



Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – June 2017

Leadership Update Brooke Sweeney, MD, FAAP

Exciting news: this has become a two page newsletter this month due to continued increase in academic outputs and honors! Please enjoy reviewing, and congratulations to the team for all their amazing work!

Another big thank you to the clinical team for all their work to improve service to our patients as we revised our clinic schedule, allowing for the addition of our Metabolic/Bariatric Clinic at Don Chisholm on Thursdays. We had our first panel of 4 patients meet with Dr. Jason Fraser last week for their initial evaluation of readiness to prepare for weight loss surgery. The clinic went well, and the patients and families were so grateful for the addition of this option to our weight management services. One family reported that they have been waiting for us to offer surgery as a strategy to improve their child's health.

We have had a successful year clinically with increasing volumes in both clinical and group programs. We are up 28% in clinical visits compared to this time last year. Our group programs have been hitting a record high in both ZOOM and PHIT group volume serving 117 families for 8-12 weekly sessions (~1000 visits) from January-June 2017, an increase of 41% over the same period in 2016.

Kudos

- Two \$33,000 CHLN Pilot Grants were awarded this year. Congratulations to our grantees!
 - Dr. Robin Shook (w/Dr. Amanda Bruce)
Brain Activity, Physical Activity, Adiposity and Reward
 - Dr. Laura Martin (w/Drs. Yvonne Chen and Delwyn Catley)
Changing Adolescents' Brain Responses to E-Cigarette Marketing with Media Literacy Intervention
- Congratulations to CCPP Student Amy Noser, the recipient of the 2017 Carolyn and Stephen Schroeder Practice-Informed Research Award. Amy's project will examine the influence of physical activity and sedentary behavior on glycemic variability in adolescents with Type-1 Diabetes using accelerometry and continuous glucose monitors. This endowed research award was established by the Schroeders to facilitate research in clinical child and pediatric psychology that will directly impact clinical practice.
- Mindy Beckwith is now NE-BC – Nurse Executive Board Certified.
- Shelly Summar was elected to the Kansas City Dietetic Association board.
- Kelsey Borner and Tarrah Mitchell each defended their dissertations with honors. Congrats!
- Amy Noser earned a perfect score of 10 on her F31 grant application! Congrats to Amy and her mentors Susana Patton, John Thyfault and Mark Clements.



A New Face
Mindy Beckwith,
RN, MSN, NE-BC,
is the Center's new
clinical nurse
manager, whose
responsibilities
include Weight
Management,
Truman Nursery,

ADHD Clinic and BEACON Clinical
Nursing.

My husband is a military veteran with 20 years of service in the U.S. Navy, making me a veteran military wife. (Yes, we are experienced movers.) I am the mother of three beautiful children (Hannah, Spencer and Andrew) and grandma (Grammy) to an adorable granddaughter Morgan.

Favorite Health Habit: My favorite healthy habit is walking. I love to get out and enjoy some fresh air nightly.



Another New Face
Carolina Bejarano,
MA, is a
graduate student in
the Clinical Child
Psychology
Program at KU.
She is excited to
work at the

Center this summer and academic year with Dr. Dreyer Gillette's Special Needs Weight Management Clinic and as a Graduate Research Assistant with Dr. Jordan Carlson.

Carolina previously worked in pediatric psychology research in Jacksonville, FL, and earned her undergraduate degree in Psychology and Spanish at Tulane University.

Favorite Health Habit: I enjoy doing high intensity interval training (HIIT), practicing yoga, and trying new healthy recipes!



Publications and Presentations:

Norman, G., **Carlson, J.A.**, Patrick, K., Kolodziejczyk, J., Godino, J., Huang, J., & **Thyfault, J.** (in press). Sedentary behavior and cardiometabolic health associations in obese 11-13 year olds. *Childhood Obesity*.

Carlson, J.A., Engelberg, J.K., Cain, K.L., Conway, T.L., Geremia, C., Bonilla, E., Kerner, J., & Sallis, J.F. (in press). Contextual factors related to implementation of classroom physical activity breaks. *Translational Behavioral Medicine*.

Welk G, Kim Y, **Shook RP**, Ellingson L, Lobelo RL. Validation of a Non-invasive, Disposable Activity Monitor for Clinical Applications. *Journal of Physical Activity & Health*. 2017:1-19.

Morris EM, McCain CS, Allen JA, Gastecki ML, Koch LG, Britton SL, Fletcher JA, Fu X, Ding WX, Burgess SC, Rector RS, **Thyfault JP**. Aerobic capacity mediates susceptibility for the transition from steatosis to steatohepatitis. *The Journal of Physiology*. 2017 May 15.

Norman, G., **Carlson, J.A.**, Patrick, K., Kolodziejczyk, J., Godino, J., Huang, J., & **Thyfault, J.** (in press). Sedentary behavior and cardiometabolic health associations in obese 11-13 year olds. *Childhood Obesity*.

Carlson, J.A., Engelberg, J.K., Cain, K.L., Conway, T.L., Geremia, C., Bonilla, E., Kerner, J., & Sallis, J.F. (in press). Contextual factors related to implementation of classroom physical activity breaks. *Translational Behavioral Medicine*.

Odar Stough, C., Poppert Cordts, K., **Dreyer Gillette, M. L.**, **Borner, K.**, **Dean, K.**, **HAMPL, S.**, Peugh, J., & **Davis, A. M.** (in press). Caregiver hope and child outcomes following pediatric weight management programs. *Children's Health Care*.

Maliszewski, G., **Dreyer Gillette, M.L.**, Cowden, J.D., & Brown, C. (in press). Parental feeding style and pediatric obesity in Latino families. *Hispanic Health Care International*.

Mische Lawson, L., Foster, I., Harrington, M. C., Oxley, C. A. (2017). Effects of a swim program for children with autism spectrum disorder on skills, interest, and participation in swimming. *American Journal of Recreation Therapy*, 13(2), 17-27.

Mische Lawson, L., & Little, L. (2017). Feasibility of a swimming intervention to improve sleep behaviors of children with autism spectrum disorder. *Therapeutic Recreation Journal*, 51(2), 97-108.

Robin P. Shook, Gregory A. Hand, John Thyfault, Tarin Phillips, and Steven N. Blair. (2017, May) Unexpected weight gain following long term increased MVPA is linked to elevated respiratory quotient. Abstract presented at the American College of Sports Medicine, Denver, CO.

Reis D, **Shook RP**, Welk GJ, and Carriquiry AL. Modeling Energy Balance while Correcting for Measurement Error via Free Knot Splines. International Conference on Ambulatory Monitoring of Physical Activity and Movement; 2017; Washington, D.C.

Catley, D., Puoane, T. R., Goggin, K., Tsolekile, L., Resnicow, K.R., Fleming, K., & Rasu, R. (2017, April) *Can a proven behavioral intervention be used to address the developing world obesity epidemic?* Presentation at the 2017 Health Psychology Innovations Conference, Wanaka, New Zealand.

Catley, D., Fox, A., Stortz, S., Moreno, J.L., Bradley-Ewing, A., Harris, K.J., Goggin, K., & Richter, K. (2017, June) *MI vs. Health Education: Two pathways to change?* Presentation at the 2017 International Conference on Motivational Interviewing, Philadelphia, PA.