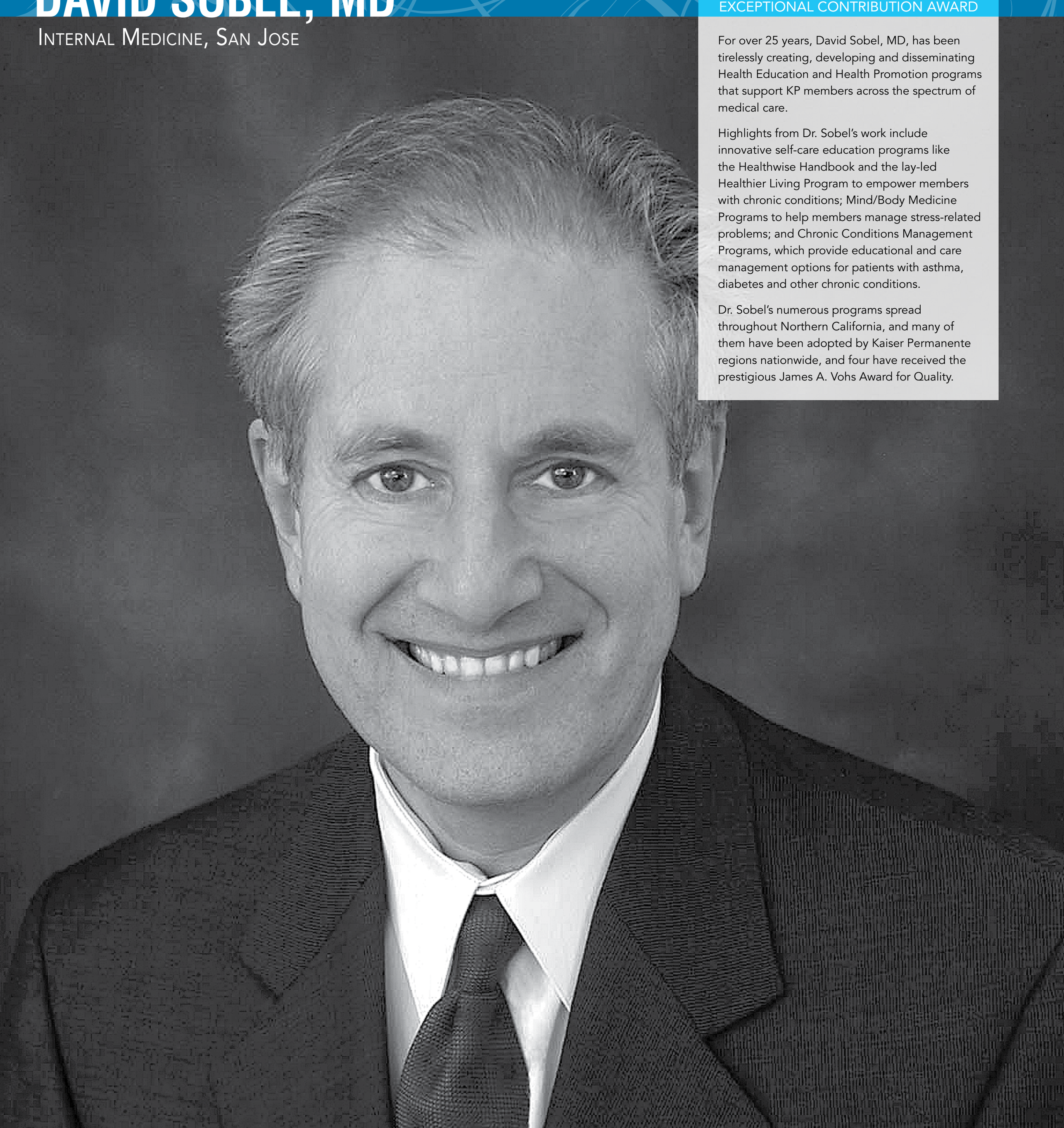
DAVID SOBEL, MD

Internal Medicine, San Jose



2005 Sidney R. Garfield, MD
EXCEPTIONAL CONTRIBUTION AWARD

For over 25 years, David Sobel, MD, has been tirelessly creating, developing and disseminating Health Education and Health Promotion programs that support KP members across the spectrum of medical care.

Highlights from Dr. Sobel's work include innovative self-care education programs like the Healthwise Handbook and the lay-led Healthier Living Program to empower members with chronic conditions; Mind/Body Medicine Programs to help members manage stress-related problems; and Chronic Conditions Management Programs, which provide educational and care management options for patients with asthma, diabetes and other chronic conditions.

Dr. Sobel's numerous programs spread throughout Northern California, and many of them have been adopted by Kaiser Permanente regions nationwide, and four have received the prestigious James A. Vohs Award for Quality.