

Pediatric Healthy Weight Research and Treatment Center Accomplishments 2008-2009

MISSION

The Pediatric Healthy Weight Research and Treatment Center (PHWRTC) is committed to reducing childhood obesity in eastern North Carolina, in collaboration with local health care providers and community agencies, through the development, application, and dissemination of translational basic science and clinical research in both community and academic settings. This mission is accomplished through research, service to the community and clinical care of overweight youth throughout the region.

Key accomplishments of the PHWRTC for the July 2008 -- June 2009 year are presented below.

HONORS/AWARDS

In 2008-2009, faculty members associated with the PHWRTC received recognition for their clinical service and research from national, state and local organizations:

- **David Collier, MD, PhD**, Selected as one of "The Triangles Best Doctors" by peers in Healthy Living Magazine, spring 2009.
- **David Collier, MD, PhD**, Selected as "One of the Best Doctors in America" 2007-2008, 2008-2009.
- **David Collier, MD, PhD**, Invited speaker, Centennial Founders Convocation, East Carolina University, March 26, 2009.
- **Amy Gross McMillan, PhD, PT and David Collier, MD, PhD**, along with co-authors Auman NL and Williams, BDS, received the 2009 *Tony Long Award* for the best-written article, "Frontal plane lower extremity biomechanics during walking in boys who are overweight versus healthy weight" published in *Pediatric Physical Therapy*.
- **Kathy Kolasa, PhD, RD, LDN**, Received the ECU "College of Human Ecology Centennial Legacy of Leadership" award, February 2009.
- **Suzanne Lazorick, MD, MPH**, Selected through a competitive process to attend the AAMC Early Career Women's Professional Development Conference, July 2008.
- **Suzanne Lazorick, MD, MPH**, Awarded a \$300,000 Robert Wood Johnson Foundation Physician Faculty Scholar Award to study the effectiveness and feasibility of a middle-school based intervention for childhood obesity (MATCH), March 2009. Funding will be awarded July 2009-2012.
- **Matthew Mahar, EdD**, Selected as a Fellow of the American College of Sports Medicine, 2009.

FUNDING

Faculty directly associated with the PHWRTC obtained over \$458,250 in both research and service-oriented funding from a number of organizations and foundations such as the National Institutes of Health, Association of American Medical Colleges, Kate B. Reynolds Charitable Trust and Blue Cross and Blue Shield of North Carolina Foundation. Over \$930,000 in grants are under consideration for funding.

Service Grants

The PHWRTC was awarded over \$240,000 in direct dollars from service grants in 2008-2009. Several other service grants that were awarded to other departments covered a percentage of PHWRTC faculty salary for work provided. 2008-2009 service grants include:

- **Collier, DN (PI), Crawford, YS (Co-I).** ECU "Take Off 4-Health" Residential Summer Camp and Follow Up Program for High Risk Youth. Pitt Memorial Hospital Foundation Community Benefits and Health Initiatives. July 2008-2009. \$45,000.
- **Collier, DN (PI), Kolasa, KM.** Practice-Based Nutrition Project to Reduce Childhood Obesity (IN4Kids). NC Health and Wellness Trust Fund. July 2008-June 2010. \$253,506. 2008-2009 award: \$68,705.
- **Collier, DN (PI), Henes, S, Kolasa, K, Olsson, J.** KIDPOWER Dietitian. Pitt Memorial Hospital Foundation Community Benefits and Health Initiatives, July 2008-June 2009. \$33,000.
- **Grossi SG (PI).** ECU Preventive Dentistry Program. Kate B. Reynolds Charitable Trust. July 2007-June 2010. \$295,781. 2008-2009 award: \$94,130.

Educational Scholarship Grants

The PHWRTC received \$28,000 in grants for educational scholarship. These grants provide education for student learners and health professionals at the Brody School of Medicine and throughout eastern NC. Dr. Lazorick also participated in a \$25,000 grant which paid a portion of her salary for 2008-2009.

