



# Brenner FIT<sup>®</sup>

FAMILIES IN TRAINING

Annual Report 2020–2021

Find us on  

*Brenner Children's*

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# Brenner FIT

## A Letter from the Director



The pandemic has disrupted schedules, eating, and activity patterns, leading to increasing rates of obesity, food insecurity, and mental health struggles. At Brenner FIT, we have continued to pivot our work to meet the needs of the families and communities we serve. As one example, Brenner FIT

invested considerable time and resources to address food insecurity by partnering with others in our area and the medical center to expand access to food resources.

There continue to be rapid advancements in the understanding and treatment of obesity. Research shows that weight gain is much more complicated than simply “too many calories in, not enough calories out.” Simultaneously, we have a greater understanding of the external contributors to obesity: social determinants of health, food and nutrition policies, and disparities in healthcare access and quality. In particular, we see more and more the toll weight bias has on children and families, and how harm can arise when “shame and blame” are used to encourage weight loss. The complexities of childhood obesity care are incredible in juggling the medical and physiological components simultaneously with the social and psychological ones. We are up for that challenge.

We remain one of the leading pediatric weight management programs in the country as we focus on our core pillars of patient care, community engagement, professional education, and research. Below are some of the highlights of the past year.

### Patient Care

- Brenner FIT physician Dr. Gail Cohen joined the Brenner FIT Metabolic Syndrome and Prevention clinic to provide additional support and medical care for referred patients

### Community Engagement

- 42 families participated in the reformatted virtual Brenner FIT Academy: For Families
- 28 education videos and six virtual cooking classes provided community engagement during the pandemic
- Media through broadcast and social platforms reached over 1.4 million views

### Professional Education

- 58 professionals received up to six CEUs each for completion of one of the three offerings of our reformatted Virtual Culinary Medicine course
- 78 professionals from six counties received up to six CEUs each for completion of Brenner FIT Academy: For Professionals
- Seven abstracts and six professional talks were presented

### Research

- Brenner FIT is leading or is a part of four NIH-funded research projects
- 17 research manuscripts were published

While we are still adjusting to our new realities, we are excited about the upcoming year. Two new developments will bring continued change and opportunity in the coming year:

1. Atrium Health and Wake Forest Baptist: the strategic partnership between our organizations was finalized this past year. We are excited to work throughout the Atrium footprint (40 hospitals across three states) to transform obesity care for children and families across the Southeast.
2. Brenner FIT is part of a new, emerging research center at Wake Forest School of Medicine — the Center for Prevention Science in Child and Family Health. This new center will focus on deepening the study of families and their role in preventing disease, in children and adults.

Thank you for another great year. We are thankful for the support of the families we serve, the many donors and volunteers over the years, and of this wonderful medical center, Wake Forest Baptist Health and Brenner Children's Hospital... and now Atrium Health.

Joseph A. “Joey” Skelton, MD, MS, FAAP, FTOS  
Director, Brenner FIT (Families In Training)  
Brenner Children's  
Professor of Pediatrics  
Professor of Epidemiology and Prevention  
Wake Forest School of Medicine



# PATIENT CARE

## Brenner FIT Clinic

### Clinical Teams (English and Spanish)

Established in 2007, Brenner FIT provides medical treatment for children when there is a concern about weight and health. We focus on the family as a unit making habit changes together. We have treatment teams providing service in English and Spanish to support more families in their preferred language.

Clinical care became a greater focus for Brenner FIT during FY21 when we were unable to have cooking or activity classes. The three teams of professionals (MDs, RDs, Activity Specialist, Physical Therapist and Family Counselors) operate on the premise that the parent or caregiver is the expert on their family. We are the experts in child and teen health. We partner as experts to build family habit changes together.

Referrals to Brenner FIT increased by 50.1% from FY19 to FY21. (Comparison is made to FY19 as a more typical year since FY20 referrals were reduced due to pediatric office closures at the beginning of the COVID-19 pandemic.) These referrals are for both English-language and Spanish-language programs.

### In the English-language program:

- Our orientation program shifted from in-person to an online video. Completion increased by 67.8% over FY19.
- FIT 101 (Families in Training 101 class) transitioned to a virtual class. Attendance increased 33.5% over FY19.
- Medical intake visits remained in person. Intakes increased by 53.6% over FY19.
- Clinic visits were predominantly virtual. Visits increased by 32.4% over FY19.

