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Community Engagement

- Completed exciting upgrades to the Teaching Kitchen, including more-functional tables, expanded dining space and improved appearance.
- Offered 64 classes (activity, nutrition and cooking) to the community with over 835 people participating.
- Addressed food insecurity needs when the pandemic began by providing 500 food bags (nearly 6,000 meals) and 360 prepared meals to food-insecure families.
- Reached over 4.6 million people through media.

Professional Education

- Offered medical students and residents learning opportunities through four presentations, two clinic rotations and eight cooking classes.
- Mentored seven exceptional interns seeking degrees in public health, nutrition and administrative fields.

Research

- Recognized for publication of 24 manuscripts and presentation of 12 abstracts.
- Earned a five-year, multistate National Institutes of Health grant to study attrition from weight management.

These highlights demonstrate how involved Brenner FIT is. Like everyone, we are keeping positive and hopeful as we continue to provide nationally renowned, evidence-based, state-of-the-art clinical care; educate the next generation of doctors, dietitians, public health practitioners, counselors and nurses in family-centered and family-focused obesity care; research new ways to help families be healthy; and try to help the world be a better place to live – one home-cooked, family meal at a time.

Thank you for your interest in and support of Brenner FIT. Through you, we remain one of the leading pediatric weight management programs in the country.

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
Brenner FIT Clinic

Clinical Teams (English and Spanish)

Our clinical program provides top-notch obesity care, not only for the children referred but also for their families. As experts in the field, we know that making habit changes together as a family supports continued success after leaving the program. Families are supported by their own Brenner FIT team, which includes a pediatrician, dietitian, family counselor, activity specialist, physical therapist and program manager. Among only 50 comprehensive pediatric weight management programs in the United States, our approach is unique. Brenner FIT provides support for families around how eating and activity occur. Brenner FIT strives to meet families where they are and to support them in improving family feeding dynamics.

The program consists of three clinical teams, including a team for Spanish-speaking families served by bilingual providers. Our Brenner FIT en Español team leads the way in providing expert and tailored intervention with respect for cultural differences of Latinx families.

All families start the program by participating in an orientation session and a FIT 101 (parenting information) class. Families then complete a six-month program consisting of physician visits and team visits. Families are encouraged to attend at least four Brenner FIT classes to provide additional support with goals they are working toward in clinic visits, and we are hopeful that classes can resume in the next fiscal year. After completion of care, families can conclude their time with Brenner FIT or continue for additional support with habit changes.

Adaptability during COVID-19 Crisis

Brenner FIT guided families as we all learned how video visits could work. From April through June 2020, we completed 79 video visits, 59 phone visits and 45 face-to-face visits (following new safety procedures). The Brenner FIT en Español team noted early in the pandemic the severity of COVID-19's impact specifically on Spanish-speaking families and increased its focus on connecting families to community resources. Clinical visits provided much-needed support to all parents during a critical time. Many families faced challenges with accessing and navigating community resources amid increased infection rates, alongside managing meals, activity, stress, sleep and safety for their families.

<table>
<thead>
<tr>
<th>Fiscal Year</th>
<th>FY18</th>
<th>FY19</th>
<th>FY20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Referrals</td>
<td>786</td>
<td>977</td>
<td>929</td>
</tr>
<tr>
<td>Orientation Session</td>
<td>290 (106 in Spanish)</td>
<td>289 (103 in Spanish)</td>
<td>190 (69 in Spanish)</td>
</tr>
<tr>
<td>FIT 101 Class (Attended after orientation)</td>
<td>244 (82 in Spanish)</td>
<td>203 (72 in Spanish)</td>
<td>186 (41 in Spanish)</td>
</tr>
<tr>
<td>New Family Intake Visits (official start of 6-month program)</td>
<td>203 (67 in Spanish)</td>
<td>138 (40 in Spanish)</td>
<td>138 (52 in Spanish)</td>
</tr>
<tr>
<td>Completed Family Visits</td>
<td>1,610 (398 in Spanish)</td>
<td>1,330 (466 in Spanish)</td>
<td>1,267 (461 in Spanish)</td>
</tr>
</tbody>
</table>
## Patient Demographics

*Data based on new patients entering program in FY20*

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American</td>
<td>29%</td>
</tr>
<tr>
<td>Bilingual</td>
<td>4%</td>
</tr>
<tr>
<td>Caucasian</td>
<td>21%</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>44%</td>
</tr>
<tr>
<td>Middle Eastern</td>
<td>1%</td>
</tr>
<tr>
<td>Other (including Asian, American Indian, etc.)</td>
<td>1.4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Average BMI</th>
<th>31.80 kg/m²</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decrease from last year’s average BMI of 34.42 kg/m².</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Insurance</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicaid</td>
<td>75%</td>
</tr>
<tr>
<td>Commercial</td>
<td>23%</td>
</tr>
<tr>
<td>Other</td>
<td>2%</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Food Insecure</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other</td>
<td>39%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender Breakdown</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>47%</td>
</tr>
<tr>
<td>Male</td>
<td>53%</td>
</tr>
</tbody>
</table>

| Average Age          | 10.7        |

Ty, a Brenner FIT patient, was so excited to share pictures of himself cooking a Brenner FIT recipe at home and kayaking on a lake.

