



# Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – September 2017

## Leadership Update Meredith Dreyer Gillette, PhD

As the Center prepares to honor Childhood Obesity Awareness Month, I can reflect on some impressive accomplishments for the faculty, staff and students. This summer and early fall, our teams have successfully welcomed more than 20 new learners who are excited to share our passion for childhood obesity prevention, treatment, advocacy and research. We are doing some impressive work, and one of the things that is very exciting about our Center is our broad definition of healthy lifestyles. We have some new projects starting at the Center this fall that will emphasize the importance of physical activity in the treatment of pain, assessment of the impact of physical activity on blood glucose variability in adolescents with type 1 diabetes, and have new Center members who are studying physical activity assessment strategies in other countries.

## Grants, Honors and Publications

Center members **Drs. Ann Davis** and **Eve-Lynn Nelson** along with Karen Wambach (Multiple PIs) received a 2-year NIH R21 grant for "momHealth: Mobile Multiple Behavior Change in Teen Pregnancy & Parenting."

The International Life Sciences Institute has awarded **Dr. Robin Shook**, Director of Weighing In, a 1-year pilot grant for a project that measures energy balance using a Fitbit activity monitor.

Drenowatz, C., L. H. Evensen, L. Ernstsens, J. E. Blundell, G. A. Hand, **R. P. Shook**, J. R. Hebert, S. Burgess and S. N. Blair (2017). "Cross-sectional and longitudinal associations between different exercise types and food cravings in free-living healthy young adults." *Appetite* 118: 82-89.

**Shelly Summar**, MSED, RD, LD, program manager, was recently featured on KCTV-5 offering advice on packing school lunches. In addition, Shelly will be presenting at the HHS Region 7 Public Health meeting Sept. 28.

**Dr. Jordan Carlson** facilitated the Kansas City Regional Safe Routes to School Summit (which the CHLN co-sponsored). **Drs. Carlson** and **Shook** and **Kate Hoppe**, MPH, MA, facilitated a session regarding the benefits of and how to evaluate safe routes to school.

**Dr. Julie Christianson** will receive a Rising Trendsetter STEMMY award from the Central Exchange Sept. 21. The award celebrates women who have had significant achievements early in their STEMM careers.

**Mindy Beckwith**, MSN, RN, NE-BC, was nominated for the DAISY Award to recognize excellence in Pediatric Nursing at Children's Mercy.

## Upcoming Events

Thursday, Sept. 21, 8 am Grand Rounds (CMH). Dr. Elissa Jelalian, our Kemper Healthy Lifestyles Lecturer, will present "Treatment of Obesity in Youth: State of the Science."

Sept. 21, 9 – 11 am, Weighing In Quarterly Meeting (Kauffman Foundation). Team members from the University of Kansas Center for Community Health and Development (formerly the KU Work Group) will discuss their work with the Latino Health for All Coalition, the Healthy Communities Study, and the Community Toolbox.

**Birthdays:** Kara Young, Robin Shook

## A New Face

**Kate Hoppe**, MPH, MA, is a new Project Director with Dr. Jordan Carlson working to develop, fund, and manage community-based physical activity and built environment research projects.

Favorite Health Habit: Kate enjoys exploring new walking routes to great destinations around KCMO.



## A Familiar Face

**Jonathan Finch**, BA, is a full-time research assistant with Dr. Susana Patton working on each of her three main NIH funded grants – RED CHiP, TACKLE, and DIPper. He works mostly with data management for the large datasets in these studies. He will be applying to graduate school next year, with the goal of studying clinical psychology. (Photo was taken during a recent mission trip to Haiti.)

Favorite Health Habit: Jonathan enjoys going on long runs and bike rides throughout the city.

