



Center for Children's Healthy Lifestyles & Nutrition

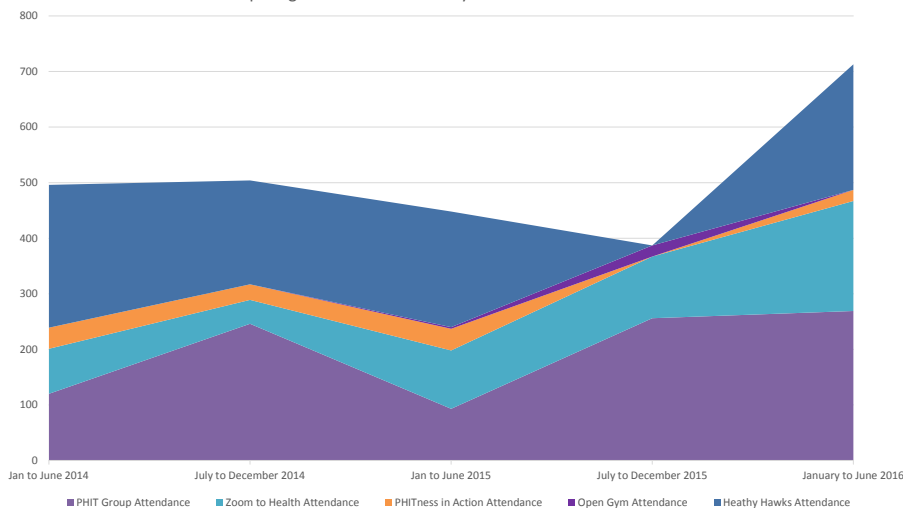
Monthly Update – July 2016

Leadership Update Brooke Sweeney, MD, FAAP

Happy summer all! I hope you have all been able to enjoy the outdoors even in the heat.

- POWER clinical registry now has 30 sites, over 4,000 patients and is into the 3rd year of existence. CMH has contributed over 300 patients and we have 2 letters of intent to further our work with ACEs and weight management in children with Special Needs.
- High Risk Weight Management is now seeing patients at Don Chisholm on 4th Friday mornings and 1st and 3rd Wednesday afternoons. We will use the kitchen and gym to enhance treatment in addition to partnering with specialists from Endocrine, Cardiology, Sleep, Nephrology, and Hepatology.
- Group treatment is the most intensive lifestyle intervention we offer and our numbers are up significantly in the last 6 months. The demand for ZOOM for young children 2-9 has increased such that we are running the groups back to back. Additionally, we have had increased numbers attend both PHIT and Healthy Hawks in the last 6 months. Great work team!

Center Group Program Utilization January 2014 - June 2016



Quick Facts

- Shelly Summar has been elected to the Board of Directors for the Kansas Academy of Nutrition.
- Kate Collum and Venise Mobley presented a poster at the June Pediatric Nursing Conference in Chicago, "Accuracy in Assessing Blood Pressure in Children with Overweight and Obesity."
- Save the Date:
 - July 8th 12-1 PM, "The Brain and Addictive Behaviors" Dr. Laura Martin, PhD; CMH Adele Hall Campus Main Auditorium
 - 15th Annual Obesity Conference at KU, September 9-10th
 - September 14-15th Kemper Healthy Lifestyles Lecture, Dr. Theresa Nicklas from Baylor

July Birthdays

Amanda Bruce, Nicole McWilliams and Sarah Owens

A New Face

Renee Arensberg is a clinical social worker in the PHIT Kids Weight Management Clinic and recently joined the team in June. Renee is happy to be back at CMH after working in the Healthy Lifestyles Program with CMH FHP for 5 years. Renee has been providing Social Work services to the KC community for 18 years.

Favorite Health Habit: "My favorite healthy habit is exercise...the best self-care for me! I love running, biking, strength training, with Orange Theory being my favorite 60 minute workout. I also love to be outdoors with my family and our favorite activity is hiking in the Colorado mountains!"



A Familiar Face

Donna Holmes is a clinical social worker and has been with the PHIT Kids program for two years. She has worked in the SW dept here at CMH for 20 years in PCC, SCAN team and Ready Set Grow. Prior to getting her MSW, Donna started her career with an Early Childhood degree teaching preschool. Prior to working at CMH, she did therapy with children who experienced sexual abuse. Donna is a loyal Jayhawk and will soon be the mother of two KU students (one in Lawrence and one at the medical center).

Favorite Health Habit: "I enjoy going for walks and doing yoga and Pilates. Fruits and vegetables are a regular part of my diet, but then so is dark chocolate! I find that quiet time is just as important. Reading helps me calm my body."