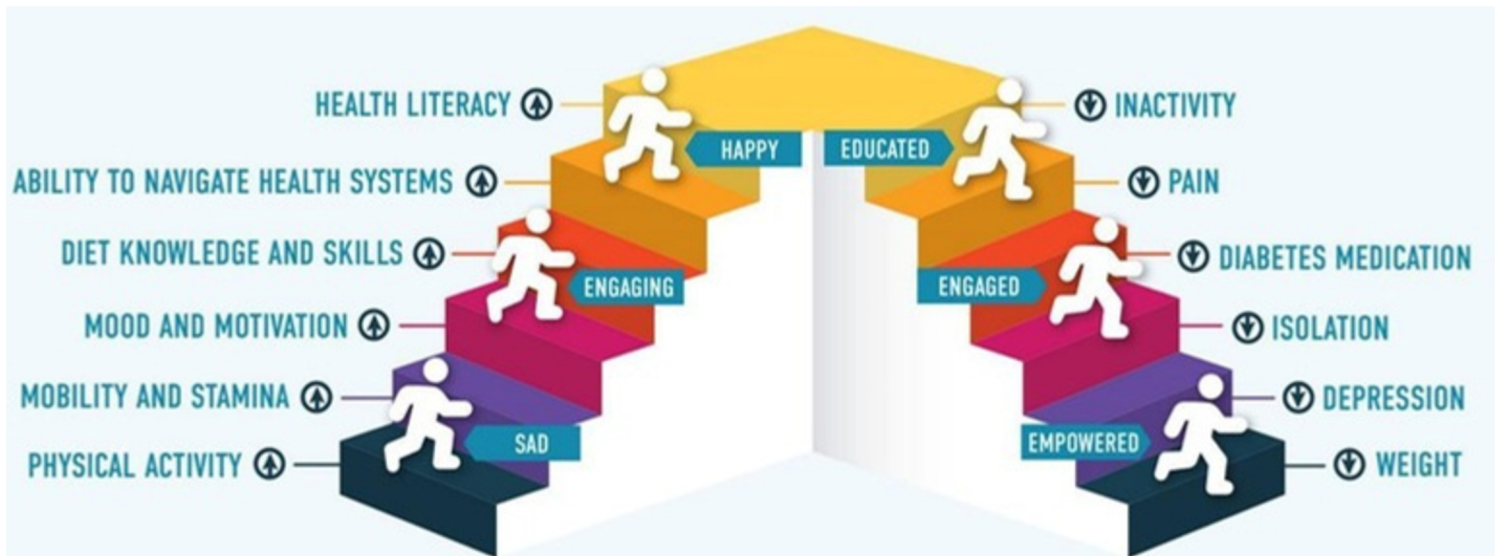
Women's Health

The perimenopause and menopause transitions represent pivotal stages in women's health, periods marked by significant hormonal, metabolic, and emotional shifts. These changes can increase the risk for cardiovascular disease, diabetes, osteoporosis, and mood disorders. For women of color and those living in under-resourced communities, these transitions often intersect with systemic inequities such as reduced access to preventive care, fragmented primary care relationships, and limited culturally competent education about hormonal health.

Recent studies highlight that chronic psychosocial stress, discrimination, and environmental factors can accelerate the onset or severity of menopausal symptoms among women from historically marginalized populations, compounding risks for chronic disease. Addressing these disparities requires integrative care models that combine education, screening, and culturally relevant support networks to promote healthy aging and improve quality of life (Blackson et al., 2024).

Operation Change: Start Moving, Start Living!

Operation Change—Movement is Life's community-based behavioral change program helps women in underserved communities reclaim their health. Launched with pilot programs in Chicago in 2010, Operation Change targets the interconnected cycle of joint pain, cardiometabolic disease, depression, physical inactivity, and weight gain. By pairing supportive movement and education with attention to mental well-being—and by tackling the social and structural barriers that make healthy living hard—Operation Change offers a practical, proven path to reversing complex health challenges. **The program's impact is truly transformative, empowering women to regain mobility, confidence, and control over their health while building stronger, more connected communities.**



Its model combines three essential elements: discovering new and creative ways to move every day; receiving reliable health information from trusted, culturally relevant sources; and participating in small group discussions that help individuals identify and reach SMART goals, leading toward healthier habits for positive behavioral change. These integrated components make the program both effective and adaptable, allowing it to succeed in diverse communities across the country.

