



Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – January 2017

Leadership Update Amanda Bruce, PhD

As we begin a new year, 2017(!), it can be exciting to take stock of where we are and set new goals for where we are headed. As you know, 2016 was a good year for the Center, and 2017 has the potential to be even better.

We should be receiving the formal report from the Center's Scientific Advisory Board (SAB) very soon. Stay tuned.

We are thrilled to announce that Dr. Ann Davis has received NIH funding for "Rural Disparities in Pediatric Obesity: The iAmHealthy Intervention," a five-year grant to assess the effectiveness of a remotely delivered family-based pediatric obesity intervention compared to a newsletter control group in treating obesity among rural children and families. A hearty congratulations, Ann!

In other good news, Dr. Delwyn Catley has been elected as a Fellow of the Academy of Behavioral Medicine Research. The Academy is the premier honorary scientific organization for scientists working at the interface of behavior and medicine. With this election he joins a select group of eminent senior investigators recognized for their outstanding contributions to the field. Congratulations!

Continuing the honors, Dr. John Thyfault's lab has had two papers receive honors as "American Physiological Society select" (APSselect) in the last two months. (See publications below). The overarching goal of APSselect is to highlight outstanding scientific discoveries published by APS each month, truly the most exceptional work.

We hope this finds you all healthy, happy, and hopeful as you dive into the new year!

Publications, Grants, & Birthdays

American Journal of Physiology Endocrinology and Metabolism in Nov 2016: Aerobic capacity and hepatic mitochondrial lipid oxidation alters susceptibility for chronic high fat diet induced hepatic steatosis. **E.**

Matthew Morris, Grace M. E. Meers, Lauren G. Koch, Steven L. Britton, Justin A. Fletcher, Xiaorong Fu, Kartik Shankar, Shawn C. Burgess, Jamal A. Ibdah, R. Scott Rector, **John P. Thyfault**

Journal of Applied Physiology in Dec 2016: Obesity, type 2 diabetes, and impaired insulin stimulated blood flow: role of skeletal muscle NO synthase and endothelin-1 Leryn J. Reynolds, Daniel P. Credeur, Camila Manrique, Jaume Padilla, Paul J. Fadel, **John P. Thyfault** DOI: 10.1152/jappphysiol.00286.2016

Dr. Robin Shook published in *Expert Review of Endocrinology & Metabolism*, *European Journal of Clinical Nutrition*, *Future Science OA* and *Journal of Cardiopulmonary Rehabilitation*. He presented a paper at the International Life Sciences Institute Technology Summit in San Diego and was invited to lecture at the Central States American College of Sports Medicine Annual Meeting.

Happy January Birthdays to Jack Curran, Katie McAnany, Emily Meissen-Sebelius and Brooke Sweeney!

A New Face

Sarah Beals-Erikson, PhD, began at CMH in September 2016. Dr. Beals-Erikson is a pain psychologist working with the RAPS Program. She completed both her undergraduate and graduate degrees at the University of Kansas. She completed her clinical internship at Nemours/A.I. duPont Hospital for Children in Wilmington, DE.

Prior to coming to CMH, Dr. Beals-Erikson was a postdoctoral fellow in Pediatric Pain and Sleep Research at Seattle Children's Hospital. She is passionate about using multidisciplinary teamwork to help youth with chronic pain return to healthy and "normal" functioning. Her favorite healthy habit is being a slave to her Fitbit to get 10k steps each day. She lives with her husband and cat (named Salvador Perez) in Prairie Village. (Dr. Beals-Erikson pictured on left).



A Familiar Face

Cara Hoffart, DO, is a pediatric rheumatologist and the Medical Director for the RAPS program. She completed both undergraduate and medical school in Okla., was a resident at CMH, and did a rheumatology fellowship at The Children's Hospital of Philadelphia. She eagerly returned to CMH in 2012 where she worked with Dr. Dustin Wallace to develop the RAPS Program in 2013. She finds RAPS patients inspiring and values the multidisciplinary approach. Her favorite healthy habit is taking a "mindful walk" when she notices stress creeping in! Dr. Hoffart and her husband reside in Prairie Village with their two cats Butter"Scotch" & "Soda" Pop!