



# Impact Report

## A MESSAGE FROM OUR FOUNDER

A climate of uncertainty in healthcare and public health laid the foundation for focus on diabetes prevention and management. Bold decisions in staff, partners, and operational structure made 2025 the year of research and development.

## A YEAR WITH UNIQUE CHALLENGES

**A shift in the business model from the sauna therapy focus was like a vacillating fan, until we redirected its place in diabetes care.**

**While many organizations had to reduce impact in diabetes prevention due to funding, we focused on building relationships and the infrastructure to support more people in 2026.**

**ANW ends a year full of challenges, filled with joy and gratitude for the dedication to improving systems as the launch pad for 2026 success and beyond.**

## IMPACT SNAPSHOT

**3314**

Patient Referrals  
Received

**73**

Patients Enrolled

**74%**

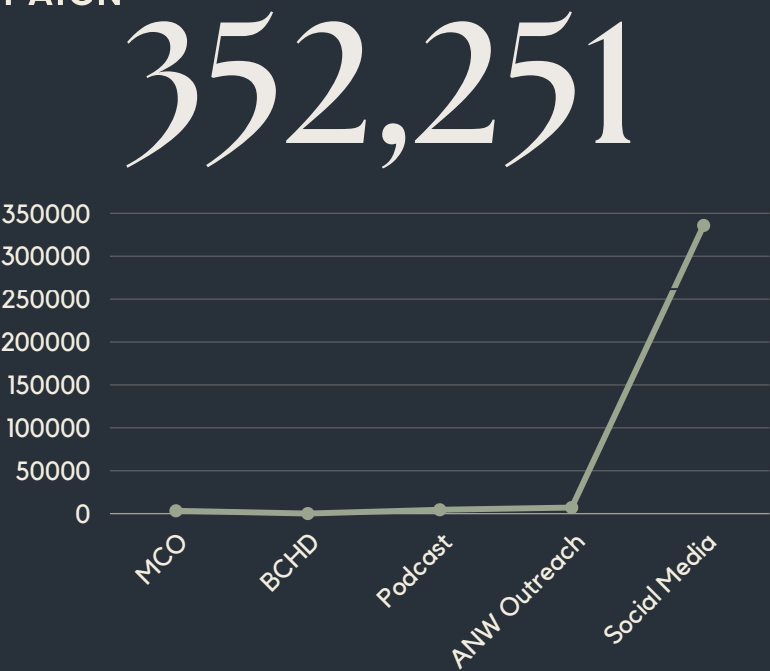
Reduction in A1C

2025 EDUCATION AWARENESS  
CAMPAIGN

Who's waking up ready to prevent type 2 diabetes? Not many. Building awareness about prediabetes is a data marker. Outreach produces enrollment.

The graph shows the number of people who encountered an education awareness opportunity directly or via social media.

MCO (Insurance) 3,314  
BCHD (Health Dot) 109  
Podcast 4,504  
ANW 7,890  
Social Media Reach 335,931



PROJECTS

DETAILS

OUTCOME

Diabetes Prevention Program (DPP) Expansion

**Solidify partnerships with health insurance companies**

- Increased patient referrals with 3 out of 6 Companies
- Added food box incentive
- Community Partner at the CareFirst Engagement Center

Baltimore City Health Department CDC Grant for DPP

**Contract to expand access to diabetes prevention in West Baltimore**

- Increase community referrals
- Community Health Workers Support
- Mentored a Social Enterprise to replace Johns Hopkins DPP

Community Health Initiatives

**Develop a maternal health and men's health program**

- Designed MOMemtum, a healthy lifestyle program for pregnant women
- Projecting the pilot Spring 2026
- Launched Men's Health Program



# We couldn't have done it without your generous support.

## Thank you

to all our partners,  
stakeholders and  
volunteers for making  
2025 the year we  
celebrated our first  
annual "I am Beautifully  
Well" Conference.

### What's ahead for 2026:

- Preparing the medical billing model for the Diabetes Self Management Program
- Launch our Diabetes Prevention Franchise model
- Refining sauna therapy as a therapeutic tool for better outcomes



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