Grounded in trust and community voice, the program empowers women to take charge of their health, regain mobility and confidence, and inspire change that strengthens entire communities. Wherever the program is implemented, its leadership collaborates closely with local residents to shape the educational content and approach. Trusted community voices play a central role in outreach, engagement, and delivery of information. This grassroots collaboration ensures that the program reflects the lived experiences and realities of participants and respects the cultural, social, and economic contexts that shape their health behaviors.

Participants experience improvements in their physical condition, leading to greater mobility, independence, and quality of life. Increased physical activity can reduce pain, while decreasing the impact of chronic diseases. Alongside physical improvements, **Operation Change also enhances psychological health by promoting mental and emotional well-being.** Participants often report better mood, energy, and motivation, along with reduced depression and reliance on unhealthy coping behaviors.

Finally, **Operation Change strengthens the social fabric of the communities it serves.** It improves health literacy, increases awareness of local resources, and empowers participants to engage effectively with healthcare providers. At the same time, it fosters connection, reducing loneliness and isolation. By highlighting shared experiences and common challenges in individual communities, Operation Change promotes personal and collective empowerment.

Operation Change Program Locations



**Future Programs: Inspire Movement in your
community with Operation Change**

**Kick Off
Giving Tuesday
Donate Today**



Health Disparities Podcast

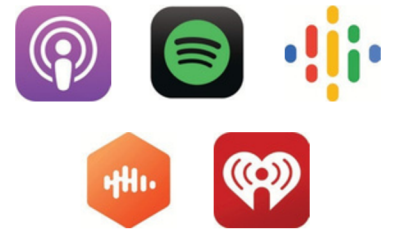
The Health Disparities Podcast: We Are Speaking Your Language

Inspiration. Education. Solidarity. Know-how. Leadership. Community.

For more than four years and 150+ episodes, Movement is Life's Health Disparities Podcast—the #1 podcast focused on health disparities—has brought together clinicians, researchers, community leaders, and patient voices to explore practical solutions for equity and mobility. By translating evidence into everyday practice and amplifying lived experience alongside expertise, the podcast bridges the gap between healthcare systems and communities—spotlighting what works, why it matters, and how to scale it.

In this milestone year, we're celebrating our most-downloaded conversations and the stories that empower change, moving listeners from awareness to action.

The Health Disparities Podcast is available on Apple Podcasts, Spotify, Google, Castbox and iHeart.



12 Highlights from 2025



**Dr. Mauvareen
Beverley**

"Everybody talks about being respectful and this and that, but if you don't value me, you think respect is going to come into your mind or your brain?"

Dr. Mauvareen Beverley, an executive-level physician with 20 years of experience advocating for improving patient engagement and cultural competency, Dr. Janet Austin, the founder of the nonprofit JSA Chronic Disease Foundation, discuss the importance of patient-centered communication.

Tune in to "Advancing health equity through patient-centered communication."



**Arline
Geronimus**

"We all have to commit to seeing each other, to understanding the differences in our lived experience, to seeing that different people have different 'lions' and 'tigers' and figuring out what it is we have to do to change that."

Arline Geronimus, a member of the National Academy of Medicine and a professor in the school of public health at the University of Michigan's Institute for Social Research, talks about weathering, which can contribute to health disparities, leading to earlier onset of diseases like cardiovascular and metabolic diseases.

Tune in to "Weathering: The Extraordinary Stress of Ordinary Life in an Unjust Society"



**Dr. Karen
Hacker**

“The number one focus of our efforts is: How do we support the public health system to really think about strategies that are evidence-based to help their constituents make the healthiest choices that they can make?”

Dr. Karen Hacker, director of the CDC National Center for Chronic Disease Prevention and Health Promotion, shares her insights on healthcare collaboration and bridging community-clinical services to help address social determinants of health, which are linked to chronic diseases that affect 6 in 10 Americans.

Tune in to “The CDC’s Dr. Karen Hacker explains the link between social determinants of health and chronic disease”



**Dr. Joel
Bervell**

“Unfortunately, the foundation of medicine has never been equitable. There was racism involved in it as well. And these things get passed on into our current system.”

Dr. Joel Bervell, better known as the Medical Mythbuster on social media, says he motivated to create social media content addressing racial disparities, the hidden history of medicine, and biases in healthcare because he has seen how it can literally save lives.

Tune in to “Medical Mythbuster Joel Bervell explains why representation matters — in medicine and media”



**Dr. Maura
George**

“I think clinicians who don’t know how to recognize disparities are going to perpetuate them, and we can all do that unintentionally.”