### In the Spanish-language program, Brenner FIT En Español:

- Orientation shifted to a virtual class. Attendance decreased by 20.4% over FY19
- FIT 101 transitioned to a virtual class. Attendance increased 4% over FY19
- Intakes remained in person and increased 22.5% over FY19
- Clinic visits were primarily virtual. Visits increased by 24.5% over FY19

Fiscal Year	FY19	FY20	FY21
Referrals	977	929	1,467
Orientation Sessions	289 (103 in Spanish)	190 (69 in Spanish)	395 (82 in Spanish)
FIT 101 Classes (Attended after orientation)	203 (72 in Spanish)	186 (41 in Spanish)	271 (75 in Spanish)
New Family Intake Visits (official start of 6-month program)	138 (40 in Spanish)	138 (52 in Spanish)	212 (49 in Spanish)
Completed Family Visits	1,330 (466 in Spanish)	1,267 (461 in Spanish)	1,761* (580 in Spanish) *New method for tracking visits in EPIC

Brenner FIT En Español families experienced significant financial stress and COVID illness. COVID-19 especially impacted vulnerable families who have to navigate health concerns in addition to adversity. We supported families through online learning, lack of internet services, food insecurity, myths/fears about COVID-19 and other pressures. Families had greater needs and also limited time to participate which likely impacted attendance in this program.

From experiences of obesity treatment programs across the country, we are expecting this increased demand for services to continue as a result of COVID-19 impacts to health habits, family life and social determinants of health.

### Adaptability during COVID-19 Crisis

COVID brought opportunity for change in how the Brenner FIT program operated. After the swift transition to work from home in March 2020, Brenner FIT began redesigning programs to meet the changing needs of families and also to address pandemic safety. Changes that were implemented:

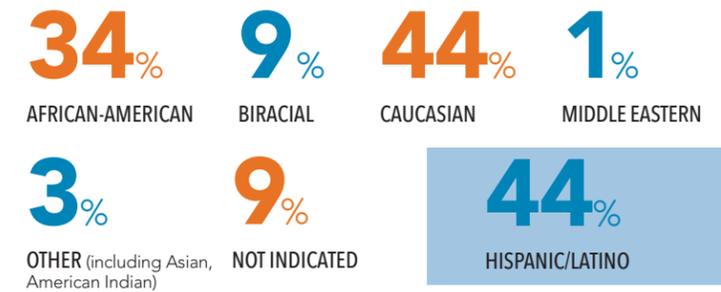
- Staff returned to in-person clinic visits as needed (Doctors, PT and Activity Specialist)
- Orientations and FIT 101 classes transitioned to online formats (see above)
- Cooking classes shifted to virtual experiences with families cooking at home
- PlayFIT activity class was offered virtually

Brenner FIT also engaged in efforts to help families in crisis during the summer of 2020. Brenner FIT distributed bags of food to families because of worsening food insecurity.

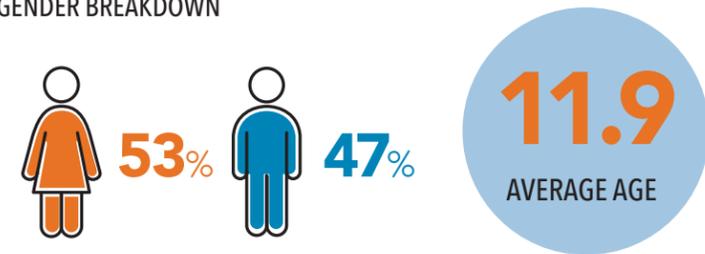
These opportunities to provide more support for families in need and the constant change that FY21 brought also led to the need for internal team support. As a close team of professionals, adapting to working together virtually has been a significant adjustment. Our team found ways to have small, outdoor events together like hiking Salem Lake and meeting for pizza dinner outside after work. Taking care of ourselves individually and as a group has been crucial to maintaining the teamwork needed to work well together remotely.