- **Collier, DN (PI), Crawford, YS (Co-I).** 6th Annual Pediatric Healthy Weight Summit: Developing Healthy Communities through Policy and Environmental Change. Pitt Memorial Hospital Foundation Community Benefits and Health Initiatives. July 2008-June 2009. \$3,000.
 - **Lazorick S (PI).** Integration of Population Health into Primary Care Residency Programs, Brody School of Medicine and Pitt County Memorial Hospital. Association of American Medical Colleges/CDC. January 2008-September 2009. \$25,000.
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- **Novick L (PI), Lazorick S, Co-I at 10% effort.** Integration of Population Health into the Medical School Curriculum, Brody School of Medicine, East Carolina University. Association of American Medical Colleges/CDC. January 2008-September 2009. \$25,000.

Research Grants

Direct research dollars received by the PHWRTC exceed \$181,400. These grants and contracts are listed below.

- **Ammerman A (PI), Lazorick S, Co-I at 10% effort.** Primary Care and Communities Tackling Obesity in Kids. National Institute of Child Health and Human Development. August 2006-July 2010. 2008-2009 award: \$21,775.

- **Collier DN (PI)**. Health and Literacy in Children and Adults Assessment – Expanded Testing in Pediatrics (PROMIS). Subcontract from University of North Carolina at Chapel Hill (NIH/NIDDK grant). April 2009-June 2009. \$4,195.
- **Grossi SG (PI)**. Anti-Inflammatory Effect of Triclosan/Copolymer Dentifrice in Subjects with Moderate Gingivitis. Colgate-Palmolive Company. December 2007-June 2009. \$267,848. 2008-2009 award: \$117,076.
- **Houmard J (PI), Collier DN, Co-I** at 10% effort. Age-Related Insulin Resistance, Muscle and Exercise. NIH/NIDDK. September 2005-August 2010. \$1,777,753. 2008-2009 award: \$9,000.
- **Lazorick S. (PI at 20% effort)**. Motivating Adolescents through Technology to Choose Health (MATCH), Martin County Schools, subcontract from the Blue Cross Blue Shield Foundation and State Board Education. October 2008-June 2009. \$29,368.

Donations

The PHWRTC received \$8,000 in donations for the 2008-2009 year, many of which supported specific center activities:

- Bank of America: \$3,750 for 2009 *Take Off 4-Health* camp expenses, December 2008.
- Pitt Partners for Health, Nutrition and Physical Activity Partners subcommittee: \$450 for 2009 *Take Off 4-Health* summer camp expenses; \$280 for student scholarships for the 6th Annual Pediatric Healthy Weight Summit, March 2009.
- ECU Department of Exercise and Sport Science: \$500 for student scholarships for the 6th Annual Pediatric Healthy Weight Summit, March 2009.
- ECU Department of Physical Therapy: \$180 for student scholarships for the 6th Annual Pediatric Healthy Weight Summit, March 2009.
- Eastern District of the NC Dietetic Association: \$350 for the Nutrition Coach for the 2009 *Take Off 4-Health* summer camp, May 2009.
- Rep Express: \$90 for the 2009 *Take Off 4-Health* camp expenses, April 2009.
- Donations from private individuals: \$2,400, June 2008-July 2009.

PENDING GRANT SUPPORT

Grants worth over \$930,000 have been submitted to private foundations and governmental funding agencies and are under review. These grants include:

- **Collier DN (PI), Newlin D (Co-I)** Binge Eating Disorder and Response to Gustatory Cues in Obese Adolescents. Klarman Family Foundation. June 2010-May 2011. \$149,407.
- **Collier DN (Co-I), Cummings DM (Co-I)**. Dysfunctional HDL in Obese Adolescents. NIH/NHLBI R15 mechanism. May 2010-April 2012. \$299,503.

- Knudson (PI), Collier DN (Co-I). Soluable CD44 Ectodomain as a New Biomarker for Early Osteoarthritis. Arthritis Foundation. May 2010 – April 2011. \$183,871.
- Raedke T (PI), Collier DN (Co-I), Lutes (Co-I), Mahar, MT (Co-I). Project Mentor – Mentors for Exercise and Nutrition Treatment for Overweight Reduction. NIH/NHLBI R34 mechanism. August 2010-July 2012. \$302,105.

