



# Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – December 2016

## Leadership Update Sarah Hampl, MD

Thanks to everyone's hard work and dedication, the Center has had a very productive year in 2016! On December 12th and 13th, we enjoyed a visit from the Center's Scientific Advisory Board (SAB), comprised of Dr. Sean Adams (University of Arkansas Children's Nutrition Research Center), Dr. Kathy Kaufer-Christoffel (Dept of Pediatrics emeritus, Northwestern University School of Medicine and Lurie Children's Hospital) and Dr. Denise Wilfley (Washington University School of Medicine). On the 1<sup>st</sup> day, Dr. Ann Davis welcomed the SAB members, and Center leadership reviewed June-December activities for our focus areas of research, education, clinical treatment, community and advocacy. On the 2<sup>nd</sup> day, the SAB heard from and gave feedback to Center researchers planning to submit federal and national foundation grants early next year, and individually met with focus area staff. Overall, the SAB visit was very helpful and useful feedback was given to aid each Center focus area in moving forward. We expect that the SAB's full report will be completed in the next few weeks. We heard the SAB members remark several times that things are really coming together nicely and that our programs and focus areas are maturing and gaining momentum.

Please join us for the Center holiday luncheon on Tuesday, December 20<sup>th</sup> at noon in the conference room. Please bring a White Elephant gift that is wrapped. This gift **MUST** come from your desk/office. Also, don't forget to wear your best holiday attire! The winner of best holiday attire gets a special prize!

We thank everyone for their efforts this year! Happy holidays!

## Publications, Grants and Birthdays

- **Mische Lawson, L., Foster, L.** (2016). Understanding sensory patterns, obesity and physical activity participation of children with autism spectrum disorders. *American Journal of Occupational Therapy*. 70, 7005180070.
- Csillik, A., Bruce, J., **Catley, D.**, Gay, M.C., Goggin, K.J., Swaggart, K.R., Thomas, P.W., & Thomas, S. (2016). Psychological interventions for enhancing adherence to disease-modifying therapies (DMTs) in multiple sclerosis (Protocol). *The Cochrane Library*, 11.
- Krigel, S.W., Grobe, J.E., Goggin K., Harris, K.J., Moreno, J.L., & **Catley, D.** (2017). Motivational Interviewing and the Decisional Balance procedure for cessation induction in smokers not intending to quit. *Addictive Behaviors*, 64, 171-178.
- **Weighing In** is partnering with Truman Medical Center-WIC program on a *National Implementation and Dissemination for Chronic Disease Prevention* grant from the CDC, through the National WIC Association. Phase 2 of the project (funded at \$107,000) was approved Dec. 2nd. The project, called Partners 4 Health, seeks to improve access to healthy foods, improve community-clinical linkages and increase awareness and promotion of healthy behaviors in and around the Linwood Corridor in Kansas City, Mo.
- **Happy December Birthday** to Ana Garcia, Jennifer Oakley, Heather Doss, Renée VanErp and Meagan Nelson!

## A New Face

**Lora Edwards**, MSEd, RD, CSSD, began at CMH in October 2015. After undergraduate work at the University of Iowa in her hometown of Iowa City, she graduated from the KU Master's program in Clinical Dietetics with a combined degree in exercise science. Lora has a specialty certification in sports dietetics and wellness. Previously, Lora worked in the military as a dietician. She and her husband owned health clubs and managed a destination spa. She also is a certified personal trainer and fitness instructor. Lora lives with her family in Overland Park and has three sons, the youngest at Blue Valley High School.

Favorite health habit: Running! Just completed my first half marathon with Tracy Kipper, former PHIT nurse. I'm on the right!



## A Familiar Face

**Brooke Sweeney**, MD, FAAP, joined CMH as the medical director of the Center in August 2014. She has had a wonderful time working with the staff here and being in Kansas City. She has a special interest in caring for children with severe obesity and children with developmental disabilities. Her research work has centered around building and sustaining a registry for children in treatment around the country. Brooke's favorite healthy habits include learning to cook new healthy recipes, being outside in nature, particularly the mountains and forests, and she loves snow skiing, dancing and bike riding!