Scan to watch a video of Ty preparing Hibachi Chicken Fried Rice.
PATIENT CARE

Through March 2020, 48 classes were offered in the kitchen with 524 total participants.
**Experiential Education**

Teaching through direct experience supports all learning styles. Brenner FIT families are provided with the opportunity to participate in free classes that support the goals they are working toward during clinical visits. Classes are provided in English and Spanish.

**Cooking and Nutrition Education Classes**

Through our Brenner FIT Teaching Kitchen, families are able to come together and learn both nutrition information and cooking skills. Teaching families the skills to prepare their own food supports them by helping them cook more meals at home. Children get excited about spending time with their family cooking and eating together. Child-only classes, led by our Brenner FIT chef and dietitians, expose children and teenagers to new foods and get them excited about learning how to cook. Through March 2020, 48 classes were offered in the kitchen with 524 total participants.

**Activity Classes**

By offering safe and fun activity classes, Brenner FIT helped families engage in fun activities together. During classes, families identified how to incorporate the new activities into their daily lives. In FY20, Brenner FIT families learned basketball skills in our new basketball class. Participants practiced the basics of the game and key skills such as shooting, ball handling and footwork. After parents attended a group training on how to support their families around activity, Brenner FIT en Español families practiced indoor games together in Play FIT classes. Families showed off their moves in Zumba® and increased their flexibility in yoga. Brenner FIT patients were offered the opportunity to learn how to swim or ride a bike to build motor skills and confidence in movement. During school breaks, Brenner FIT hosted Open Gym time for families to come play games together. In total, 38 activity classes offered 417 participants the space, guidance, time and opportunity for children and/or their families to enjoy movement before COVID-19 brought us to a pause.
Telehealth has transformed patient care as we know it. Brenner FIT has had a steady telehealth program for 12 years and is now in 10 locations including the Brenner Children’s satellite clinics in Greensboro and Hickory.

In March 2020, virtual visits became the standard of care for much of outpatient health care. Because of Brenner FIT’s long-standing experience with telehealth, we were positioned to pivot to this model of care quickly. TeleFIT visits were halted at these sites, and Brenner FIT began offering families telehealth visits via WebEx from the comfort of their home.

Metabolic Syndrome and Prevention Clinic

Patients with familial hyperlipidemia and hypertriglyceridemia are treated in our Metabolic Syndrome and Prevention Clinic. This clinic also supports families of patients with obesity and less severe metabolic disease, when the six-month commitment of Brenner FIT is not possible. With care provided by Dr. Skelton and two dietitians, patients are seen every three to six months to manage medications, provide nutrition education and support the family with habit changes. When medically appropriate, families can make a smooth transition into Brenner FIT. In FY20, the clinic team cared for 75 new patients and completed 188 visits.

TeleFIT

Telehealth has transformed patient care as we know it. Brenner FIT has had a steady telehealth program for 12 years and is now in 10 locations including the Brenner Children’s satellite clinics in Greensboro and Hickory.

In March 2020, virtual visits became the standard of care for much of outpatient health care. Because of Brenner FIT’s long-standing experience with telehealth, we were positioned to pivot to this model of care quickly. TeleFIT visits were halted at these sites, and Brenner FIT began offering families telehealth visits via WebEx from the comfort of their home.
Brenner FIT is proud to offer community nutrition, cooking and activity education classes for free. As of March 2020, 64 community classes (in addition to exclusive classes just for Brenner FIT families) were held, and 835 people participated.

**Brenner FIT Teaching Kitchen**

In the Brenner FIT Teaching Kitchen, families, children and community members not only have the opportunity to participate in a typical cooking demonstration, but they are also able to practice through hands-on cooking classes. With eight cooking stations available, the kitchen can hold up to eight families or 16 participants in one class. Led by dietitians, chefs and medical students/Brenner FIT interns, participants learn new cooking skills, are exposed to new foods and learn how to work together as a team to create a delicious meal. Participants then sit down together and eat the meal they prepared. Our community classes are free of charge, and each class follows these rules: have fun, no pressure to try, and phone-free zone.