UNFUNDED GRANTS

The following grants were submitted but not funded in 2008-2009:

- Hickner R (PI), Collier DN (Co-I & Administrative Core Director), Cummings DM (Outreach Core Director). Children's Environmental Health and Disease Prevention Research Center (formative). NIH P20 mechanism. December 2009-November 2011. \$1,742,553.
- Brewer K (PI), Collier DN (Co-I at 21% effort), Meggs W, Pekala P (Co-I). Interdisciplinary Study of Environmental Factors Linked to Childhood Obesity. NIH/NIEHS. April 2009-March 2012. \$450,000.
- Collier DN (Co-I), Crawford YS (Co-I) and others. East Carolina 4-Healthy Kids. Robert Wood Johnson Foundation. December 2009-December 2013. \$360,000.
- Mahar, MT (PI). The Use of Energizers to Promote Physical Activity in Elementary School Children. National Institutes of Health. 2009-2013. \$3,539,886.

SERVICE

In addition to conducting research, the PHWRTC also provides both clinical and professional service to East Carolina University (ECU), the Brody School of Medicine (BSOM) and to patients in eastern North Carolina.

- **Comprehensive Healthy Weight Clinic** - This multidisciplinary clinic provides comprehensive evaluation and management of overweight children and their obesity-related co-morbidities. In 2008-2009, 244 new patients were evaluated and 480 received follow up services.
- **Pediatric Preventive Dental Clinic** - This full-service dental clinic co-located with the Pediatric Diabetes Clinic and the Comprehensive Healthy Weight Clinic provides comprehensive oral health care to help mitigate the effects inflammation associated with poor oral health has on promoting insulin resistance and the development of type 2 diabetes. Pediatric patients attended 450 office visits in 2008-2009.
- **KIDPOWER** – A grant-funded program that provides nutritional assessment and counseling for treatment of overweight children free of charge in nine primary care practices in Pitt County. In 2008-2009, 262 patients received medical nutrition therapy services, 143 of which (55%) were initial appointments. Two-thirds of all patients (67%) seen for follow up appointments have decreased or maintained their body mass index. The KIDPOWER dietitian also provides

presentations to community groups and organizations.

- **Take Off 4-Health** -- A residential summer weight loss and disease prevention/treatment camp program for overweight adolescents who have developed or are at high risk for developing diabetes or other obesity-related complications. The camp is coupled with family-centered cognitive-behavioral and environmental change to help promote durable healthy lifestyle habits and health benefits. For a second year, the PHWRTC spearheaded a collaborative partnership to implement the camp; partners include the Brody School of Medicine, ECU College of Allied Health Sciences and ECU east campus faculty, North Carolina 4-H, NC Cooperative Extension and the Pitt County Memorial Hospital's Pediatric Healthy Weight Case Management Program. The camp serves children from across eastern NC. Support from foundations and private individuals allow morbidly obese, high-risk, underserved adolescents from Pitt County and other areas of the region to participate. Eighty families (about 320 individuals) have benefited to date.

- **East Carolina University After-School Activity Program** – This after-school program is housed on the ECU campus in Christenbury Gymnasium. The program is available to 5 to 12 year old children and focuses on promotion of physical activity in a safe, fun, and positive environment. Thirty children participated in the program in 2008-2009 and 15 undergraduate students served as mentors.

- **Public Press and Media Appearances**
 - *"Pee Dee the Pirate visits the nutritionist"* You Tube video with Pee Dee the Pirate and Kathy Kolasa as part of "Pee Dee Shapes Up." October 27, 2008. Available at www.youtube.com.
 - New York Times, David Collier interviewed and quoted by Stephanie Saul for her article *"Weight drives the young to adult pills"* July 26, 2008.
 - New York Times, David Collier interviewed and quoted by Stephanie Sauls for her article *"Priced out of weight loss camp"* August 15, 2008.
 - WCTI Channel 12 – David Collier interview on July 14, 2008 about *"Take Off 4-Health, the new pediatric healthy lifestyle camp."*
 - WUNC TV – Kathy Kolasa, interview on NC Now *"Pitt County as a Fit Community"* November 27, 2008. Available at <http://www.unctv.org/ncnow/fitcommunity/pitt.html>.

