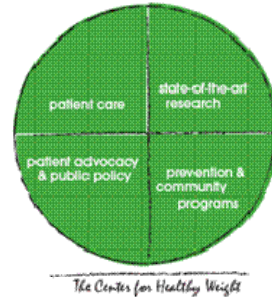


Lucile Packard
Children's Hospital
AT STANFORD



Center for Healthy Weight

Newsletter

April, 2008

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1. APPOINTMENTS

Thomas Robinson, MD, MPH, professor of pediatrics and of medicine, was appointed to a new Institute of Medicine Standing Committee on Childhood Obesity Prevention, Institute of Medicine of the National Academies (2008-2011).

2. CORE UPDATES

Patient Care

Weight Clinic



Dr. Rebecka Peebles is currently enrolling patients in a joint study with The American Heart Association entitled "Binge Eating, Purging, and Cardiovascular Risk in Adolescents". The grant is now one year into a four year project (2007-2010).

Advocating for Public Policy Change

The Center for Healthy Weight recently sent letters to the San Francisco Board of Supervisors, the San Mateo Board of Supervisors and the State Senate Health Committee to support legislation which requires national food chains to provide nutritional information on menus or menu boards.



Packard is supporting bill S. 771 which would amend the Child Nutrition Act of 1966 to improve the nutrition and health of school children by updating the definition of "food of minimal nutritional value" to conform to current nutrition science and to protect the Federal investment in the national school lunch and breakfast programs.

Packard provided an update on the most recent national, state and local policy issues and legislation linked to prevention of childhood obesity to the San Mateo County Prevention of Childhood Obesity Taskforce.

The Center for Healthy Weight is currently tracking legislation which impacts the nutrition and physical activity of children. <http://www.lpch.org/pdf/chw/legislativeUpdate.pdf>

Community Programs

Packard Partners with Oakland A's



In concert with Packard's Center for Healthy Weight, the Oakland A's have developed a childhood obesity prevention program for their 2008 season. Over 10,000 workbooks have been distributed to local children to help them track their diet and physical activity. Proceeds of pedometers sold during the 2008 season will benefit the Packard Pediatric Weight Control Program.

Packard Launches the Community Action for Children's Health (COACH) Project

The focus of COACH is to disseminate evidence-based obesity prevention programs into the community. With funding from Packard and the Lucile Packard Foundation for Children's Health Janet Leader has been hired as program director to lead this project.



Packard Participates in Tour of California Bike Event

The Center for Healthy Weight teamed up with Packard Nutrition Services to host a booth in the LPCH-sponsored Kids Zone. Our area featured the "Blender Bike", a bicycle that powered a blender which made healthy smoothies. Over 300 kids and families participated. The Blender Bike was provided courtesy of Collective Roots in East Palo Alto.

Packard Participates in First Childhood Obesity Campaign for Asian Pacific Islander Americans



First 5 California has implemented the first childhood obesity prevention campaign targeting Asian Pacific Islander American parents and caregivers of children ages 0 to 5 within the state. To date, the successful campaign has received national recognition from media organizations such as CNN.

Dr. Sophia Yen participated in a roundtable discussion to share the latest research and treatment on obesity.

Center for Healthy Weight Fosters Innovation!

The Center for Healthy Weight, along with the Stanford BioDesign Program, hosted a special event during Stanford Entrepreneurship Week. The program motivated students and staff within the Stanford community to develop innovative products and services to help solve the problem of childhood obesity. After a three-day competition, three winners were chosen and announced at the Entrepreneurship Week Closing ceremony. 20 girls who participate in after school dance program, Echele, entertained participants with several Latin dance routines!

East Palo Alto Community Farmers' Market is Opening in Spring 2008

Together with a number of other community organizations, Packard is supporting the development of the East Palo Alto Community Farmers' Market. Farmers' Markets have been identified as an important strategy for improving children's health in low income communities. The market will open in the spring. For more information, please see www.epafarmersmarket.org

Training and Education

Professional Presentations

Several Packard physicians will be presenting at the Pediatric Academic Society's Annual Meeting, May 2-6, Honolulu, Hawaii,

"School and Community-Based Interventions to Reduce Obesity"

Dr. Tom Robinson will be making an invited presentation as part of a symposium Pediatric Obesity: Strategies for Primary Care Providers to Reduce the Rates of Pediatric Obesity in the United States. Sunday May 4, 2008 7-9am

"Are Children's Requests for Foods and Drinks Seen on Television Associated with Their Dietary Consumption Patterns?"

Medical Student Lorie Diaz will be presenting her study, as a platform presentation in the session: Obesity: Associations, Prevention, and Treatment, Monday May 5, 2008 1-3pm. Her co-authors on the abstract are Drs. Donna Matheson, Lisa Chamberlain and Thomas Robinson.

"Vitamin D and Other Micronutrient Deficiencies in Adolescents after Gastric Bypass Surgery"

Dr. Rebecka Peebles will be presenting her study at the annual meeting of the Pediatric Academic Societies, May 2008 (Poster Symposium). Her co-authors are Dr's Frost, Hammer, Dutta, Shepard, Morton and Albanese.

Community Presentations

“How to Talk to Teens about Weight”

Dr. Rebecka Peebles presented at the Tuolumne County Perinatal Symposium, October 2007, Murphys, CA.

“New Directions in Eating Disorders”

Dr. Rebecka Peebles presented to the Menlo Park Rotary Club, January 2008, Menlo Park, CA.