In FY20, we were able to make much-needed updates to the kitchen. We expanded our dining area to increase seating, lowered our bar top to allow for a better view during cooking demonstrations and redesigned the kitchen window logos to better identify our kitchen from the outside. In FY20, 38 classes were offered to community members with 504 total participants despite all in-person classes stopping in March 2020. Combining these community classes with 22 classes reserved for Brenner FIT families, over 60 classes were taught in the Brenner FIT Teaching Kitchen by Brenner FIT in FY20. Brenner FIT also welcomes the YMCA and departments within Wake Forest Baptist Health, such as Best Health for Us and Pediatric Outpatient Nutrition, to use the kitchen for a variety of classes.

Activity Classes

Play is an important skill for every individual, not just for families enrolled in the Brenner FIT program. In addition to the activity classes offered to Brenner FIT families, community members had the opportunity to participate in a Hula Hoop making class. Each individual who attended the class constructed and decorated their very own hula-hoop. After completing their hula-hoops, participants practiced various games incorporating the hula-hoops. In all, 72 individuals participated in the three classes offered during FY20.
Kohl’s Cooks

Brenner FIT is grateful to the Kohl’s Cares initiative, which again provided funding for the Kohl’s Cooks program to further Brenner FIT’s message of “Cook. Eat. Play. Repeat.” in the greater community. This year’s goals focused on improving health behaviors of program participants, as well as increasing access to food for food-insecure families. As detailed below, while the COVID-19 pandemic necessitated changes in all of Brenner FIT’s programs, the team worked diligently to continue providing learning opportunities and meeting the needs of the community.

Kohl’s Cooks Mobile Kitchen Classes

Beginning in fall 2019, the Kohl’s Cooks Mobile Kitchen moved forward with the new “Cook. Eat. Play. Repeat.” three-part cooking series. Led by both a Brenner FIT chef and program manager, the cooking classes focused on building culinary skills, providing nutrition education and offering tools for families to be more active together. Throughout the series, families learned how to prepare family-friendly recipes like fruit salad, salsa, soup, spaghetti with turkey meatballs, and roasted broccoli. Although classes included participants living throughout the city of Winston-Salem, the classes focused on serving participants residing in specific ZIP codes with higher food insecurity.

From September 2019 through February 2020, the Kohl’s Cooks Mobile Kitchen held a total of five series in English and Spanish. These classes were held at community locations such as Iglesia Cristiana Sin Fronteras, the Downtown Health Plaza and Goodwill Industries with the Crosby Scholars.

In addition to the mobile kitchen cooking series, the same Kohl’s Cares cooking series was held at our Brenner FIT Teaching Kitchen in both English and Spanish. The grant provided funds to assist families with transportation to and from the kitchen, to help us further reach families in need. The series was co-led by Brenner FIT chefs and dietitians. Up to nine families were able to participate together in each series. The third of three cooking series was almost completed before all classes were cancelled due to COVID-19.

The Kohl’s Cooks cooking series goal to improve health behaviors was met despite ending early. Health behaviors of program participants increased by an impressive 49.2%.
Kohl’s Cooks To Go
(Food Bag Distribution)

When the COVID-19 pandemic arrived, the community-based programs of Brenner FIT made immediate adjustments to ensure the health and safety of all. Recognizing the increasing food insecurity exacerbated by the pandemic, Brenner FIT shifted funds from cooking classes to create the Kohl’s Cooks To Go program. This program continued the Brenner FIT focus on cooking and eating together as a family while adhering to new social distancing requirements. Brenner FIT dietitians and chefs worked together to create three recipes using shelf-stable food items that would each feed a family of four. Quick cooking videos were created for each recipe, which families could access easily using a QR code from the recipes provided.

In total, with the help of staff and medical student volunteers, 500 bags of food, providing nearly 6,000 meals, were distributed. In addition to the ingredients and recipes, each bag included cooking and activity equipment, activity idea handouts and resource information for obtaining food in the community.

Food bags were distributed by Brenner FIT and through Downtown Health Plaza, several branches of the YMCA and Iglesia Cristiana Sin Fronteras, as well as during a community health campaign organized by Wake Forest Baptist Health, Novant Health, the Forsyth County Department of Public Health, the Hispanic League and a number of other community agencies.

Food bags for families included shelf-stable ingredients to make the recipes provided.
Additional Community Outreach and Education

Community Events through Kohl’s and NWAHEC
The Kohl’s Cooks Mobile Kitchen joined community events to provide cooking demos, giveaways and informational flyers. This year’s events were at the Community Care Center, Winston East Pediatrics, ABC of NC, Smart Start of Forsyth County and Bright Horizons day care. At some community events, participants were offered a “non-cook” dinner demonstration to learn how to make black bean taco pitas and their own trail mix. At other events, participants learned how to make healthy snacks such as porcupine pears and fruit kabobs.

