



Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – February 2017

Leadership Update Brooke Sweeney, MD, FAAP

The new year has started out very busy with the clinical team working to improve efficiencies throughout our clinical weight management services to allow for the addition of bariatric surgery to the available offerings for our patients. We have had wonderful support and collaboration with Drs. Jason Fraser and Shawn St. Peter in surgery. Together we have developed a new IRB protocol to follow children in weight management with special focus on those with a BMI of 40 or over who are candidates for bariatric surgery.

Our group programs have all had record attendance in January and February, with us enrolling 62 families in the research groups, compared to 27 families in the same time period in 2016. Way to go, Education Coordinators!

Additionally, we have been spreading the 12345 Fit-Tastic! message at health fairs throughout the Kansas City Metro. In 2016, we saw an increase in the reach in both numbers and families contacted through these efforts. Special thanks to Mallory Moon for coordinating these efforts and to the Nursing staff for all their help volunteering to staff additional health fairs.

| Year | Total # of requests | Staffed events | WM staff time | Nursing staff time | Reach |
|------|---------------------|----------------|---------------|--------------------|---------------------|
| 2015 | 28 | 24 | 121.7 | n/a | 3753 |
| 2016 | 45 ^[1] | 38 | 118.03 | 106.86 | 7100 ^[2] |

¹ 60.7% increase in requests from 2015

² 89% increase in reach from 2015; current average is 220 people per event

Kudos

- Drs. Heather Doss and Brooke Sweeney are American Board of Obesity Medicine (ABOM) certified.
- Ann Davis, PhD, MPH, ABPP, Center Director, and Rusty McCulloh, MD, Associate Director-Infectious Diseases Fellowship Program, have been elected to membership in the Society for Pediatric Research (SPR). The mission of the SPR is to foster the research and career development of investigators engaged in creating new knowledge that advances the health and well-being of children and youth.
- Delwyn Catley, PhD, is a co-investigator on an NIH R01 study to evaluate the impact of the culturally accommodated eDecidete program versus standard care on smoking abstinence among Latino smokers.
- Christopher Cushing, PhD, was honored with the Routh Early Career Award in Pediatric Psychology by SPPAC.
- Brooke Sweeney, MD, FAAP, was among the co-authors for "Establishment of the Pediatric Obesity Weight Evaluation Registry: A National Research Collaborative for Identifying the Optimal Assessment and Treatment of Pediatric Obesity" published this month in *Childhood Obesity*.

February Birthdays: Pam Davis, Kelsey Dean, Sarah Hampl, Kerri Wade, and Dustin Wallace



A New Face

Pam Davis, RN, BSN, CPN, arrived at CMH in 2003 and has worked in several areas while continuing her education at Penn Valley and UMKC.

Once she earned her BSN, she obtained her Certified Pediatric Nurse certification.

After stops in 4-Sutherland, Palliative Care, the SCAN Clinic and Ready Set Grow, she joined PHIT in July 2016.

Pam has been married for 38 years and has two grown children. One of her greatest joys in life is spending time with her two red-headed grandsons.

Favorite Health Habit: Pam enjoys a variety of healthy habits that include walking, bike riding and Yin Yoga.



A Familiar Face

Karen Stephens, MS, RD, CSP, LD, is the Assistant Director of Nutrition Services and the lead dietitian for weight management clinics. She is one of the original PHIT

Kids Clinic staff that began in 2004 and loves seeing families make progress with healthier lifestyles.

Karen now works with patients in the High Risk Weight Management Clinic and enjoys associating with other passionate professionals to help our patients. Her main interests outside of work are her family (husband, 6 children and 11 grandchildren +4 expected this summer), music, leading a youth group and gardening.

Favorite Health Habit: Eating well, especially lots of vegetables, fruits and the rest of the "plate model." She also enjoys walking, hiking and strength training.