When it comes to improving health outcomes in communities, it’s also critical that health care providers understand health disparities, says Dr. Maura George, an associate professor in the Department of Medicine and an internist at Grady Memorial Hospital in Atlanta, where she also serves as Medical Director of Ethics.

Tune in to “The Community health needs assessment: An under-appreciated tool”



**Dr. Valerie
Montgomery
Rice**

“The word ‘equity’ has been so polarizing and can be so political... But that solution of health equity is defined by giving people what they need, when they need it, and the amount they need to reach their optimal level of health.”

A diverse healthcare workforce is critical to improving outcomes for our diverse nation. In order to achieve this, there needs to be both a pipeline and a pathway, says Dr. Valerie Montgomery Rice, President and CEO of Morehouse School of Medicine.

Tune in to “Health equity solutions: A conversation with Morehouse School of Medicine President Dr. Valerie Montgomery Rice”

Health Disparities Podcast



Dr. Rita Hamad

“Poverty is one of the major root causes of those issues, and that if we don’t address that... those health issues are just going to keep arising and not getting any better.”

Poverty is a key driver of health disparities. But numerous policies have been shown to help alleviate poverty and improve health equity, according to Dr. Rita Hamad, associate professor of social and behavioral sciences at the Harvard T.H. Chan School of Public Health. To address the problem, Hamad says policymakers need to look upstream and identify the root causes of health issues.

Tune in to “How evidence-based policies can help alleviate poverty and improve health equity”



Dr. Cheryl Brewster

“We really haven’t addressed healthcare needs across the board for this nation as a whole the way we should have, for a country as prominent and as esteemed as we are, I would like to see more diversity in our healthcare workforce overall.”

Physicians of color are more likely to build careers in underserved communities, which can contribute even more toward the goal of reducing healthcare disparities. So, what does it take to cultivate a strong and diverse health care workforce? We discuss with Dr. Cheryl Brewster, Senior Executive Dean for Access, Opportunity, and Collaboration and a Professor in the Department of Bioethics, Humanism, and Policy Roseman University College of Medicine, and Dr. Jarrod Lockhart, formerly an instructor at Morehouse School of Medicine.

Tune in to “Fostering tomorrow’s healthcare workforce: Opening doors & opening minds”



Dr. Daniel Wiznia

“If a Medicaid patient has to wait six weeks or eight weeks for an appointment, while a private patient just waits maybe a week, that can really impact outcomes, especially for patients with chronic conditions or urgent needs.”

Health equity researchers have conducted “secret shopper” studies, revealing how healthcare providers limit appointments — and even treatment recommendations — to people with certain types of insurance. We learn more from Dr. Daniel Wiznia, Associate Professor of Orthopaedics & Rehabilitation at Yale.

Tune in to “Secret Shopper research shows bias against patients with ‘worse’ insurance”



**Jennifer
Obadia**

“I would push back on the idea that things like food and housing are not actually medical. Now, I understand they’re not pharmaceutical. But we know that 80% of a person’s health is determined by social and environmental factors.”

Food insecurity is a systemic public health issue that needs to be addressed because reliable access to healthy food is critical to positive health outcomes. Health care partnerships are forming to improve access to healthy foods in some states, says Jennifer Obadia, senior director of health care partnerships at Project Bread, a nonprofit focused on creating a sustainable, system-wide safety net in Massachusetts for anyone facing hunger.

Tune in to “Food as medicine and the role of Medicaid in addressing social determinants of health”



**Dr. Marilyn
Fraser**

“Our communities often times do not trust the medical professions and do not trust that their clinicians may have their best interests at heart.”

Health misinformation is a growing challenge, as social media has become a primary source of information for many people, and influential voices are casting doubt on established medical practices. Trusted health sources are becoming harder to find, especially in communities of color where access to care is already limited and systemic barriers persist, says Dr. Marilyn Fraser, Chief Executive Officer of the Arthur Ashe Institute for Urban Health.

Tune in to “Trusted voices – Confronting health misinformation in marginalized communities”



**Dr. Uché
Blackstock**

“A lot of times, when we’re in the room with our patients, we think it’s just the two of us. But I always think: There’s all these other people in the room that actually impact the quality of life that your patient is having.”

Systemic racism continues to shape medical education, clinical practice and patient outcomes. It’s a topic near and dear to Dr. Uché Blackstock—physician, health equity advocate, and New York Times bestselling author of *Legacy: A Black Physician Reckons with Racism in Medicine*.

