



Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – November 2017

Leadership Update Robin Shook, PhD

November brings another active month to a busy fall for Weighing In. Several grants have been recently completed, including work developing a toolkit for early childhood and education providers based on the Healthy Lifestyles Initiative and a Center for Disease Control and Prevention-funded program with several community organizations, including local WIC clinics, to promote healthy lifestyles in two local ZIP Code areas.

Evaluations of previous projects were recently accepted in peer-reviewed publications, led by Dr. Jordan Carlson and Deborah Markenson (*see below), with several others in preparation.

We have also been disseminating our findings at several meetings:

- Department of Health and Human Services Region VII (Shelly Summar)
- Missouri Health Policy Summit (Shelly)
- 2nd Annual Kansas City Diabetes Summit (Robin Shook)
- A panel discussion at the Missouri Health Policy Summit (Emily Meissen-Sebelius), and
- The Food & Nutrition Conference & Expo (Shelly).

As part of the Kansas City Marathon, the Center hosted more than 1100 participants in this year's Kids Marathon, a 1.2 mile non-competitive fun run where kids are encouraged to run a cumulative 25 miles on their own time at their own speed during the months prior to the race. After the event, they will have completed their own "marathon." Race Director Shelly Summar led a planning committee of several Center staff including Mallory Moon and Emily DeWit. Unique this year was our first group of kids with special needs. We are excited to support physical activity among youth through this event.

***Berman M, Bozsik F, Shook RP, Meissen-Sebelius E, Markenson D, Summar S, DeWit E, & Carlson JA.** (in press). Evaluation of the Healthy Lifestyles Initiative for improving community capacity for childhood obesity prevention. *Preventing Chronic Disease*.

***Bozsik, F., Berman, M., Shook, R.P., Summar, S., DeWit, E., & Carlson, J.A.** (in press). Implementation contextual factors related to youth advocacy for healthy eating and active living. *Translational Behavioral Medicine*.

Craven T, Young T, **Markenson D**, & Gibson C. (2017, October) School Wellness Policy Development: Creating Model Policy Language and Templates for School Administration, Staff and Families. Poster presented at the Food & Nutrition Conference & Expo in Chicago.

Upcoming Events

Save the Date: Sept. 6, 2018, Kemper Healthy Lifestyles Lecture, 8 am Grand Rounds at Children's Mercy, featuring Peter Katzmarzyk, PhD, FACSM, FAHA, Associate Executive Director for Population and Public Health Sciences, Pennington Biomedical Research Center.

A New Face

Jackson Mores joined the CHLN team in June and works with Dr. Robin Shook. Jackson is an MPH student at the University of Kansas Medical Center.

Favorite Health Habit: "I've been doing strength training almost daily since I was a sophomore in high school. This habit helped me lose over 50 lbs and has continued to keep it off for the past seven years!"



A Familiar Face

Christopher Cushing, PhD, is an Assistant Professor in the Clinical Child Psychology Program at the University of Kansas in Lawrence. He is also on faculty at the Life Span Institute and is a member here at the Center.

Favorite Health Habit: "My favorite healthy habit is active commuting. I get a real sense of pride and pleasure when I am able to bike, walk or run where I am going."

HAPPY BIRTHDAY!

Jordan Carlson, Amy Donnelly,
Alex Francisco, Jane Martin,
Alex Monzon, Amy Papa and
Karen Stephens