- **Professional Service**
 - **Collier DN.** Member, Steering Committee, Healthy Lives/Healthy Choices Faith-Based Program, Cornerstone Baptist Church, 2006-present.
 - **Collier DN.** Medical Director, Pitt County Memorial Hospital's Pediatric Healthy Weight Case Management Program, April 2007-present.
 - **Collier DN, Crawford YS, Cummings DM, Kolasa KM, Lazorick S, Whetstone L.** Members, University Eat Smart Move More Collaborative (a research collaborative of the four NC medical schools, NCSU and NC Department of Public Health), 2006-present.
 - **Collier DN, Crawford YS, Cummings DM, Lazorick S.** Members, Eat Smart Move More Leadership Team, 2007-present.

- **Crawford YS, Cummings DM, Whetstone L, Jenkins C, Kolasa KM.** Members, Pitt Partners for Health/Nutrition and Physical Activity Partners Subcommittee, 2003-present.
- **Crawford YS, Jenkins C, Kolasa KM.** Members, Pitt County Healthy Schools Task Force, 2003-present.
- **Crawford YS.** Member, Action for Healthy Kids and NC Action for Healthy Kids, 2004-present.
- **Cummings DM.** Member, Grants review committee, Pitt Memorial Hospital Foundation, a local foundation which gives ~\$400,000/year for nutrition and physical activity projects in Pitt County, NC.
- **Kolasa KM.** Member, Study Committee on Childhood Obesity, North Carolina Fit Families, 2004-present.
- **Lazorick S.** Trainer for practices serving as pilot sites for testing the state tool kit for identification and management of childhood overweight and obesity, Community Care Plan of North Carolina, January 2009.
- **Lazorick S.** Member, Physical Activity in After School Programs Task Force to create state guidelines for physical activity, September 2007-present.
- **Lazorick S.** Consultant, Quality Improvement and Education in Quality Improvement in Pediatric Practice (eQIPP) planning group for the development of the Bright Futures online education module, American Academy of Pediatrics, May 2008-July 2009.
- **Mahar, MT.** Board of Trustees, Be Active North Carolina, 2007-present.
- **Mahar, MT.** Editorial Board, *Measurement in Physical Education and Exercise Science*, 1996-present.
- **Mahar, MT.** Editorial Board, *Research Quarterly for Exercise and Sport*, 2008-2011.
- **Mahar, MT.** Guest Editor, *Measurement in Physical Education and Exercise Science*, Special Issue on Youth Fitness Testing, 2008.
- **Mahar, MT.** Research Consortium Distinguished Lectures Committee, American Alliance for Health, Physical Education, Recreation, and Dance, 2009.
- **Mahar, MT.** Scientific Advisory Board, FITNESSGRAM/ACTIVITYGRAM, 2008-present.
- **Mahar, MT.** Science Board, President's Council on Physical Fitness and Sports, 2008-present.

○ **Presentations**

- **Collier DN, Crawford YS.** *Take Off 4-Health summer camp and family-centered program for overweight youth.* Pitt Memorial Hospital Foundation Community Benefits Expo, Rock Springs Center, Greenville, NC, August 27, 2008.
- **Jenkins C, Henes S.** *KIDPOWER.* Pitt Memorial Hospital Foundation Community Benefits Expo, Rock Springs Center, Greenville, NC, August 27, 2008.
- **Jenkins C.** *Helping children achieve a healthy weight.* Food Literacy Partners training, Greenville, NC, October 11, 2008; March 21, 2009.
- **Kolasa KM.** *Partnership successes in combating childhood obesity.* Pitt Memorial Hospital Foundation Board, Greenville, NC, November 3, 2009.
- **Kolasa KM.** *Heart healthy eating.* NC PTA Annual Meeting, Greenville, NC, April 24, 2009.

