



The Maryland State Medical Society

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MEDCHI HONORS DR. NEAL BARNARD, FOUNDER AND PRESIDENT OF PCRM & THE BARNARD MEDICAL CENTER

BALTIMORE, April 29, 2026 — During a recent visit to The Barnard Medical Center, Dr. Eric Wargotz, MedChi President, proudly bestowed a President’s Award in recognition of Dr. Neal Barnard, a visionary physician whose lifelong dedication to preventative medicine has redefined our understanding of chronic disease management.

Dr. Barnard’s impact is anchored in his role as the founder of two transformative institutions. First, The Physicians Committee for Responsible Medicine, founded in 1985, has grown to include over 175,000 health care professionals promoting preventative medicine and ethical research. Second, the Barnard Medical Center, established in 2016, serves as a premier model for integrating nutrition directly into routine clinical care.

Perhaps his most profound contribution is his groundbreaking research on type 2 diabetes. Funded by the National Institutes of Health, his studies demonstrated that a low-fat, plant-based diet is three times more effective at improving blood sugar control than traditional diets. This research paved the way for viewing type 2 diabetes not just as a manageable condition, but as a potentially reversible one through intensive lifestyle intervention.

Dr. Eric Wargotz, President of MedChi, shares “beyond the clinic, Dr. Barnard has been a tireless advocate for public health policy. He has been instrumental in influencing federal nutrition guidelines and has authored key resolutions for the American Medical Association. A prolific author of over 20 books and 100 scientific articles, his message has reached millions through PBS television specials and his work as editor-in-chief of the nutrition guide for clinicians. His career of service has been recognized by his peer worldwide, including the distinguished service award from the Medical Society of the District of Columbia, the Lifestyle Medicine Trailblazer Award, and his status as a Fellow of The American College of Cardiology.”

Dr. Barnard’s work serves as a cornerstone for Modern Lifestyle Medicine, shifting the focus from simply managing symptoms to treating the root causes of disease through the power of nutrition.

MedChi congratulates Dr. Barnard on receiving this award and to his entire staff for their great contributions to public health.

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.