



Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – April 2016

Leadership Update Sarah Hampl and Deborah Markenson

Much has been happening to move forward with the 5 recommendations of the MO Children's Services Commission's childhood obesity subcommittee. Deborah Markenson is the lead facilitator and is preparing a grant submission to aid in implementing actions in each of the 5 areas below.

1. **CHILD CARE:** The process has started to identify priority implementable changes needed in child care licensing standards, supports considered necessary by the child care community to meet those standards, and a timeline for providing those supports and modifying child care licensing standards. An advisory body to guide this work has been established.
2. **SCHOOLS:** The goal is to expand Missouri Department of Elementary and Secondary Education's capacity to support local school districts' advances in health and wellness standards. A working group has been convened to identify priorities and an action plan to support these improvements.
3. **TREATMENT:** The Missouri HealthNet Division, which manages Medicaid, has taken early steps on the treatment recommendation in response to the convergence of the evidence. Obesity treatment for eligible adults and children covered by MO Medicaid may begin in early 2017. Washington University and Children's Mercy Kansas City are planning to create and pilot a process to certify licensed providers prepared to deliver family-based behavioral obesity treatment and to support the health care community in order to assure timely access and impact of expanded treatment coverage.
4. **COMMUNITY:** The aim is to establish an advisory body to guide the certification process for licensed providers delivering obesity treatment and compile an action plan to create Centers of Excellence in at least three regions within Missouri.
5. **COMMISSION:** The plan is to establish a commission to develop a detailed comprehensive action plan, communication strategies, and measures of success necessary to align and fully implement the recommendations to prevent and treat obesity which will have representation from all involved sectors.

Kudos, farewells, birthdays and upcoming events

- Congratulations to Kerri Wade, Shelly Summar and Emily DeWit on their publication in *NASN School Nurse!*
- Way to go, Brooke Sweeney, for your article in the *Journal of Pediatrics!*
- Super job, Amy Beck and Brooke Sweeney, on your publication in *Children's Health Care!*
- Farewell & best wishes to Karen Easton and Lana Jamison. We will miss you!
- Happy April Birthday to Alyssa Baker, Kate Collum, Deborah Markenson, Julie Vandal and Lora Edwards.
- Oral presentations and posters at regional and national conferences in April will be given by Kelsey Borner, Tarrah Mitchell, Lauren Pollack, Ashley Scheufler and Drs. Bruce, Carlson, Davis, Dreyer Gillette, Hampl, Hoffart, Patton, Randell, Sweeney and Wallace.

RAPS program staff spotlight:

Dustin Wallace, PhD, is a psychologist and the Director of Behavioral Health for the RAPS program. His clinical work and research center on the prevention and alleviation of procedural and chronic pain, with a particular interest in the contributions of acceptance and avoidance. He spends most of his time clinically engaged with patients and parents in the RAPS program, or seeing families in pain clinic with teenagers who have amplified pain; however, he also stays active with research and has published about 20 manuscripts and won two small grants as PI or co-PI. A current passion is supporting the RAPS team in growing their research interests and activities as well, which he hopes to do more when the new team psychologist starts this fall!
Favorite Health Habit: Dustin is married and has a 4 y/o daughter and 2 y/o twins (boy-girl); all will have birthdays this spring or early summer. Life includes tons of activity, from biking in the driveway to pulling wagons or swinging in the backyard. However, his favorite health habits involve the kitchen, and this year the focus has been on building and planting a new vegetable garden. He's excited about the potential harvest!



Brandi Dorton, DPT, is one of the primary physical therapists for the RAPS program, and you can find her in the CCHLN exercise areas at least 2 days a week. On other days, she sees acute care patients, and works with inpatient rehabilitation and the ICN. She loves seeing children make improvements important to them, and playing a part in that process keeps her heart really happy. She is also a momma to a lovely 2 year old (Bernadine), and she is expecting another baby girl in July. She likes helping others, and hopes she brings energy and new ideas to those she works with.
Favorite Health Habit: It's challenging being 23 weeks pregnant, but she continues to really enjoy going on walks with her family. Normally, more strenuous exercise is an important habit for her, and she looks forward to getting back into the routine after her little girl is born.