## Patient Demographics

Data based on new patients entering program in FY20



### GENDER BREAKDOWN



### AVERAGE BMI





### Metabolic Syndrome and Prevention Clinic

Since 2016, our Metabolic Syndrome and Prevention clinic has been taking care of children who exhibit any of the following conditions: high cholesterol, fatty liver, pre-diabetes and/or insulin resistance, abnormal weight gain, or other conditions associated with weight. Children referred to this clinic are seen by a Brenner FIT physician every three to six months, and treatment may include nutrition education through a Brenner FIT registered dietitian at follow-up visits. If there are concerns about weight, we encourage them to begin the Brenner FIT program. In FY21, the clinic added Brenner FIT physician, Dr. Gail Cohen, to the clinical team alongside Dr. Skelton to provide additional support and care for referred patients.

	FY20	FY21
Referrals	140	178
Completed Team Visits	65*	226

\*(3 months without in-person patient care)



### Social Determinants of Health Really Matter!

One of our star Family Counselors, Holly Hallman, was able to assist a family who was homeless, living in a motel, and did not speak English. She went above and beyond to help this family with:

- Immediate aid for food
- Assistance with food stamp application
- Making a connection with the school social worker regarding bus transportation concerns
- Linking the family to a housing resource
- Addressing a critical medication need

While none of these issues changed the child's obesity status, this kind of support with stress is key to family functioning and their ability to focus on overall wellness.



## COMMUNITY ENGAGEMENT

### Brenner FIT Academy: For Families

Brenner FIT Academy: For Families is a free community program, created by Brenner FIT in 2015, providing resources to families that have concerns about their child's weight and/or health. In response to COVID-19, we developed a virtual program adapted from our previous six-month in-person program that was offered through community partnerships.



The virtual, 12-week program provides group treatment in a safe and accessible way. In this program, caregivers learn how to support their family in making health habit changes through interactive classes, cooking demonstrations and family activity classes, right from the comfort of their homes. Through support from Kohl's Cares, Brenner FIT provided:

- Two sessions of this 12-week program from January to July 2021
- Support to 42 total families that participated

This program showed a positive effect on family health. On average, the 19 families who completed outcome surveys (About Your Child's Eating and Family Nutrition and Physical Activity screening tool) showed the following improvements:

- Child is less picky, finds eating more enjoyable, and argues less around eating
- Mealtime environment is more pleasurable
- Caregiver finds meals more enjoyable
- Home environment improves related to nutrition and activity

Additionally, these 19 families reported high levels of satisfaction with the program:

- The program helped us make changes (100% agreed or strongly agreed)
- The program improved our health (84% agreed or strongly agreed)
- The program helped us to reach our goals (84% agreed or strongly agreed)

Since this program has been shown to be an efficient and effective way to improve family health, Brenner FIT plans to offer three sessions of this 12-week program in the 2022 fiscal year to families referred to our clinic, Atrium Health employees and other interested families. We are also making plans for creation of a Spanish language version.

#### PARENT TESTIMONIAL

"Brenner FIT Academy provided me with helpful and very usable advice on planning and preparing meals and snacks so that my kids can develop a healthy relationship with food. The program provided several meal recipe ideas that have become new favorites."

- John O.



## Virtual Community Classes and Resources

Although we were unable to have in-person classes and events in our Brenner FIT teaching kitchen in FY21, we purposefully utilized the kitchen for virtual classes and creation of educational videos.

### Virtual Cooking Classes for Brenner FIT Families

In early 2021, Brenner FIT began offering virtual cooking classes for Brenner FIT families to build on what they were learning in their clinic visits and increase engagement with the program. Families who registered for the Weeknight Meals with Brenner FIT class received a recipe, equipment list and grocery list prior to the class to ensure they would have everything they needed to cook along with a Brenner FIT Dietitian during the virtual instruction. Classes focused on teaching quick meals, cooking skills and family teamwork. Each class encouraged families to sit down together to enjoy their meal creation. Eighteen Brenner FIT families participated in the three virtual classes offered.

### Video Creation

Throughout the year, we turned our teaching kitchen into a video production studio. With new video equipment in hand, we began creating our own videos for social media and educational purposes for Brenner FIT families and the community. Through Kohl's Cares grant funding, we were also able to enlist local videographers to produce professional videos around cooking skills, quick recipes, nutrition education and promoting our Brenner FIT Academy: For Families program.

