



CITY COUNCIL

Darryl Moore
Councilmember District 2

CONSENT CALENDAR
April 7, 2015

To: Honorable Mayor and Members of the City Council
From: Councilmember Darryl Moore, District 2
Subject: Official City Sponsor of Walk with a Doc Berkeley

RECOMMENDATION

Approve City sponsorship of Walk with a Doc, Berkeley.

BACKGROUND

The Walk with a Doc program was created in 2005 after Dr. David Sabgir went into private practice in Columbus. Today, doctors are hoping to get the program up and running in more than 250 other places as far away as China, Portugal and South Africa.

The program started with a 2.2-mile hike on a spring day in suburban Columbus. Sabgir, a graduate of Miami University in Oxford and the Medical College of Ohio in Toledo, had grown tired of spending so much time urging patients to exercise and seeing so few of them follow his recommendation.

Dr. Sabgir decided if he invited them to walk with him, maybe more would get involved. It would be a win-win with no major expense: The walking could help people lose weight or fight the effects of disease and age, and it would give him time to answers their health questions.

The first Walk with a Doc (WWAD) Berkeley took place in October, 2013, and was a hit. Building on this success, WWAD, City of Berkeley, Heart 2 Heart, and LifeLong Medical Care Community Health Corps will host another walk and health fair on May 16, 2015, from 10am to 1pm at San Pablo Park. Participants will join doctors on a 2-mile walk around the park and have the chance to get their health questions answered. Free blood pressure screenings will be available, various organizations will table and offer information, and healthy snacks and giveaways will be provided. The walk will also highlight the importance of knowing your health status around hypertension and diabetes, as well as the health benefits achieved by being physically active.

FISCAL IMPACTS OF RECOMMENDATION

Unknown

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