- **Pratt K.** *Family behavioral techniques.* Presentation to Eat Smart Move More Weight Less Group at Family Medicine Practice, Pitt County Memorial Hospital, Greenville, NC, April 22-23, 2009.
- **Community Service**
 - **Henes ST.** Chair, Pitt County Dietitians Group, Updates to Pitt County Medical Nutrition Therapy Protocol. Available online at <http://www.ecu.edu/cs-dhs/pedsweightcenter/mnt.cfm>. 2005-Present.
 - **Jenkins C.** Assisted in the food preparation module, Food Literacy training, in selected Pitt County high schools, October 31, 2008; November 14, 2008; April 24, 2009.
 - **Jenkins C, Henes S, Crawford YS.** *ECU Pediatric Healthy Weight Research & Treatment Center KIDPOWER and Take Off 4-Health display.* Presented at the "Eat Smart Move More Fair," Greenville Mall, Greenville, NC, March 14, 2009.
 - **Pratt K.** Professional panel member, *Adios, Barbie.* East Carolina University's "Love Your Body" Week, October 20, 2008.

EDUCATION/TEACHING

The PHWRTC provides presentations and lectures on childhood obesity and related topics to ECU and Brody School of Medicine students and residents, health professionals and the general public. The center faculty also facilitates educational opportunities for students interested in learning about childhood obesity by offering shadowing, internships and other learning-based experiences. The faculty serves as mentors and members of graduate student committees.

Presentations and Lectures

- **Collier DN.** *"With privilege comes responsibility"* Keynote address, Brody School of Medicine White Coat Ceremony for matriculating class of 2012, Greenville, NC, August 15, 2008.
- **Collier DN.** *Childhood obesity: clinical aspects.* Invited lecture at EXSS 4003, Physical Activity and Disease Prevention class, East Carolina University, February 2009.
- **Collier DN.** *Childhood obesity: clinical aspects.* Invited lecture at EXSS 4809, Physical Activity class, East Carolina University, March 2009.
- **Collier DN.** *Childhood obesity: clinical aspects.* Invited lecture at EXSS 3802 Obesity Treatment and Prevention class, East Carolina University, April 2009.
- **Collier DN, Brewer K, Meggs B, Pekala P.** *A role for pesticides in the obesity epidemic?* East Carolina Heart and East Carolina Metabolic Institutes Research Think Tank, April 8, 2009.
- **Collier DN, Kolasa KM.** *Intensive lifestyle interventions for obese kids: Take Off 4-Health camp – A case example.* Department of Family Medicine Grand Rounds, Brody School of Medicine, East Carolina University, April 2, 2009
- **Henes ST.** *Undernutrition and faltering growth.* Physical Therapy class presentation, East Carolina University, November 2008.
- **Henes ST, Jenkins CS.** *Pediatric Nutrition Services in Pitt County: Addressing the childhood obesity epidemic.* Presentation at NUTR 2105 Nutrition Science class, East Carolina University, April 14, 2009.
- **Jenkins CS.** *DINE for LIFE.* ECU Pediatric Healthy Weight Forum, Brody School of Medicine, East Carolina University, October 27, 2008.

- **Jenkins CS.** *KIDPOWER*. Presentation at MGMT 4252 Entrepreneurship class, East Carolina University, January 22, 2009.
- **Kolasa KM.** *Nutrition through the life cycle in an obese world*. North Carolina Heritage Hospital Medical Staff, Tarboro, NC, September 2008.
- **Kolasa KM.** *Dietary supplements*. Department of Pediatrics Grand Rounds, Brody School of Medicine, East Carolina University, April 8, 2009.
- **Pratt K, Collier D.** *East Carolina 4-Healthy kids engagement project*. Presentation to the ECU Engagement and Outreach Scholars Academy, East Carolina University, June 15, 2009.