A TOTAL OF  
**28**  
EDUCATIONAL VIDEOS  
WERE CREATED IN FY21



### Virtual Cooking Classes for a Cause

In July and August 2020, Brenner FIT teamed up with the American Heart Association (AHA) and SHARE (Supplying Honest and Respectful Engagement) Cooperative of Winston-Salem to help raise money for SHARE to continue the great work they are doing in our community. Located in the middle of a food desert, SHARE is committed to providing healthy and affordable food while promoting inclusivity and community. With Brenner FIT recipes in hand, AHA/Brenner FIT chef N'Gai Dickerson and Dr. Skelton taught three virtual cooking classes in the Brenner FIT teaching kitchen. Classes were scheduled as events and posted on our Brenner FIT Facebook page. The "Cook Along with Brenner FIT" series was viewed by over 1,000 people.



**WATCH**  
Cooking Skills  
Video Series



## Additional Community Outreach and Education

### Duke Endowment Grant

Through the generosity of the Duke Endowment, the Downtown Health Plaza (DHP) was awarded the Food is Health grant. This grant addresses the critical issue of food insecurity among pediatric patients and their families through several different avenues. In one of these efforts, a Brenner FIT dietitian and chef collaborated to develop six simple, inexpensive recipes using shelf-stable items only. Brenner FIT created videos demonstrating how to prepare each recipe, with instructions provided in English and Spanish. Upon screening positive for food insecurity at the time of their DHP visit, families/patients were provided a food bag with ingredients to make one of the Brenner FIT recipes (recipe card and instructional video link included). The recipes provided this year will support food bag distribution for an entire year. Brenner FIT will continue to support this grant's goals over the next two years.



# MEDIA



**Brenner FIT**

April 28 · 🌐



If you are concerned about your child or teen's weight or health, the Brenner FIT Academy: For Families is for you. Free online, 12-week program beginning May 20th.



During FY 2021, information about Brenner FIT's clinical treatment and community programs spread to the community through multiple media platforms.

**Total Media Reach:  
1,480,000+**

Media Source	Media Type	Date	Topic	Reach
WGHP Fox 8	Broadcast	10/21/21	Family Halloween Activities during the pandemic	1,100,000
Facebook and Instagram	Social	7/1/20 – 6/30/21	Nutrition, cooking, activity and parenting information	31,527
Paid Ads for Facebook, Instagram and YouTube	Social	7/1/20 – 6/30/21	Nutrition, cooking, activity and parenting information	348,754

# PROFESSIONAL EDUCATION

## Continuing Education

### Culinary Medicine

The inception of our Culinary Medicine program began in 2017 through our partnership with NWAHEC.

In FY21, we adjusted this continuing education program to become a fully virtual learning opportunity supported by evidence-based information while still offering participant involvement. The blended learning experience integrated online learning modules with live virtual demonstrations and Q&A.

Three virtual sessions were held between March 2021 and June 2021

- 58 professionals received up to six CEUs each
- Participants included dietitians, physicians, nurse practitioners and other health care professionals
- Surveys (n=39) showed that participants perceived the following after completion:
  - » Increased competence by 92%
  - » Improved performance by 95%
  - » Improved patient outcomes by 87%



### Brenner FIT Academy: For Professionals

The Brenner FIT Academy: For Professionals is an online group learning series for medical and other community-based professionals working with families, that seeks to share Brenner FIT's evidence-based approach to addressing weight concerns in ways that are safe, effective, and kind. The experts at Brenner FIT created the learning series of six one-hour sessions for professionals who will be guiding families to make successful health habit changes. Family habit changes focus on teaching Ellyn Satter's Division of Responsibility (sDOR) framework in which the parent is the provider of structure for feeding and activity in the family.