Tune in to “Reckoning with Racism in Medicine: A Conversation with Dr. Uché Blackstock on Health Equity and Systemic Change”

Movement is Life recognizes the incredible contributions of Christine and Jerail, our podcast production team. And special mention of The Health Disparities Podcast creator, Rolf Taylor.

Thank you for that hard work in accomplishing a No.1 rated health disparity podcast in the country.

Scan the QR code for the podcast episodes mentioned in this section.



Keynote Speakers

COMBATING DISPARITIES: THE POWER OF MOVEMENT IN COMMUNITY

This year's keynote presentations spotlight the intersection of movement, equity, and community leadership in advancing public health. Denise Smith draws from decades of experience in disease prevention and policy to highlight the transformative role of Community Health Workers and advocates in building trust and driving sustainable change. Dr. Lattisha Bilbrew examines how systemic inequities limit access to movement long before medical intervention is needed, offering culturally relevant strategies to help communities reclaim motion as a first prescription for well-being. Together, their insights challenge us to reimagine health equity through lived experience and intentional movement.



KEYNOTE SPEAKER

Denise Octavia Smith, CHW, PN, MBA, SFC

Trusted to Transform: Community-Based Workforce Partnering with Communities for Health

Denise Octavia Smith, MBA, CHW, PN is a visionary CHW leader, facilitator, and survivor of a rare chronic disease who champions the expertise of community-rooted health workers and organizations. Her work centers trust, equity, and lived experience as essential infrastructure for sustainable health systems.

Denise has reached millions through summits, trainings, and published research. She guides cross-sector leaders in aligning values, narrative, and impact—using community, workforce, and health data to build practical tools for care team integration and systemic change. She is Co-Founder of the Community Based Workforce Alliance and Health Equity Community Collaborative, and a Senior Visiting Scholar at the Harvard Medical School Global Primary Care Program in Primary Care and Social Change. Denise continues her research partnership with the CDC to define CHW Sustainable Financing and is a proud Aspen Institute Fellow and Robert Wood Johnson Culture of Health Leader.



KEYNOTE SPEAKER

Lattisha Bilbrew, MD, FAAOS, FAOA

Move Early, Move Often: The Best Medicine No One Prescribes

Dr. Lattisha Bilbrew is a board-certified Orthopaedic Surgeon specializing in Hand and Upper Extremity Surgery and the first Black woman to become a partner at Resurgens Orthopaedics—Georgia's largest orthopedic practice. One of fewer than five practicing Black female orthopaedic surgeons in the state, she continues to break barriers in a field where fewer than 2% of surgeons are women of color. Born in Birmingham, England to Jamaican parents, her story is one of resilience, faith, and purpose. Inspired by her grandmother's mistreatment in a hospital, Dr. Bilbrew pursued medicine with a mission to bring empathy and equity to care. After immigrating to the United States in 1995, she earned her degrees from the University of Miami and Morehouse School of Medicine, completed her residency at the University of Texas Medical Branch, and her fellowship at the University of Florida College of Medicine. A fellow of the American Academy of Orthopaedic Surgeons and the American Orthopaedic Association, her research focuses on diversity and racial disparities in orthopaedic care, and she serves on multiple national boards advancing physician advocacy and inclusion.

A strong voice for health equity, Dr. Bilbrew represents the AAOS before Congress on issues such as Medicare reform and physician-owned hospital access. Her leadership has earned recognition in The Atlantian Magazine, Georgia Trend's Top 40 Under 40, and Modern Luxury's Most Powerful Women of Atlanta. She founded Inspiring Tomorrow's Healers Today, a nonprofit that mentors minority high school women pursuing medicine, and serves on the board of Hands to Love, supporting children with upper limb differences. Dr. Bilbrew is the author of the #1 Amazon bestseller *Yes, I Am The Surgeon* and the forthcoming *Measure Twice, Cut Once*. A sought-after keynote speaker, she inspires transformation through empathy, leadership, and authenticity while mentoring students and giving back to her community through service and advocacy.

COMBATING DISPARITIES: THE POWER OF MOVEMENT IN COMMUNITY

This plenary session explores how physical activity, community engagement, and grassroots initiatives can be powerful tools in addressing health and social disparities. Speakers will highlight innovative programs and real-world examples that demonstrate how movement whether through organized fitness, cultural practices, or local activism, can drive equity, foster connection, and improve overall community well-being. Together, we can harness the power of knowledge, empathy, and advocacy to build a more just society where ordinary lives are no longer burdened by extraordinary stress.



