



Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – June 2016

Leadership Update from Meredith Dreyer Gillette, PhD

As we all know, there are many unique aspects about CHLN. Amy Wolf, as she was passing the baton to Holly Zink and Jack Curran, said one of the things that was really important to know was “*They have students.*” We are fortunate to have learners of all varieties here at the CHLN, and to have so many faculty and staff mentors.

These last few months, our students have showcased their talents on local, regional, and national levels. Here are a few fun facts and kudos: **Jonathan Finch** and **Sean Wheaton** presented posters along with graduate students (**Tarrah Mitchell, Kelsey Borner**) and faculty mentorship (**Jordan Carlson, Meredith Dreyer Gillette**) at the UMKC Undergraduate Psychology Research Symposium. **Lindsay Huffines** and **Tarrah Mitchell** were awarded dissertation fellowships. **Tarrah Mitchell** (faculty mentor **Christopher Cushing**) won the Obesity SIG Student Poster Award at the SPPAC Annual Conference. **Teresa Pan** (faculty mentors **Susana Patton** and **Meredith Dreyer Gillette**) won a poster award at The Obesity Society Annual Meeting. **Kelsey Borner, Teresa Pan,** and **Lauren Pollack** have placed at very competitive internship sites and **Genevieve Maliszewski** has accepted a postdoctoral fellowship.

One of our long-term goals is to become competitive for an educational training grant, so all of our work with undergraduates, medical students, graduate students, and residents is very valuable in helping to form the framework for our training capacity. Please make sure to send Renee updates each month so that we can highlight the accomplishments of our students, faculty, and staff, as I'm sure that we miss some of these.

We are also unique in that we are always looking for hands-on ways to educate the patients and families that we work with as well as our staff. The Happify team arranged for an educational presentation by Sharon from the Kansas City Community Gardens and a team building activity around gardening. Over the past few weeks, families participating in the evening groups at the CHLN have been able to pick fresh produce, and try new vegetables. (Have you ever tried roasted radishes?) Some of the children have been begging to go out to the garden and pick the vegetables each week! What a great learning experience! And for anyone needing an activity or stress break, there are always opportunities for watering or weeding!

Grant Award We are delighted to announce the recipient of our pilot grant program for the 2016-2017 year. The award is for \$33,000 and lasts from July 1, 2016 through June 30, 2017. "**Role of hepatic mitochondrial function in adolescent acute high-fat diet induced weight gain**" **E. Matthew Morris, PhD, Molecular and Integrative Physiology, KUMC.**

Upcoming Events

June 6th: 10th Anniversary of the initial PHIT Kids group
Sept 9-10: University of Kansas Obesity Conference
Sept 15: Kemper Family Healthy Lifestyles Lecture



A New Face

Holly Zink, MSA, Office Manager, provides project management, financial, and general day-to-day support for operations of the Center for Healthy Lifestyles & Nutrition. She provides education, training, and support for Dept. of Pediatrics faculty and staff involved with research, including new project start up.

Holly's favorite health habit is visiting a kickboxing gym called 9Round with her husband. She loves 9Round because it's a quick circuit training, a new class starts every 3 minutes, the workouts change every day, there's no pressure, and there is a trainer with her at every step.



A Familiar Face

Janelle Gerling, MOTR/L, is an Occupational Therapist with the Special Needs Weight Management Clinic (and the Northland/Tourette's Clinic). She provides feeding evaluations, specifically looking at oral motor skills, swallowing, oral sensory processing, feeding behaviors, and how these factors are impacting feeding. Janelle has been at CMH since 2009 and is an inaugural member of the SNWMC.

Janelle's favorite health habit is drinking lots of water; if she doesn't she gets cranky fast ☺. She also enjoys taking classes like Pilates Reformer, Barre, and yoga.