- The free, six-part series was facilitated by Brenner FIT staff and presented virtually through pre-recorded presentations. Six series were offered over a three-month period
- Participants received up to six hours of continuing education credits through NWAHEC
- 78 individuals participated
  - » 22 participants were from 12 different medical practices in a six-county area
  - » 56 participants were from three non-medical community agencies working directly with families in Forsyth and surrounding counties

For medical providers who completed evaluations:

- 87% will modify treatment plans based on information learned
- 60% will change their screening/prevention practices based on information learned

Additionally, participants (both medical and non-medical) who completed evaluations anticipated the following:

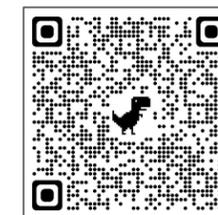
Moderate to high increase in competence	99%
Moderate to high impact in improving performance	96.5%
Moderate to high impact in improving patient outcomes	95.5%

Qualitative data revealed participants' intentions to change the following based on the key principles they learned in the series:

✓	Prioritize meal and activity scheduling
✓	Decrease focus on weight
✓	Discuss roles of parents and children with eating/activity
✓	Shift focus away from what/how much is being eaten
✓	Change how I teach about weight loss
✓	Use SDOR handouts provided in training with families
✓	Provide guidance to families on removing pressure around eating and activity
✓	Use different terminology/be more mindful of weight bias
✓	Meet families where they are

#### Where we go from here

To continue to provide additional support on concepts learned in the series, we offered four follow-up Q&A sessions, inviting participants to bring their questions/experiences for discussion and also providing opportunities to discuss case studies. In the coming year we will continue with plans to revise and enrich the curriculum to strengthen cultural inclusivity.



**UPCOMING SESSION DATES**  
Brenner FIT Academy:  
For Professionals

## Medical Student & Resident Education

Educating future physicians about childhood obesity is a key component of improving current and future patient care. To this end, Brenner FIT worked with physicians-in-training in complementary settings to teach evidence-based diagnosis, evaluation and management of childhood obesity.

### Medical students

Cooking and nutrition education courses:

- First year medical students have the opportunity to participate in The Doctor is in the Kitchen course, taught by Dr. Skelton. This five-part course teaches first-year medical students basic culinary skills and nutrition information. Although unable to offer the series this past year due to COVID-19, we plan to restart the course in the coming year. Many participants of the program have gone on to become Brenner FIT volunteers and lead teachers for our cooking classes.

Interactive didactic sessions:

- Since 2019, all third year medical students participate in a two-hour teaching session at the start of their pediatric rotation that introduces them to childhood obesity evaluation and treatment in a fun and informative session. This innovative and interactive session taught by our interdisciplinary team was initially suspended due to COVID-19, then restarted in a virtual format in spring 2021 with 42 participating students.

Clinical rotations:

- Fourth-year medical students are welcome to participate in a clinical and/or research elective rotation. In FY21:
  - » Four medical students completed a two-four week rotation with Brenner FIT, with one of these rotations focused on our En Español team.
  - » Three medical students observed follow-up team visits as part of a Motivational Interviewing elective.

### Pediatric residents

Clinical rotations:

- Pediatric residents have the opportunity to work with Brenner FIT on a clinical rotation, spending two to four weeks working directly with the team to learn about patient care. In FY21:
  - » Three residents observed medical visits in our clinic.



## Internships

In FY21, three interns from three different universities worked alongside Brenner FIT staff virtually during COVID-19, dedicating approximately 800 hours total. Interns spent time observing virtual clinic visits and creating resources for families including cooking videos, handouts and a recipe book.

### Brenner FIT Interns:

- **Kaitlin Bates**, Lenior-Rhyne University, Dietetic Internship Program
- **Miguel Cruz Morales**, Univeristy of North Carolina at Greensboro, Dietetic Internship Program
- **Caroline Annas**, Appalachian State University, Public Health



Check out this Barbecue Chicken Pizza recipe video created by intern Miguel Cruz Morales that complemented one of our virtual cooking classes

## Academic Presentations

### Abstracts:

1. Cumber E et al. What a City Eats: Examining Dietary Preferences of a Food Insecure Community Care. Platform presentation. Appalachian Translational Research Network Health Summit. Virtual, September 2020.
2. Kendrick M et al. The impact of COVID-19 on young children and their parents. E-poster with Chat Q&A. Pediatric Academic Societies. Virtual, May 2021.
3. Samant A et al. Differences in Maternal and Paternal Pressure to Eat and Concerns about Child Eating. E-poster with chat Q&A. Pediatric Academic Societies. Virtual, May 2021.
4. Brown CL et al. Parental Concerns about Picky Eating and Undereating, Feeding Practices, and Child's Weight. Highlighted e-Poster with Live Q&A. Pediatric Academic Societies. Virtual, May 2021.
5. Pham S et al. The Impact of Parent Participation in an Adult Weight Management Program on their Child's Weight. Highlighted e-Poster with Live Q&A. Pediatric Academic Societies. Virtual, May 2021.
6. Montez K et al. Trends in Food Insecurity Rates at an Academic Primary Care Clinic. E-Poster. Pediatric Academic Societies. Virtual, May 2021.
7. Tablazon I, et al. Perspectives of Caregivers Experiencing Persistent Food Insecurity at a Primary Care Clinic. E-poster with Chat Q&A. Pediatric Academic Societies. Virtual, May 2021.