SPEAKER

Razia Jayman-Aristide, MD, MS-HPPL, FACP, MSCP
Meeting People Where They Are

Dr. Jayman-Aristide is an Internal Medicine, Obesity and Lifestyle Medicine physician who has experience both in the inpatient and outpatient realm across multiple platforms including clinical, academic and leadership. She is also certified as a Menopause Society Certified Provider. She was recently the Director of Patient Care Services for the Suffolk County Department of Health and is currently the Director of Primary Care & Women's Health for Coastal MD. Dr. Jayman found her passion in medicine to be community outreach and areas concentrating in prevention and health inequities. Dr. Jayman co-founded the organization formerly known as the 'Community Health Ambassadors' which was a team of 100+ providers who donated their time in educating community members on health & wellness alongside their children. This organization was nominated for the Presidents' Award -Team Work at Northwell Health in 2019. Her passion for medicine and education were noted when she completed a Masters of Science in Health Professions, Pedagogy & Leadership at Hofstra University. In 2019, she was nominated for the President's Award for physician of the year and prior to that received an award from Long Island Against Domestic Violence for her contributions to empowering women in the community.

Dr. Jayman is a physician who practices with humanism, within ethical boundaries and most importantly is kind to her patients while actively listening to their concerns. She currently serves as the Nassau County East District President for the American College of Physicians. Her career path will continue to include preventive care through primary care, community outreach, women's health and making an impact in healthcare by bridging the gaps in access and affordability. She most recently has embarked on a journey to start her own private practice concentrating on women's health and prevention through the lens of primary care, obesity medicine, lifestyle medicine, menopause health, and overall wellness and prevention.



SPEAKER

Grace Moore

Beyond the Pain: How Movement Helped Me Reclaim My Life, My Purpose, and My Power

Grace Moore is a purpose driven entrepreneur, caregiver, and financial empowerment strategist from Detroit, Michigan. After years of battling debilitating chronic back pain, she underwent spine surgery in 2018 and later discovered the healing power of movement through athletic therapy. Grace now encourages others to embrace mobility through small, consistent actions like stretching and strength building, and she advocates for alternatives to traditional clinical therapy by recommending athletic therapy for deeper recovery and results. She is the founder of Moore Grace Solutions and a 2025 recipient of the President's Volunteer Service Lifetime Achievement Award.

COMBATING DISPARITIES: THE POWER OF MOVEMENT IN COMMUNITY



SPEAKERS

Atiya Abdelmalik, PhD, MSN, RN & ReGina Newkirk Rucci

Grassroots GPS: Unleashing Community Power to Drive Health Equity

For more than two decades, Dr. Atiya Abdelmalik—known to many as Dr. A—has embodied Marian Wright Edelman’s charge to change the world one step at a time. A registered nurse, author, community engagement practitioner, and certified executive and personal development coach, she has dedicated her life to healing, inspiring change, and helping communities thrive. Dr. A has led transformational health and philanthropic initiatives across community, corporate, clinical, and nonprofit sectors. As Director of the Center for Thriving Communities, she guided a statewide initiative advancing Equity Action Labs, engagement, and nonprofit capacity-building. At Highmark Health, she led community programs and volunteerism efforts spanning multiple states. Through her entrepreneurial work, she designs social impact initiatives, coaches leaders, and launches philanthropic efforts that advance equity.”

“Dr. A has served at hospital bedsides, with grassroots organizations, and in boardrooms—bridging sectors with compassion and accountability. She holds a PhD in Community Engagement from Point Park University, where her research explored youth-led revitalization, and nursing degrees from Eastern University (BSN) and Waynesburg University (MSN). Having faced profound challenges, she chose to cultivate a healing path that fuels her calling. In her book *A Life Worth Saving: A Nurse’s Journey from Sickness to Healing*, she weaves lived experience with professional insight, reminding us that strength lies not in the absence of struggle, but in the courage to rise through it.



ReGina Newkirk Rucci serves as the Principal and Founder of Edge Over Solutions, a company that is committed to assisting companies and nonprofit organizations make equitable advancements and truly serve their communities. Prior to this role, she served as the Director of Equity and then the Director of Corporate and Community Strategy for 904WARD where she developed initiatives to examine racial disparities in BIPOC communities and unite people toward impactful change. As she does in her current role, she worked with corporations and nonprofits to create equitable, inclusive, and productive workplaces, while advancing health equity, environmental justice, and systemic change through programs like the Little Free Diverse Libraries and the Center for Thriving Communities, a program she is continuing as part of Edge Over Solutions. With over twenty-five years of experience addressing barriers faced by marginalized populations, she continues to drive transformative equity efforts.

