



Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – December 2015

Leadership Update Sarah Hampl, MD

Here's an update on what's been happening with the MO Children's Services Commission's childhood obesity subcommittee this year. Special thanks to Deborah, Ann, Meredith and Brooke for their help!

December 2014: We presented the subcommittee's 5 summary recommendations for childhood obesity prevention, treatment and increasing statewide capacity to the Children's Services Commission. See the attachment for the executive summary.

January – March: Conference planning and developing next steps.

April: We joined national childhood obesity experts such as Bill Dietz, Stephen Gortmaker, Denise Wilfley (subcommittee co-chair) and Stephen Cook to present the 1st annual MO Childhood Obesity state conference in Columbia. We had a great turnout!

May-June: We met with the MO Dept of Health and Senior Services Commissioner to brief her on the recommendations and get her support. Had several conference calls with MO HealthNet (Medicaid).

July: Our work with MO HealthNet was highlighted as an emerging best practice at a conference on childhood obesity treatment reimbursement jointly sponsored by the American Academy of Pediatrics and the AHRQ, through a grant that Dr. Wilfley received. Many national insurers were represented. Formal proceedings from this conference are pending, but we expect that it will help open up the possibility of payment for group treatment.

August: We met with the MO Dept of Elementary and Secondary Education Commissioner and her deputy Commissioners.

September-November: Continued calls with MO HealthNet and our planning group, updated MO AAP Board of Directors, continued meetings with stakeholders and work on grant proposal for implementation of the recommendations.

We expect that 2016 will be a very exciting year for this effort! Please let me know if you'd like more information!

Welcomes, transitions and congratulations!

*Welcome to Tracy Kipper, who will start on 12/14 as a Weight Management Clinic nurse!

*Congratulations and thank you to Deborah Markenson, who is stepping down as Weighing In Director and going to prn status.

*Congratulations to Shelly Summar, Weight Management Program Coordinator, as she assumes the role of Weighing In Interim Director

*Congratulations to Dr. Meredith Dreyer Gillette for her successful grant to the Healthy Weight Research Network, entitled "An adaptive research design to optimize weight management intervention in young children with ASD."

*Congratulations to Kelsey Borner for getting her paper, entitled "Making the Business Case for Coverage of Family Based Behavioral Group Interventions for Pediatric Obesity," accepted by the *Journal of Pediatric Psychology*!

A New Face

Ashleigh Pona is a 3rd year doctoral student in the Clinical Health Psychology Ph.D. program at UMKC and a practicum student at Children's Mercy, working with Dr. Dreyer Gillette in Special Needs Weight Mgmt Clinic and Zoom to Health. She is interested in the treatment of eating disorders, obesity and bariatric surgery, and body image.

Favorite Health Habit: One of my best friends and I are workout buddies and have set a schedule to go to the gym at least two times a week together, no matter how busy our schedules get. Having a workout buddy and setting aside time to go to the gym has both encouraged me and helped me stay committed to getting in physical activity throughout the week!



A Familiar Face

Kelsey Borner, MA, is a graduate research assistant from the KU clinical child psychology program. She is a 5th year graduate student and will be completing her predoctoral internship next year. Kelsey's research interests are improving the efficacy of pediatric obesity interventions, and understanding the predictors and outcomes of physical activity in kids. She also enjoys working with kids with pediatric chronic illnesses. In the future, she hopes to integrate her research and clinical interests as a pediatric psychologist working in a medical setting.

Favorite Health Habit:

I'm a big walker! I try to start or end my day with at least 2 miles, and then go on short walking breaks throughout the day when I can. And, walks give me a chance to keep up with my Podcasts and books-on-tape!