### Presentations

1. Skelton JA. AAP Institute for Healthy Childhood and Bright Futures Podcast "Conversations about Care." August 28, 2020.
2. Skelton JA. Levine Children's Hospital, Invited speaker. "Question and Answer Session with Dr. Skelton." September 16, 2020.
3. Skelton JA. Invited speaker, University of North Carolina, Chapel Hill Center for Gastrointestinal Biology and Disease Research Seminar. "Adherence in Pediatric Medicine: Could it be All in the Family?" February 11, 2021.
4. Skelton JA. Invited Speaker, University of North Carolina Chapel Hill, Department of Pediatrics Grand Rounds. "Family-Based Weight Management: Evidence and Experience." June 3, 2021.
5. Skelton JA. Invited speaker, Johnson and Wales University Culinary Nutrition Class. "Culinary Nutrition." March 31, 2021.
6. Skelton JA. Panelist, Biostatistics, Epidemiology, and Research Design Lunch & Learn Series. "Integrating rigor and reproducibility into research proposals." April 7, 2021

# RESEARCH

## Grants

As part of an academic Learning Health System, Brenner FIT values research, particularly for complex issues such as childhood obesity. Brenner FIT is involved with a number of studies locally and nationally. Our overall focus is to investigate the best ways families can improve their health, in clinical and community settings. Presently, Brenner FIT is leading or a part of the following NIH-funded research projects:

- **Stay In Treatment (SIT) Study:** Five-year grant awarded by the NIH to Dr. Skelton to study dropout from pediatric weight management. Dr. Cohen is a co-investigator on this project. Other participating sites are Nationwide Children's Hospital (Columbus, OH), Boston Children's Hospital and Mercy Children's Hospital (Kansas City, MO).
- **Dyad Plus:** Two-year grant awarded by the NIH to Dr. Justin Moore (Department of Implementation Science) to design a coordinated approach to parent-child weight management. Dr. Skelton is a co-investigator on this project.
- **ImPACT (Increased monitoring of Physical Activity and Calories with Technology):** Two-year grant awarded by the NIH to Dr. Justin Moore to develop mobile health (mHealth) strategies to use in clinics offering pediatric weight management. Dr. Skelton is a co-investigator on this project.
- Brenner FIT is also part of research projects investigating sugar-sweetened beverage interventions, missed appointments in pediatric clinics, family impact on adult weight management and nutrition education of medical students.



Dr. Skelton's multisite research team began its NIH-funded study this past year. Shown here are (from left):

