



Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – March 2017

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

Every year at CHLN, we undergo an annual evaluation process from KUMC leadership. All Centers at KUMC undergo this process, and even though we are across KUMC and CMH, we still participate. For the annual evaluation report, our team gathers information on many metrics including grants submitted/funded, papers published, patients seen, health fairs conducted, and students mentored. To complicate matters, our team gathers this information from various institutions including CMH, KUMC, UMKC, and KU Lawrence in order to give the full picture of our work. This year we were also able to include a strategic update from each of our 5 key program areas at CHLN (Advocacy - Sarah Hampl; Community - Jordan Carlson/Robin Shook; Education - Meredith Dreyer Gillette; Research - Susana Patton/John Thyfault; Clinical - Brooke Sweeney). The entire annual report is available at our website (www.chlnkc.org) on the Current Projects page, but here are a few fun facts:

- CHLN Graduate students were first author on 17 publications in 2016!
- CHLN added 9 new members in 2016!
- Dr. Sarah Hampl and the CHLN Advocacy team have been actively working in 2016 to gain Medicaid payment for family-based behavioral therapy for children ages 5-19 with obesity!
- Drs. Shook and Carlson of the CHLN Community team have developed a detailed strategic plan with 6 focus areas to guide the team's work!
- CHLN received 45 health fair requests in 2016, and was able to staff 38 of these – many thanks to everyone who volunteered!
- In 2016, the Healthy Lifestyles Initiative added 111 new partners!
- CHLN had more than 2000 clinical visits for children diagnosed with obesity across the Healthy Hawks, PHIT Kids, Special Needs and High Risk Weight Management Clinics!
- CHLN members Amanda Bruce and Ann Davis published a paper in Nature Communications, which has an impact factor of 11.329!

As these highlights indicate, 2016 was a very productive year for everyone at CHLN. See the full report for more information. I wanted to take this opportunity to say **"THANK YOU!"** to every member of the team – from the admins who gathered the data for the report, to the team members who saw the patients or published the papers – GREAT WORK! Here's hoping for an even better 2017!

Quick Facts

-Jordan Carlson worked on the National Collaborative on Childhood Obesity Research (NCCOR) Measure Registry Users Guide, available free of charge at <http://www.nccor.org/nccor-tools/mruserguides/>. This is a great resource for selecting the best measures for your clinic or next healthy lifestyle related study. Great job, Jordan!

-Our friends in the Department of Dietetics & Nutrition at KUMC are raising funds for their garden. If you want to contribute, please visit <https://www.launchku.org/project/5325>.

-**Save the Date: May 12, noon.** Dr. Russ Pate, an expert in children's physical activity from the Arnold School of Public Health, will speak at the Academic Scholarship Conference in the Children's Mercy Auditorium.



A New Face

Royce Tenney, MBA, a Director of Professional Services at Children's Mercy, works with the CHLN in his role. He has been active in working

with our administrative team, gathering more information on our clinical budgets and assisting with our research needs.

Favorite Health Habit: "My favorite health habits include kickboxing, weight training, and cycling. I've hiked and backpacked around a few national parks with many more to go."



A Familiar Face

John Thyfault, PhD, FACSM, is an Associate Professor in the Department of Molecular & Integrative Physiology at KUMC and a

Scientific Director here at the Center. His work focuses on the results on chronic physical inactivity and sedentary behavior in both animals and humans.

Favorite Health Habit: "I enjoy walking my dog Lucy every evening."

March Birthdays: Amy Beck, Ann Davis, Meredith Dreyer Gillette, Liz Edmundson, and Donna Holmes.