Educational Service

- **Collier DN.** Dissertation Advisor, Sarah Henes, Bioenergetics Program, ECU Department of Exercise and Sport Science, September 2007-present.
- **Collier DN.** "Fit for Residents" Workshop participant to develop national obesity curriculum for teaching residents, UCLA, October 17 & 18, 2008.
- **Collier DN.** Member of "Fit for Residents" Advisory Board, October 2008-present.
- **Collier DN.** Professional Paper Second Advisor, Ben Hooker, UNC-Chapel Hill School of Public Health, May 2009.
- **Collier DN.** Member, Doctoral Committee, Marissa Eriksson, ECU Psychology Department, February 2009-present.
- **Collier DN, Lazorick S.** Members, Doctoral Committee, Keeley Pratt, ECU Medical Family Therapy Doctoral Program, September 2007-present.
- **Cummings DM.** Member, Doctoral Committee, Sarah Henes, Bioenergetics Program, ECU Department of Exercise and Sport Science, September 2007-present.
- **Cummings DM.** Mentor for Suzanne Lazorick, Robert Wood Johnson Foundation Physician Faculty Scholar awardee, 2008-present.
- **Henes ST.** Supervisor/mentor, Andrea Nikolai, IN4KIDS dietitian, Practice-Based Nutrition Project to Reduce Childhood Obesity, NC Health and Wellness Trust Fund, March 2009-present.
- **Lazorick S.** Professional Paper Second Advisor, Sarah Fulton, ECU Department of Public Health, 2008-2009.
- **Lazorick S.** Professional Paper Second Advisor, Srujana Rallibandi, ECU Department of Public Health, 2008-2009.
- **Lazorick S.** Professional Paper Second Advisor, John E. Reynolds, ECU Department of Public Health, 2008-2009.
- **Mahar, MT.** Chair, Thesis Committee for Ashley Guerieri, Physical Activity Promotion, Department of Exercise and Sport Science, 2008-2009.
- **Mahar, MT.** Chair, Thesis Committee for Michelle Vuchenich, Physical Activity Promotion, Department of Exercise and Sport Science, 2009-2010.
- **Mahar, MT.** Chair, Thesis Committee for Matthew Hanna, Physical Activity Promotion, Department of Exercise and Sport Science, 2009-2010.

Student Educational Experiences

- **Collier DN.** Faculty preceptor, Academic Skills Rotation (pediatric residency), *Take Off 4-Health* camp experience, Caroline Morgan, July 2008.
- **Collier DN.** Faculty preceptor, medical students, physician assistant students and residents, Healthy Weight Clinic, 2004-present.

- **Collier DN, Kolasa KM.** Faculty Mentors, NC Schweitzer Fellowship: Laura Wolfe for “Healthy lifestyle activities for at-risk children in West Greenville,” May 2008-April 2009.
- **Collier DN.** Faculty preceptor for undergraduate research student, Allison Kirbey, Truman University, June 2008-August 2008.
- **Henes ST.** Supervisor/mentor for Alexis Briley, graduate nutrition student serving as Nutrition Coach, *Take 4-Health* camp, July-August 2009.
- **Jenkins C.** Conducted individual sessions with medical students as part of *Doctoring 1* class, September 2008.
- **Kolasa KM, Jenkins C, Henes S.** Faculty Mentors, NC Schweitzer Fellowship: Negin Misaghian for “Using medical students as ‘Power Pals’ to facilitate increased physical activity and healthier lifestyles in overweight children,” 2008-present.

PRODUCTS

PHWRTC “products” for the 2008-2009 year include educational meetings and seminars, resources for health care professionals and the general public, publications, and academic presentations and abstracts.

Educational Programs and Resources

The PHWRTC sponsors and organizes two educational programs each year: an annual Pediatric Healthy Weight Summit (March) and a bi-monthly forum. The center also disseminated an updated version of the Pitt County Medical Nutrition Therapy Protocol in 2008-2009.

