



Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – September 2015

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

Although it's hard to believe, I've been in this role for one year now. I have learned so much from each of you, and from those who we serve. It's been a very exciting and rewarding year! I have had a chance to update some of you on all of the progress we've made in the last year toward the goals we set in our 5-year plan; however I also wanted to take the opportunity to share some of those facts here:

1. Conducted over 30 internal and external stakeholder interviews to gather critical information. Thanks to all who participated!
2. The three members of our Scientific Advisory Board have been selected (Denise Wilfley, Nancy Krebs, Sean Harrison Adams) and are visiting in December. Please come to meet them during the planned open house on December 14th at 5pm at the Center.
3. We distributed 3 pilot grants this year to Kim Randell, Eve-Lynn Nelson and Lauren Little, and those projects are well underway.
4. We are starting the recruitment of a new joint faculty member who will be shared with Dr. Deb Sullivan and the Department of Dietetics & Nutrition at KUMC.
5. We have a monthly research seminar that includes journal club, didactic presentations, visiting scholars, etc. Contact us if you're not receiving announcements for these and want to.
6. We are part of a new joint Behavioral Postdoctoral Fellowship across KUMC and CMH – hoping to fill our slot next year.
7. Updated and more functional website at www.chlnkc.org – feel free to pass along updates or feedback.
8. Started a monthly newsletter to increase communication.
9. We formed an Internal Advisory Board (Peter Smith, Denise Dowd, Amy Wolf, Debra Schlobohm).
10. We received an endowed gift from the Kemper Foundation for the annual Kemper Healthy Lifestyles Lecture Series – Kerri Boutelle visiting December 10th. Contact Meredith Dreyer Gillette if you'd like to visit with Dr. Boutelle while she is here.

Quick Facts

- Weight Management is one of only 8 CMH Divisions with NO delinquent patient documentation – WAY TO GO, TEAM!
- Dr. Sarah Hampl arranged for our "fall" CHLN social gathering – this time at Harvesters. In our two hours of service, our team was able to pack 1245 back snacks for children in need. Our next social gathering will be a happy hour in December – watch the newsletter for details.



(left to right) Jordan Carlson, Kerri Wade, Sarah Hampl and Ann Davis

A New Face

Tarrah Mitchell joined our team in August of 2015 as a Graduate Research Assistant at the Center. She has been working with Dr. Carlson and on other KUMC CMH cross-site research projects.

Favorite Health Habit: "I never go anywhere without my water bottle! My personal goal is to get 8-9 glasses of water per day, and I track it on a mobile device to help keep me accountable."



A Familiar Face

Meredith Dreyer Gillette, PhD, is a Licensed Psychologist in the Developmental & Behavioral Sciences and Weight Management Divisions at CMH and Associate Professor of Pediatrics at the UMKC School of Medicine. She is Director of the Zoom to Health Program and of the Special Needs Weight Management Clinic, in addition to providing lots of other support and guidance to many of our efforts.

Favorite Health Habit: "To plan ahead and try to make sure that my family eats a healthy dinner at home (most) nights. We're also working really hard on everyone getting enough sleep and playing together outside as a family."