



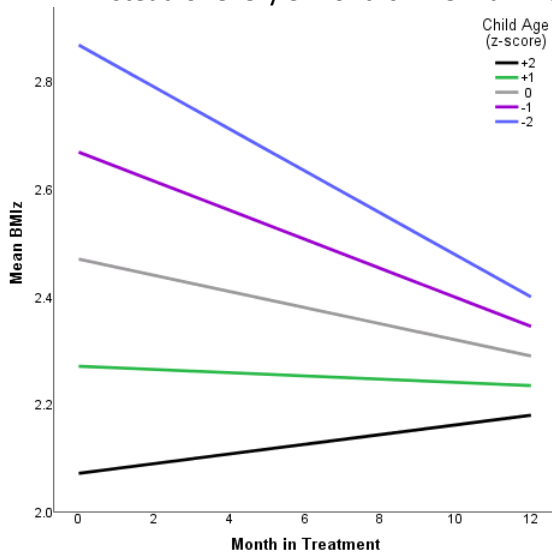
# Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – October 2016

## Leadership Update *Brooke Sweeney, MD, FAAP*

I love the blessings of Fall with harvest, cooler weather and the changing colors! The clinical team has had a busy 3 months with many changes coming to fruition.

- We have welcomed two new physicians, a nurse, a social worker, and two new dietitians to the team.
- Our medical providers have recently had advanced training to use weight loss medication in children and our dietitians have received their training and certification in Management of Pediatric Obesity.
- We have successfully been trained to provide telemedicine services and are increasing access for families farther from the Kansas City area. We are continuing to innovate in telemedicine with hopes of having group classes and visits to home/school also available during the next year.
- Special Needs Weight Management has increased access to this clinic and decreased our wait time for new patients from 77 to 28 days over the last 5 months; follow up visits can now be monthly instead of every 3 months when families desire more frequent visits.



Younger children in our Special Needs Clinic exhibit a greater decrease in BMIz over the course of treatment than older children, supporting early intervention in children with special needs.

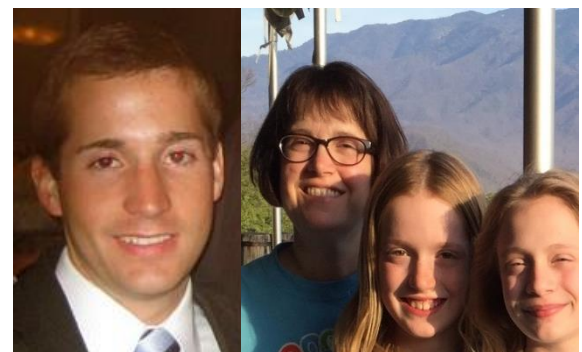
## Kudos and Quick Facts

- Congratulations to Drs. Ann Davis and Mark Clements who are co-investigators on a \$1.7 million NIH grant awarded to Dr. Rusty McCulloh for The Sunflower Pediatric Clinical Trials Research Extension (SPeCTRE)!
- Kudos to Dr. Amanda Bruce for her article in the *Journal of Pediatrics* and to Dr. Dustin Wallace for his articles in the *Journal of Pediatric Psychology* and *Clinical Practice in Pediatric Psychology*!
- PHIT Kids and Healthy Hawks Clinic outcomes were published in the *Journal of Pediatrics* by Drs. Hampl, Davis and Timothy Ryan Smith, Kerri Wade, Kelsey Borner, Kati Poppert, Kelsey Dean and Amy Papa.
- Kerri Wade is presenting "12345 Fit-Tastic: A Tool for Combatting Childhood Obesity" at the Children's Mercy APRN Conference Oct. 7.
- Donna Holmes and Dr. Amy Beck are presenting at the Conference on Childhood and Adolescent Obesity Oct. 24 in Ontario, Canada.

## A New Face

**Jack Curran, MHA**, is the Administrative Director of Research in the Department of Pediatrics. He recently started working with the Center for Healthy Lifestyles & Nutrition in March. He has been at Children's Mercy since 2008 and has been working in the Department of Pediatrics in various roles since 2009.

**Favorite Health Habit:** I've been competing in triathlons since 2010 and have completed between 30-35 races since then. I did Ironman Wisconsin in 2012 and Ironman Florida in 2015.



## A Familiar Face

**Sarah Hampl, MD**, has been with Children's Mercy for 24 years and helped start the PHIT Kids program in 2004. She is the Director of Advocacy for the Center and oversees the PHIT Kids evening group program. She is married to a wonderful farmer husband, has 2 energetic daughters, Hannah and Elisabeth, in 6<sup>th</sup> and 8<sup>th</sup> grades and an acrobatic dog named Max. "I enjoy gardening, reading, singing, playing the piano and teaching the teen Sunday School class at church."

**Favorite Health Habit:** I like to walk our hilly neighborhood. I also love to play tennis with my girls.

## October Birthdays:

Delwyn Catley and Shelly Summar