- **6th Annual Pediatric Healthy Weight Summit** - This meeting, organized by the PHWRTC and held at the Greenville Hilton, serves 100-160 attendees annually including physicians, nurses, public health practitioners, dieticians, health educators, policy makers and other stake holders. About 50% of attendees are from eastern NC, 25% from other regions of NC and the remainder from across the United States. The summit increases awareness of childhood obesity and promotes collaboration, advocacy and action among participants. The 2009 summit focused on developing healthier communities through policy and environmental change and had 95 participants and 24 medical residents in attendance.
- **Pediatric Healthy Weight Forum** - A bimonthly seminar series, hosted by the PHWRTC, promoting networking and the exchange of ideas between ECU faculty and local community partners as well as regional partners through the use of distance education services. Seminars are broadcast live to Elizabeth City, the University of North Carolina at Wilmington and other sites.
- **Medical Nutrition Therapy Protocol (MNT)** – A “best evidence-based” protocol for nutritional counseling for the treatment of obese children and adolescents. The protocol was developed locally to be culturally and regionally sensitive but has been broadly disseminated through posting on the PHWRTC and Eat Smart Move More NC web sites and through the National Initiative for Children’s Healthcare Quality (NICHQ) Childhood Obesity Network. The most recent version was issued in September 2008 and included updated resources, additional handouts, a brief summary of outcomes, and incorporated the *Expert Committee*

Recommendations on the Assessment, Prevention and Treatment of Child and Adolescent Overweight and Obesity. The MNT protocol is available at www.ecu.edu/pedsweightcenter.

Publications

- Aull, JL, Rowe, DA, Hickner, RC, Malinauskas, BM, **Mahar, MT**. Energy expenditure of obese, overweight, and normal weight females during lifestyle physical activities. *International Journal of Pediatric Obesity*, 2008; 3: 177-185.
- Bassett DR, **Mahar MT**, Rowe DA, Morrow JR. Walking and measurement. *Medicine and Science in Sports and Exercise*, 2008; 40: S529-S536.
- **Collier D, Pratt K, Lazorick S**. Weight loss center aims to help rural, obese children improve mental and physical health by integrating medical, psychological and nutrition services. Agency for Healthcare Research and Quality (AHRQ) invited innovation and electronic publication. 2008. Available at <http://www.innovations.ahrq.gov/content.aspx?id=2230>.
- **Cummings DM, Henes S, Kolasa KM, Olsson J, Collier D**. Insulin resistance status: Predicting weight response in overweight children. *Archives Peds and Adol. Med.* 2008; 162 (8): 1-5.
- Dorn J, Genco RJ, **Grossi SG**, Falkner KL, Hovey KM, Iacoviello L, Trevisan M. Periodontal disease and recurrent cardiovascular events in myocardial infarction survivors: The Western New York Acute MI Study. *J Periodontology* 2009, accepted.
- Fernandes JK, Wiegand RE, Salinas CF, **Grossi SG**, Sanders JJ, Lopes-Virella MF, Slade EH. Periodontal disease status in Gullah African American diabetes in South Carolina. *J Periodontology* 2009; 80: 1062-1068.
- **Grossi SG**. Integrating dental and medical care for patients with chronic conditions. *Compendium of Cont Education in Dent* 2009; 30 (6): 302-303.
- **Henes ST, Collier DN, Morrissey SL, Cummings DM, Kolasa KM**. Medical Nutrition Therapy (MNT) for overweight youth delivered in the patient's primary care medical home: The Kidpower experience. *Patient Education and Counseling*. In press.
- Kang M, Rowe DA, Barreira TV, Robinson TS, **Mahar MT**. Individual information-centered approach for handling physical activity missing data. *Research Quarterly for Exercise and Sport*, 2009; 80: 131-137.
- **Mahar MT**, McCammon MR, Kemble CD, Kenny RK, Raedeke TD. *Fitness for life* (2nd ed.). Eden Prairie, MN: Cache House. 2008.
- **Mahar, MT**, Rowe, DA. Practical guidelines for valid and reliable youth fitness testing. *Measurement in Physical Education and Exercise Science*, 2008; 12: 126-145.