



# Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – January 2016

## Leadership Update Ann M. Davis, PhD, MPH, ABPP

Happy New Year, Everyone! And what a year 2015 was here at the Center. In one year we have managed to double our membership, which has helped to greatly diversify not only our areas of study, but also our expertise with different methods and types of science. We awarded three Center grants, supported several of our investigators with matching funds for other pilot awards, hired many new staff, and several new faculty. We also welcomed the first visit from our Scientific Advisory Board, had our first Open House, welcomed the inaugural Kemper Healthy Lifestyles lecturer, and received two institutional awards related to teamwork and science.

2016 looks to be off to a great start already and as evidence of this I am delighted to announce that Dr. Delwyn Catley will be the newest faculty member to join our team, starting on February 1 of this year. Dr. Catley has a new R01 that looks at using the Diabetes Prevention Program in South Africa, and brings expertise to the team in many areas. (His bio will be on the Center website very soon, so be sure to get more details there.) We should also be receiving the written report from the Scientific Advisory Board very soon, which will help us to set some of our goals for the year. Some of our existing goals for 2016 include hiring more faculty and staff, growing our clinical programs at KU and at CMH, increasing services to support our CHLN members, increasing our external grant funding, and dissemination of our work through publications and presentations. Partnering with CMH on their Community Health Needs Assessment is also going to be key for us this year, as well as the growth of our community and advocacy work.

As some of you know we have two open faculty positions right now – one on the KUMC side and one on the CMH side. Visit the CHLN website for more info. We plan to interview for these positions in the spring and hopefully find suitable candidates who will add to our strong team. Thank you for all that you do to help children live healthier lives, in whatever way you contribute. I hope that 2016 is another special year for our team, and for you and yours.

## Quick Facts

-We have arranged for our next CHLN social gathering – this time it will be a happy hour. (The next one will be a volunteer event.) We will meet on **Thursday, January 28, at 4pm** at The Drop (409 E 31st St, Kansas City, MO 64108). And, for this one – invite your significant other if you'd like – thought it would be fun to meet who we each hang out with outside of work. ☺

January Birthdays: Courtney Bothwell, Lindsay Huffhines, Emily Meissen-Sebelius, Teresa Pan and Brooke Sweeney

January Events:  
Happy Hour – Jan 28  
(see above)

## A New Face

Tracy Kipper joined our team in December 2015. She is an Ambulatory Staff Nurse in Weight Management and will help support patients in all of our CMH clinic locations.

Favorite Health Habit: “My favorite health habit is running/walking. I have always enjoyed walking but decided to add running this past year. I completed my first half-marathon run/walk in August and finished 2 additional half marathons in 2015 along with several 5K and 10K races. My goal for 2016 is to add more running to my routine and possibly train for a full marathon.” GO, TRACY!



## A Familiar Face

Emily Meissen-Sebelius' role at the CHLN is Project Coordinator for Weighing In. She provides support for the Healthy Lifestyles Initiative, focusing on managing and implementing the KS Health Foundation grant in Wyandotte County, as well as developing the HLI evaluation and enhancing our communications with HLI partners. “I also enjoy coordinating Weighing In's Early Childhood Working Group and engaging with community partners to improve the health of young children and families.”

Favorite Health Habit: “My favorite health habit is running! Even in the snow, trail running is my favorite. I also love using my running stroller to jog with my 3 year old and 5 month old to the park on nice days.” WAY TO GO, EMILY!