**Dr. Erinn Rhodes**  
Boston Children's Hospital, Boston, MA

**Dr. Brooke Sweeney**  
Mercy Children's Hospital, Kansas City, MO

**Charlie Drew Mitchell**  
Data Collector, Wake Forest School of Medicine

**Dr. Joey Skelton**  
Principal Investigator, Wake Forest School of Medicine

**Dr. Ihuoma Eneli**  
Nationwide Children's Hospital, Columbus, OH

**Dr. Sarah Hampl**  
Mercy Children's Hospital, Kansas City, MO

## Journal Publications

1. Berry DC, Rhodes ET, Hampl S, Young CB, Cohen G, Eneli I, Fleischman A, Ip E, Sweeney B, Houle TT, Skelton J. Stay in treatment: Predicting dropout from pediatric weight management study protocol. *Contemp Clin Trials Commun.* 2021 Jun 9;22:100799. doi: 10.1016/j.conctc.2021.100799.
2. Recker AJ, Sugimoto SF, Halvorson EE, Skelton JA. Knowledge and Habits of Exercise in Medical Students. *Am J Lifestyle Med.* 2020 Oct 12;15(3):214-219. doi: 10.1177/1559827620963884.
3. Cummer E, Loyola Amador C, Montez K, Skelton JA, Ramirez B, Best S, Zimmer R, Palakshappa D. What a city eats: Examining the dietary preferences of families living in communities at high risk for food insecurity. *J Clin Transl Sci.* 2020 Oct 19;5(1):e55. doi: 10.1017/cts.2020.549.
4. Dilley JR, Singletary CR, Ard JD, Giles S, Skelton JA, Heboyan V, Jake-Schoffman DE, Turner-McGrievy G, McGrievy M, Ip EH, Moore JB. Protocol for a randomized controlled feasibility study of a coordinated parent/child weight loss intervention: Dyad Plus. *Transl J Am Coll Sports Med.* 2020 Fall;5(12):e000136. doi: 10.1249/tjx.000000000000136.
5. Irby MB, Moore KR, Mann-Jackson L, Hamlin D, Randall I, Summers P, Skelton JA, Daniel SS, Rhodes SD. Community-Engaged Research: Common Themes and Needs Identified by Investigators and Research Teams at an Emerging Academic Learning Health System. *Int J Environ Res Public Health.* 2021 Apr 8;18(8):3893. doi: 10.3390/ijerph18083893.
6. San Giovanni CB, Sweeney B, Skelton JA, Kelsey MM, Kelly AS. Aversion to Off-label Prescribing in Clinical Pediatric Weight Management: The Quintessential Double Standard. *J Clin Endocrinol Metab.* 2021 Jun 16;106(7):2103-2113. doi: 10.1210/clinem/dgab276.
7. Cardel MI, Newsome FA, Skelton JA. Time Equivalency and Child Adiposity: The Biggest Bang for the Buck. *Pediatrics.* 2021 Apr;147(4):e2020042168. doi: 10.1542/peds.2020-042168.
8. Skelton JA, Woolford SJ, Skinner A, Barlow SE, Hampl SE, Lazorick S, Armstrong S. Weight Management without Stigma or Harm: A Roundtable Discussion with Childhood Obesity Experts. *Child Obes.* 2021 Mar;17(2):79-85. doi: 10.1089/chi.2021.29010.
9. Skelton JA. Childhood Obesity Can Be an "Island in the Stream". *Child Obes.* 2021 Jan;17(1):1. doi: 10.1089/chi.2021.29009.js.
10. Fields LC, Brown C, Skelton JA, Cain KS, Cohen GM. Internalized Weight Bias, Teasing, and Self-Esteem in Children with Overweight or Obesity. *Child Obes.* 2021 Jan;17(1):43-50. doi: 10.1089/chi.2020.0150. Epub 2020 Dec 22.
11. Zacks B, Confroy K, Frino S, Skelton JA. Delayed motor skills associated with pediatric obesity. *Obes Res Clin Pract.* 2021 Jan-Feb;15(1):1-9. doi: 10.1016/j.orcp.2020.10.003. Epub 2020 Oct 22.
12. Skelton JA, Van Fossen C, Harry O, Pratt KJ. Family Dynamics and Pediatric Weight Management: Putting the Family into Family-Based Treatment. *Curr Obes Rep.* 2020 Dec;9(4):424-441. doi: 10.1007/s13679-020-00407-9. Epub 2020 Oct 27.
13. Sweeney B, Kelly AS, San Giovanni CB, Kelsey MM, Skelton JA. Clinical approaches to minimize iatrogenic weight gain in children and adolescents. *Clin Obes.* 2021 Feb;11(1):e12417. doi: 10.1111/cob.12417. Epub 2020 Sep 28.
14. Ball GDC, Sebastianski M, Wijesundera J, Keto-Lambert D, Ho J, Zenlea I, Perez A, Nobles J, Skelton JA. Strategies to reduce attrition in managing paediatric obesity: A systematic review. *Pediatr Obes.* 2021 Apr;16(4):e12733. doi: 10.1111/ijpo.12733. Epub 2020 Sep 22.
15. Confroy K, Miles C, Kaplan S, Skelton JA. Pediatric Obesity and Sports Medicine: A Narrative Review and Clinical Recommendations. *Clin J Sport Med.* 2020 Aug 17. doi: 10.1097/JSM.0000000000000839. Online ahead of print.
16. Cain KS, Cohen GM, Skelton JA, Crawford LV, Brown CL. Assessing Parents' Communication of Weight and Weight Management from Clinic to Home. *Child Obes.* 2020 Oct;16(7):510-519. doi: 10.1089/chi.2019.0207. Epub 2020 Jul 28.
17. Masler IV, Palakshappa D, Skinner AC, Skelton JA, Brown CL. Food insecurity is associated with increased weight loss attempts in children and adolescents. *Pediatr Obes.* 2021 Jan;16(1):e12691. doi: 10.1111/ijpo.12691.

