



# Center for Children's Healthy Lifestyles & Nutrition

Monthly Update – December 2017

## Leadership Update Jordan Carlson, PhD

In effort to improve the reach and impact of health interventions, the Center has been increasingly engaged in implementation science-related activities. Implementation science is broadly defined as “the study of methods to promote the adoption and integration of evidence-based practices, interventions, and policies into routine public health settings.” This means that we seek to design our studies (i.e., use science) not only to identify and test interventions/approaches for supporting youth's health, but also to identify and test strategies for improving uptake and implementation of these interventions through existing networks across multiple community sectors (e.g., schools, community organizations, government, health care).

Our accomplishments in this area over the past two years include integrating implementation science frameworks into the Center's community-based programs, receiving research funding from NIH's Dissemination and Implementation Research in Health PAR, presenting at the national Conference on the Science of Dissemination and Implementation in Health, being part of an ongoing implementation science network hosted by Washington University, organizing an ongoing local implementation science workgroup with partners at KUMC, and publishing a handful of papers in implementation science journals. Thanks to all of the Center members who have been a part of this work, and we hope that others will join us in these efforts!

## Announcements –Award Winners - CONGRATS!

- Marion and Donald Routh Student Research Grant/SPP Co-Winner: **Carolina M. Bejarano, M.A.** (CHLN GRA!); Mentor: **Christopher Cushing** (CHLN Member); Project: “Hedonic Appetite, Inhibitory Control Training, and Food Consumption in Adolescents”
- Student Research Award/SPP - **Tarah Brooke Mitchell, M.S.** (Former CHLN GRA!); Mentor: Ric Steele; Project: “Latent profiles of physical activity and sedentary behavior in elementary school-age youth: Associations with health related quality of life”
- **Alexandra Monzon** has received an APA Scholar's Award, which provides funds for travel to the APA annual conference and a mentor.
- **Matt Morris** has received a Developmental Research Project Program grant from the Kansas IDeA Network of Biomedical Research Excellence for “Reduced liver metabolism neural development impacting susceptibility for obesity.”
- We also had several team members present at the national Obesity Society meeting this year, including **Robin Shook, John Thyfault, Ashleigh Pona, Kim Randell, Brooke Sweeney, Delwyn Catley, Meredith Dreyer Gillette, Jordan Carlson, Sarah Hampl, Matt Morris, and Ann Davis.** Way to go, team!
- Finally, our newsletter is moving to quarterly. Have a very happy holiday season, and we'll send you a new edition in March 2018!

## A New Face

**Hannah Krohne, RD, LD**, works with Dr. Amanda Bruce at CHLN as a Graduate Research Assistant. Favorite Health Habit: “My favorite healthy habit would be exploring trails and going on walks with my dog. I also enjoy cooking and experimenting with recipes to create healthier options.”



## A Familiar Face

**E. Matthew Morris, PhD**, is a Research Assistant Professor in the Department of Molecular & Integrative Physiology and a member of CHLN. Favorite Health Habit: “I bike to work as much as possible.” (Apparently Matt also enjoys riding merry-go-rounds ). : )



CHLN team members Dr. Robin Shook, Kelli Snow and Meggie Murray ran in the Gobbler Grind along with Julie Vandal – way to go!



In November, CHLN volunteered at Harvesters to pack back snacks. Volunteers included (L to R): Eli, Owen, & Ann Davis, Kate Hoppe, Kelli Snow, Aida, Ella & Amanda Bruce, Robin Shook and his “little brother” Jarvis, and Jordan Carlson & Kristen Zucht.