She served as Executive Director of Rockettown in Nashville, supporting at-risk youth, and led development, communications, and community relations at Whitman-Walker Clinic in Washington, DC, raising \$14 million annually for healthcare and education programs. Her earlier roles include Director of Grants and Corporate Relations at the YMCA of Metropolitan Washington, where she implemented U.S. Department of Education-funded programs for underperforming schools. A dedicated educator, she has taught and coached math in Title I schools across Oklahoma City, Jacksonville, and Orlando, and served as Director of Development at the Jacksonville Public Education Fund, helping create leadership programs for principals. Originally from Fort Collins and raised in Nashville, ReGina graduated with highest honors from New York University (B.F.A., Dramatic Writing), earned a master’s in Communications from the University of Tennessee, and holds a Diversity and Inclusion Certificate from Cornell University.

COMBATING DISPARITIES: THE POWER OF MOVEMENT IN COMMUNITY

Movement is more than exercise—it's empowerment. During this session, we'll take a collective movement break to highlight how physical activity can bridge health gaps and strengthen community connections. From neighborhood walking groups to accessible fitness programs, movement serves as a unifying tool that promotes equity, resilience, and well-being across all backgrounds.



Instructor

Tyneka Pack, CPT, CNC, SFC

Tyneka Pack is the Founder & CEO of IMPACKT Fitness®, a certified fitness and wellness leader with over a decade of industry experience. From her beginnings as a competitive bodybuilder to becoming an acclaimed wellness speaker and fitness coach, Tyneka has dedicated her career to transforming lives through health and empowerment. Her expertise in personal training and organizational wellness has sculpted healthier bodies and fostered resilient minds, making her a sought-after fitness coach and wellness expert. Recently featured in Women's Health Magazine, NBC4 Washington, The Baltimore Times and Good Day Baltimore on Fox45, Tyneka continues to expand her influence, promoting holistic women's health and wellness as foundational elements for successful living. Her commitment to helping professionals build their confidence, attain balance versus burnout and enhancing community well-being, positions her as a pivotal figure in the health and wellness industry.



Mistress of Ceremonies

Ber-Henda Williams

Ber-Henda Williams is a bilingual poet, author, and empathic leadership coach who embodies a Womanist vision of leadership that centers the liberation, joy, and flourishing of women — particularly women of color. Her work draws from metaphysical principles, affirming that inner transformation is the foundation for social change, and from an anthropological lens honoring the cultural narratives and ancestral legacies that shape identity and community.

Now in its third season, she hosts The Ber-Henda Williams Show and the Soul of a Lead(Her) podcast, curating conversations at the intersection of leadership, creativity, and social justice. She leads Culture Shift(Hers), a collective and Un-Networking experience for visionary women, and serves as the Oratorical Coach for the Motor City Chapter of Jack and Jill.

She also served as Project Lead for the Summer Youth Program with the Michigan Roundtable for Diversity and Inclusion, where she uses poetry and storytelling to help young people cultivate voice, identity, and personal agency.

A dynamic presence on stage, Ber-Henda was the keynote speaker at Bamboo Biz Bash 2024, the MC for Mothering Justice's Mother's March, and a Wellness Retreat Facilitator with Teen Hype. As a poet she has performed on numerous stages such as The Charles H. Wright Museum of African American History, US Social Forum at Hart Plaza, Plunket and Cooney Law Firm, UAW Women's Empowerment Summit.

Featured in Thrive Global, Fast Company and Madam Noir bridges creativity, spirituality, and activism to ignite purpose-driven change in women and youth.

Philanthropy Panel

The Philanthropy Panel features leaders dedicated to advancing community health and equity through innovation and collaboration. After sharing insights on the power of giving and collective impact, panelists will serve as judges for the Pitch Competition, evaluating five finalist teams whose ideas reflect the “Movement is Life” mission to create stronger, more connected communities.



Carolyn Cassin
Michigan Women
Forward
Moderator



Dr. Phyllis Meadows
The Kresge
Foundation



Dr. Giridhar Mallaya
Robert Wood
Johnson
Foundation



Jessica Eiland-Anders
Ballmer Group

PowHer Finalists

The PowerHer Pitch is a dynamic showcase of women-led solutions that drive health equity forward. Centering women's lived experiences, this competition uplifts innovative projects, programs, and policies that aim to close health gaps and empower communities, especially those disproportionately impacted by health disparities.



