



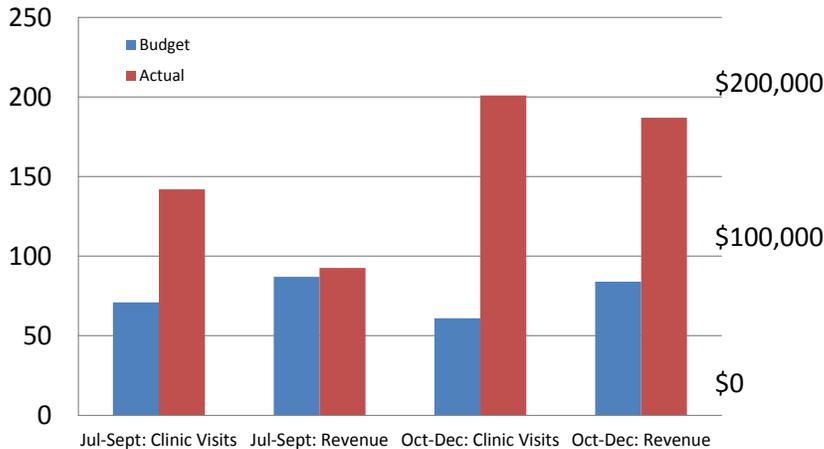
Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – March 2016

Leadership Update Brooke Sweeney, MD, FAAP

Spring is near, and I celebrate all the new growth and ideas sprouting in the Center! Clinically we have had a great 6 months with significant increases in volume of patients seen and clinical revenue.

Budget to Actual report; Jul-Dec 2015



- The Contact Center has been helpful in scheduling and filling clinic spots even with late cancellations. The text messaging appointment reminders implemented in November have shown some preliminary decreases in no-show rates for the PCC.
- Additionally, we have seen an increase in referrals and wait times for initial appointments in both PHIT & SNWMC. We are really looking forward to our two new physicians starting in July 2016. We are being as creative as possible to decrease wait times in the interim.
- ZOOM & Healthy Hawks have record group sizes for '16 spring classes.

Quick Facts

- **Thanks** to all who helped with interviewing candidates for the Weighing In Director and the Nutrition PhD positions, as well as preparing for Dr. Ihuoma Eneli's visit March 2-3.
- **Society for Behavioral Medicine:** Jordan Carlson and Tarrah Mitchell are presenting a poster on Actigraph data.
- **Society of Pediatric Psychology Annual Conference:** Lauren Pollack, Teresa Pan, Meredith Dreyer Gillette and Susana Patton are presenting posters on Mealtimes in ASD.
- **New Publications:** (Visit www.chlnkc.org/currentprojects.)
 - Delwyn Catley: Motivational Interviewing for Smoking Cessation, *Am. J. Prev. Med.*
 - Karen Stephens: Dietary Interventions for Weight Management, Children's Hospital Association.
 - Sarah Hampl & Meredith Dreyer Gillette: Two-Year Outcomes of PHIT Kids, *Childhood Obesity*.
- **Save the Date:** April 21 Dr. Sandy Hassink, visiting scholar
Sept. 9-10 Obesity Conference, Lawrence

Happy Birthday!

- Amy Beck, Ann Davis, Meredith Dreyer Gillette, Karen Easton and Donna Holmes

New Faces

Delwyn Catley, PhD, is originally from South Africa and is a Clinical Health Psychologist whose research focuses on health behavior change and motivation in the areas of smoking, medication adherence, diet and exercise, patient-provider communication, health disparities, and motivational interviewing. He has a new NIH-funded study to adapt the Diabetes Prevention Program for use by community health workers in South Africa.

***Favorite Health Habit:** "My favorite healthy habit is playing tennis, which I have played on and off since childhood when I was inspired by Bjorn Born, Jimmy Connors, and John McEnroe (and some lesser known South African players) dueling on the courts of Wimbledon. Those were the days of the wooden rackets! I still love the game and play singles and doubles regularly in club and USTA leagues."*



Mallory Moon graduated from the University of Arkansas in 2013 with a Bachelor's in Nutrition. She has been in Italy for the last 2 years teaching English as a second language to kids and coordinating summer sports camps and holiday festivities. She started as an Education Coordinator with the Center within months of returning from Italy. Her responsibilities with us include ongoing development and teaching of the PHIT Kids curriculum.

***Favorite Health Habit:** "My favorite healthy habit is being physically active -- mainly running. I am training for my first half marathon!"*