# HOW YOU CAN HELP

## Volunteer



If interested in becoming a volunteer with Brenner FIT, visit Volunteer Services on the Wake Forest Baptist Health web page to review requirements. If these requirements can be fulfilled, please call Brenner FIT at **336-713-BFIT (2348)** or email [brennerfit@wakehealth.edu](mailto:brennerfit@wakehealth.edu) to receive more information about volunteering with Brenner FIT.

## Donate



Much of what Brenner FIT does is not covered by insurance, and many of Brenner FIT's families are unable to pay out-of-pocket. Donations help Brenner FIT improve the health of children and families in Winston-Salem and surrounding communities. If interested in supporting the work of Brenner FIT, please contact Brenner FIT (contact information is on the back) or Drew Schindler at **336-716-6907** or [dschindler@wakehealth.edu](mailto:dschindler@wakehealth.edu) in the Office of Philanthropy and Alumni Relations.

## BRENNER FIT SUPPORTERS

Brenner FIT relies on the support of our gracious and generous donors. For FY21, we appreciate and recognize the **Morris and Gertrude Brenner Foundation** for their generous donation.

## Examples of how donations help Brenner FIT:

**\$100,000** Provide salary for additional staff

**\$10,000** Fund groceries for Brenner FIT cooking classes for one year

**\$5,000** Support creation of educational videos for social media

**\$1,000** Boost social media posts or purchase social media ads

**\$500** Provide take home groceries for a family cooking class

**\$200** Purchase supplies for a Hula-Hoop making class

**\$100** Provide an instructor for a yoga or Zumba class

**\$50** Purchase groceries for a cooking demonstration





# Brenner FIT

Annual Report 2020–2021

336-713-BFIT (2348) \ fax 336-713-7841  
brennerfit@wakehealth.edu

[BrennerChildrens.org/BrennerFIT](http://BrennerChildrens.org/BrennerFIT)

## Brenner Children's

## OUR TEAM

**Joseph Skelton, MD, MS, FAAP, FTOS**  
**Director**

Professor of Pediatrics  
Professor of Epidemiology and Prevention

**Dara Garner-Edwards, MSW, LCSW**  
**Associate Director**

Family Counselor  
Certified Positive Discipline Parent Educator

**Lorri Busby, MSW**

Family Support Specialist and Social Worker

**Gail Cohen, MD, MS, FAAP, FTOS**

Pediatrician  
Associate Professor of Pediatrics

**Melissa Dellinger, RD, LDN**

Dietitian, TeleFIT Coordinator  
Bilingual (Spanish)

**N'Gai Dickerson**

Brenner FIT Chef

**Sherry Frino, PT**  
Physical Therapist

**Destiny Godfrey, BS**  
Exercise, Activity and Play Specialist  
Intern Coordinator

**Angelica Guzman, BS**

Program Manager, Brenner FIT en Español  
Certified Positive Discipline Parent Educator  
Certification in Research Ethics and  
Compliance, Certified Health Coach  
Bilingual (Spanish)

**Holly Hallman, MSW, LCSW**

Family Counselor and Coordinator  
Bilingual (Spanish)

**Lourdes Herrera, MD**

Assistant Professor of Pediatrics  
Bilingual (Spanish)

**Rebecca Lane**

Brenner FIT Chef  
Bilingual (Spanish)

**Melissa Moses, MS, RD, LDN**

Dietitian  
Program Manager

**Janet Olivares**

Program Assistant  
Volunteer Coordinator  
Bilingual (Spanish)

**Deborah Pratt, AAS, BS**

Senior Administrative Support Associate  
Referral Coordinator

**Raquel Rios, MHA**

Program Coordinator  
Bilingual (Spanish)