“Child and Adolescent Obesity”

Dr. Rebecka Peebles presented to San Joaquin Hospital Grand Rounds, February 2008, Stockton, CA.

3. PUBLICATIONS

Alhassan S, Sirard JR, Spencer TR, Varady A, **Robinson TN**. Estimating physical activity from incomplete accelerometer data in field studies. *Journal of Physical Activity & Health*, 2008;5:S112-S125.

Weintraub DL, Tirumalai EC, Haydel KF, Fujimoto M, Fulton JE, **Robinson TN**. Feasibility and efficacy of team sports for overweight children: the Stanford SPORT pilot study. *Archives of Pediatrics and Adolescent Medicine*, 2008;162:232-237.

Epstein LH, Roemmich JN, Robinson JL, Paluch RA, Winiewicz DD, Fuerch JH, **Robinson TN**. A randomized trial of reducing television viewing and computer use on body mass index in young children. *Archives of Pediatrics and Adolescent Medicine*, 2008;162:239-245.

4. RESEARCH SEMINARS

Crystal Smith-Spangler, MD “Increasing Physical Activity and Improving Health Outcomes: Do Pedometers Work?” April 17, 12:00-1:00 General Pediatrics Conference Room, 770 Welch Road, Suite 100

Dr. John Morton, MD, MPH, FACS “Bariatric Surgery: Tertiary Prevention of Morbid Obesity” May 15, 12:00-1:00, General Pediatrics Conference Room, 770 Welch Road, Suite 100

5. CHW IN THE NEWS

Getting in the game boosts health of overweight children [San Jose Mercury News](#), [KGO-AM](#), [KCBS-AM](#), [Earthtimes](#), [MSNBC](#), [Media News Wire](#), and numerous media outlets nationally, 03/03/08

Dana Weintraub, MD discussed the results of her study of overweight kids and their participation in team sports. The study investigated whether "overweight only" teams are a viable way to

reduce weight gain opposed to traditional classroom-based learning about nutrition and exercise. The results were published in the March issue of The Archives of Pediatric and Adolescent Medicine.

Center for Healthy Weight co-hosts forum to fight obesity [ABC-7](#), 2/25/08

The Center for Healthy Weight, along with the Stanford BioDesign Program, hosted a Bring Your Own Brain event to motivate students and staff within the Stanford community to develop innovative products and services to help solve the problem of childhood obesity. This program was part of the 2nd annual Entrepreneurship Week and was moderated by Thomas Krummel, MD, surgeon-in-chief at Packard Children's. Craig Albanese, MD, chief of pediatric general surgery, and Thomas Robinson, MD, MPH, director of the center for healthy weight, both provided comment. The video can be seen [here](#).

East Palo Alto's 'Get Fit' Initiative co-sponsored by Packard Children's [Palo Alto Weekly](#), 3/24/08, Palo Alto Daily News, 4/3/08.

In this feature on the rise of new media outlets in East Palo Alto, the new 'Get Fit EPA' project, co-sponsored by Packard Children's, is discussed. Get Fit EPA is part of an initiative to reduce obesity and encourage fitness and healthy eating.

Bariatric surgery [Today Show, Inside Edition](#), 02/18/08

This segment featured actor Ron Lester, who underwent gastric bypass surgery followed by 17 plastic surgeries over three years to remove excess skin. John Morton, MD, associate professor of surgery at Packard Children's, provided comment during this segment.

Pediatric weight control program [Today Show, NBC Nightly News, numerous local NBC news affiliates](#), 12/5/07

Cindy Zedeck, MA, program manager of the Pediatric Weight Control Program, was interviewed by NBC News regarding our Pediatric Weight Control Program and its success. Additionally, one of our PWCP patients was profiled.

Fast food gets its greasy hands on report cards [Chicago Tribune](#), 12/16/07

Thomas Robinson, MD, MPH, director of the Center for Healthy Weight and co-author of a study published in the Archives of Pediatrics and Adolescent Medicine regarding children and brand preferences, provided comment in this story about schools using McDonalds as a reward for good grades, behavior or attendance.

Kids, sports and nutrition [KQED-FM](#)

Tom Robinson, MD, MPH, director of the Center for Healthy Weight at Packard Children's, was an in-studio guest for KQED's morning program Forum. The discussed topic included why some Bay Area children are playing a lot of sports, while others don't get enough exercise. How much exercise is healthy? And how do you feed a young athlete?

Review finds nutrition information failing [Associated Press and various news services nationally](#)

The federal government will spend more than \$1 billion this year on nutrition education. But an Associated Press review of scientific studies examining 57 such programs found mostly failure. Just four showed any real success in changing the way kids eat - or any promise as weapons against the growing epidemic of childhood obesity. Thomas Robinson, MD, MPH, director of the center for healthy weight, provided comment.

Stanford/Packard researchers find disease genes hidden in discarded data [Medical Center Report](#) by Krista Conger, Science Daily

Atul Butte, MD, PhD, pediatrician and director of the Packard Children's Center for Pediatric Bioinformatics, provided comment regarding previously hidden obesity-related genes that have

been uncovered from old experiments. The finding suggests that useful information about many medical disorders may be languishing in mountains of discarded data.

6. DID YOU KNOW?

[More Young Adults with Diabetes Hospitalized, Costing Billions](#)

Newswise (press release) - USA

Newswise — Obesity is taking a hefty toll on the health of children and young adults, leaving more Americans facing the burden of a lifetime of diabetes care and management.

If you have information you would like to include in this newsletter, please contact Karen Kemby at kkemby@lpch.org or 650-724-4398.