Dr. Lola Omishore
TheraMotive



Jazmine Toolles
Explore the Magic
of Motion



Maria Haugen
FoXX Health



Roseline Moise
Heart Sistat, Inc.



Titilope Olotu
PADÍ

COMBATING DISPARITIES: THE POWER OF MOVEMENT IN COMMUNITY

The poster presentations highlight local and national efforts addressing the social and structural drivers of health disparities. Attendees will explore research, programs, and community initiatives focused on advancing musculoskeletal health and equity. Featured posters include community-based programs that build partnerships, deliver culturally tailored outreach, and promote wellness, as well as research studies examining musculoskeletal disparities through data analysis, clinical and observational work, and systematic reviews. Together, these presentations showcase innovation, collaboration, and the power of evidence-based solutions to create healthier, more equitable communities.

Name: Adebayo Awokoya

Institution: Charles. R Drew

Title: Differences in Comorbidities Among Patients With and Without Housing Who Underwent Surgery For Hip Fracture Repair

Name: Ademide Young

Institution: Georgetown University School of Medicine

Title: Fractures in the System: Local Voices and Global Strategies for Orthopaedic Reform in Nigeria

Name: Alexis Gay

Institution: Howard University College of Medicine

Title: Evaluation of Functional Outcomes of Cancer Patients with Avascular Necrosis

Name: Aman Shahzad

Institution: Howard University College of Medicine

Title: The Graft Draft: A Retrospective Study on Patient Demographics and Tendon Choice

Name: Amari Eubanks

Institution: Howard University College of Medicine

Title: Increased Risk of Meniscal Degeneration with Oral Contraceptives and Hormone Replacement Therapy

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Name: Cameron Sabet

Institution: Georgetown University School of Medicine

Titles: Risk Analysis Index Demonstrates Superior Predictive Performance for Resource Utilization Outcomes Compared to Traditional Frailty Indices in Diabetic Patients Undergoing Ankle Fracture Surgery
Comparative Performance of the Risk Analysis Index and Modified Frailty Index-5 in Predicting Hip Fracture Outcomes in Steroid Users
Trends and Disparities in Cyclist Injury Metrics Across World Bank Income Groups: A Comprehensive Analysis of Orthopaedic Trauma Epidemiology from the Global Burden of Disease Study
Enhanced Outcome Prediction with the Risk Analysis Index Compared to the Modified Frailty Index-5 in Anterior Cervical Discectomy and Fusion Among Adults With Bleeding Disorders
Global Burden of Malignant Neoplasm of Bone and Articular Cartilage in South Asia, 1990–2021: A Systematic Analysis for the Global Burden of Disease Study

Name: David Dallas-Orr, MD MBA MTM

Institution: University of California Davis Health; Department of Orthopaedic Surgery

Titles: Area Deprivation Index is a Predictor of Readmission and Increased Complications and ED Visits
Socioeconomic Differences in Robotic TKA Utilization: Which Patient Populations Are Receiving Care
Femoral Neck Fracture Complications Based on Socioeconomic Factors

Name: Diwane Mills

Institution: Howard University College Of Medicine

Title: A Quality Review of Fluoroscopy Time as a Surrogate for Radiation Exposure

Name: Efrain Amaro

Institution: McGovern Medical School at UTHealth Houston

Title: Insurance and Comorbidity Effects on Postoperative Complications in Lower Extremity Trauma

Name: Evan Bradley & Jason Shephard

Institution: Georgetown University School of Medicine

Titles: Area Deprivation Index and Use of Neuraxial Anesthesia in THA
Neuraxial Anesthesia Use is Associated with Decreased Healthcare Utilization Following THA

COMBATING DISPARITIES: THE POWER OF MOVEMENT IN COMMUNITY

Name: Haley Mae Cox

Institution: Yale School of Medicine

Titles: Targeting Health-Related Social Needs in Arthroplasty: Water Access
Targeting Health-Related Social Needs in Arthroplasty: Food Access

Name: Jazmine Toolles, PT, DPT

Institution: Temple University/Jefferson Moss Magee

Title: Explore the Magic of Motion®

Name: Keithian Starling Jr.

