



Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – September 2016

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

To guide our work here at the Center, we have both an Internal Advisory Board (IAB) composed of local leaders within our institutions, and a Scientific Advisory Board (SAB) composed of national scholars who work in our fields. As many of you know, we had a visit with our SAB in June, and I just received their written report. They started the report detailing how impressed they are with all of our progress over the past 18 months in each of our focus areas of Clinical, Advocacy, Education, Community and Research. They detailed the impressive growth of our number of team members (we keep adding New Faces!), and our expansion into new areas, at least in part based upon their feedback (increasing basic science focus, adding new telemedicine programs, progress on tracking educational trainees, etc.).

The main reason I look forward to our SAB visits, however, is for the challenges they give us – the new areas in which they suggest we strengthen and grow. This visit they made several helpful suggestions, including that each of our focus areas should have its own set of goals. They suggested that some of these goals may be cross cutting across all or several focus areas, but several may be just within a specific focus area. Some of the CHLN leadership is heading down to Wichita for 3 days in October for a retreat at the Kansas Leadership Center, and we will use this time at least in part to begin or take next steps on this goal setting process. If you have any ideas or input on how you think we should grow or changes we should make, please share this with your supervisor, or feel free to catch me in the hall or shoot me an email. We will plan to get input from all team members later in the fall, but I welcome everyone's input at any time.

Our team is making great strides toward becoming a leading voice in support of children's healthy lifestyles & nutrition – thank you for all you do every day to bring us closer to this goal!

Quick Facts

-Sarah Hampl was promoted to Professor, and Amy Beck, Cara Hoffart and Dustin Wallace were promoted to Associate Professor – congratulations!

-The 15th annual Obesity Conference will take place Friday September 9th and Saturday September 10th in Overland Park at the University of Kansas Edwards Campus. The Center has sponsored an afternoon pediatric symposium on Friday – hope to see you there!

-The annual Kemper Healthy Lifestyles Lecture will take place on September 15th as part of KUMC/CMH Grand Rounds at 8 am. Our speaker is Dr. Theresa Nicklas from Baylor and all are invited to attend at any of these locations: KU-Lawrence, 4018 Dole Human Development Center; KUMC, Clendening Auditorium; and Children's Mercy Adele Hall Campus Auditorium.

A New Face - Faculty

Dr. Robin Shook joined our team on August 1, 2016 as the Director of Weighing In. Dr. Shook has his doctoral degree in Exercise Science, from University of South Carolina and has been on faculty at Iowa State since 2014. His primary research interests are the public health implications of physical activity and inactivity, energy balance and obesity, physical activity epidemiology and chronic disease prevention and treatment. We are thrilled he has joined the team at CHLN.

Favorite Health Habit: "My two favorite health habits are walking my two dogs around my neighborhood and running along the Trolley Trail." See you there, Dr. Shook!



A New Face-Student

Andrea Garcia is joining our team in early September as a Center Graduate Research Assistant. She will work on KUMC/CMH research projects with faculty and other GRAs. Andrea is also a PhD Student at KU Lawrence in the Clinical Child Psychology Program and will make a great addition!

Favorite Health Habit: "I love walking to the farmer's market every Wednesday and Saturday for fresh fruits and veggies. "

September Birthdays:

Mallory Moon, Amy Noser and Robin Shook