Institution: Meharry Medical College, Nth Dimensions

Title: Anatomical Study of a Medially Based Approach Curved Nail for Ankle Arthrodesis

Name: Melissa Flores

Institution: Hospital for Special Surgery

Titles: Assessing the Patient Perspective of Social Determinants of Health Screening in the Pre-Surgical Setting
of a Musculoskeletal Specialty Hospital

Name: Michael Randall

Institution: Grandmont Rosedale Development Corporation

Title: Exploring the Impact of Urban Green Spaces on Chronic Disease Outcomes: An Analysis

Name: Michelle Scott, MD

Institution: University of California Davis Health; Department of Orthopaedic Surgery

Titles: Regional and Socioeconomic Differences in Unicompartamental Knee Arthroplasty Utilization
Postoperative PT Utilization Following Rotator Cuff Repair According to Insurance Payer

Name: Nigel Zion Beaton

Institution: Howard University College of Medicine

Titles: Taller Athletes, Higher Risk? A Propensity-Matched Analysis of Knee Injuries Over Two Decades

Name: Zachary Lum, DO FAOA

Institution: University of California - Davis, School of Medicine

Titles: Outcomes of American Indian and Pacific Islander Patients Undergoing Orthopedic Procedures

COMBATING DISPARITIES: THE POWER OF MOVEMENT IN COMMUNITY



Mary I. O'Connor, MD

Chair, Movement is Life Board of Directors

Co-founder and Chief Medical Officer, Vori Health

Emerita Professor of Orthopedics, Mayo Clinic

Past Professor of Orthopedics and Rehabilitation, Yale School of Medicine

Past Director, Center for Musculoskeletal Care at Yale School of Medicine and Yale New Haven Hospital



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Associate Professor of Medicine, CWRU School of Medicine, Division of Internal Medicine

Associate Program Director, University Hospitals Cleveland Medical Center Internal Medicine Residency

Program, University Hospitals Cleveland Medical Center



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CEO, South Central Texas Bone & Joint Center, PA

Fellow, American Academy of Orthopedic Surgeons

Treasurer, American Association of Latino Orthopedic Surgeons



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Secretary, Board of Directors, Movement is Life

System Director, Nursing Informatics, Franciscan Missionaries of Our Lady Health System



Verona Brewton

Member, Board of Directors, Movement is Life

Retired: Zimmer Biomet

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Advisor, Conference of National Black Churches*



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Lifespan – Providence, Rhode Island*

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Past President of the American Association of Nurse Practitioners

Steering Committee

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Executive Director



Desiree Clemons
National Director Strategy and Impact



Beth Kurta, BS
Summit Director



C. Christopher Bacot
National Director, Operation Change



Christine Herman
Health Disparities Podcast Producer



Jerail Fennell, MSM
Sr. Director, Podcast and Communications

OPERATION CHANGE

HerStory, Together in Movement

CHANGE FOR GOOD

Operation Change is a transformative 12-week behavioral change program designed to support women 45+ impacted by health disparities.

Through interactive and culturally relevant sessions, increased physical activity, and a strong social support network, participants build sustainable habits that lead to lasting change.

From coast to coast, thousands of women have reclaimed their health, confidence, and purpose through Operation Change.

Their journeys prove that when women are empowered with knowledge, community, and movement, change isn't just possible—**it's powerful**.

Operation Change is Movement Is Life's signature program promoting sustainable behavior change for women 45+ in African American, Latina, and rural communities.



REAL PLACES, REAL PROGRESS: OPERATION CHANGE AT WORK



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SAN DIEGO



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To learn more about Operation Change, visit **MIL-OperationChange.org** or scan the QR Code below



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Thank You!

To everyone in attendance and to our committed partners who took part in this year's Movement is Life Annual Health Summit, thank you. Your presence, partnership, and passion fuel the movement to advance mobility, equity, and opportunity in communities across the country.

Together, we are not just hosting a summit, we are building a community of action. Your ongoing support helps us expand programs like Operation Change, bringing movement, wellness, and empowerment to women and communities across the country.

Now more than ever, it is up to organizations like Movement is Life to provide resources and opportunities where they are needed most. But we can't do it without each of you. We invite you to support or launch an Operation Change program in your community and help us continue driving meaningful, lasting change.

As we say in the spirit of Ubuntu, "I am because we are."

*With deep gratitude,
The Movement is Life Team*

Connect with us today:

 www.movementislifecommunity.org

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@MovementIsLifeCommunity

Interested in serving on the Board or Steering Committee?

Contact Danielle Hilliker, dhilliker@movementislifecommunity.org



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