Prepared Meal Distribution
Through a partnership with the American Heart Association, prepared meals were served from the Brenner FIT Teaching Kitchen on eight occasions to families with food insecurity during the early months of the pandemic. In all, 360 people were served meals. This covered 76 families, with 51 of those families being part of the en Español program. Brenner FIT, YMCA staff and medical students worked approximately 50 hours alongside Chef N’Gai Dickerson.

Brenner FIT Academy
Brenner FIT Academy, in partnership with the Department of Public Health in Wilkes County, led Brenner FIT’s seventh offering of the program in Wilkesboro, N.C. Using our newly revised curriculum, the program began in spring 2020 with an impressive group of 16 families living in the Wilkes County area. Three classes were completed when classes paused due to COVID-19. The academy’s teachers reported that families were very receptive to the information and support that the academy provided. Plans are underway to turn the curriculum into virtual learning.
## COMMUNITY ENGAGEMENT

During FY 2020, information about Brenner FIT’s clinical treatment and community programs spread to the community through multiple media platforms.

Total Media Reach: 4,600,000+

<table>
<thead>
<tr>
<th>Media Source</th>
<th>Media Type</th>
<th>Date</th>
<th>Topic</th>
<th>Reach</th>
</tr>
</thead>
<tbody>
<tr>
<td>WGHP Fox 8</td>
<td>Broadcast</td>
<td>8/22/19</td>
<td>4 segments on “Lunch Ideas”</td>
<td>1,990,000</td>
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<tr>
<td>WGHP Fox 8</td>
<td>Broadcast, Online</td>
<td>3/2/2020</td>
<td>4 segments on “Delicious Breakfast Recipes to Kick Off National School Breakfast Week”</td>
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<tr>
<td>WXII 12 News</td>
<td>Broadcast, Online</td>
<td>12/9/19</td>
<td>“Wake Forest receives $3 million to reduce dropout rates in pediatric weight management programs”</td>
<td>658,000</td>
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<tr>
<td>WXII 12 News</td>
<td>Broadcast</td>
<td>3/5/20</td>
<td>“Preventing Childhood Obesity”</td>
<td></td>
</tr>
<tr>
<td>ConscienHealth</td>
<td>Online</td>
<td>3/6/2020</td>
<td>Quoted Dr. Skelton for “More help, less harm for Childhood Obesity”</td>
<td>50,000</td>
</tr>
<tr>
<td>ConscienHealth</td>
<td>Online</td>
<td>3/31/2020</td>
<td>Quoted Dr. Skelton for New England Journal of Medicine study of medication for adolescent weight loss</td>
<td>50,000</td>
</tr>
<tr>
<td>TOPS Magazine</td>
<td>Online</td>
<td>5/30/20</td>
<td>Article on “The 8 P’s of feeding children”</td>
<td>200,000</td>
</tr>
<tr>
<td>Que Pasa</td>
<td>Print, Online</td>
<td>2/5/20</td>
<td>Gracias al programa Brenner FIT aprenden a cocinar y comer saludable</td>
<td>50,000</td>
</tr>
<tr>
<td>Facebook and Instagram</td>
<td>Social</td>
<td>7/1/19 – 6/30/20</td>
<td>Nutrition, cooking, activity and parenting information</td>
<td>159,031</td>
</tr>
<tr>
<td>Paid Facebook Ads</td>
<td>Social</td>
<td>7/1/19 – 6/30/20</td>
<td>Nutrition, cooking, activity and parenting information</td>
<td>1,471,952</td>
</tr>
</tbody>
</table>

Watch the interview!
PROFESSIONAL EDUCATION

Continuing Education

Culinary Medicine

Brenner FIT continued to offer the six-hour continuing education course, Culinary Medicine, in partnership with Northwest AHEC. Medical providers attending the course learned tools and techniques of how to improve their personal health through cooking demonstrations and hands-on cooking experiences in the Brenner FIT Teaching Kitchen. Participants also gained a better understanding of how to direct patients in applying practical approaches to healthy cooking and meal preparation. Unfortunately, there was low registration for the event in fall 2019, and then COVID-19 led to cancellation of all dates in FY20. For FY21, the curriculum will be adjusted and offered as a completely virtual course.

Pediatric Obesity Prevention and Treatment: Professional Training Series

During FY20, Brenner FIT evaluated and made plans for expansion of our 2019 pilot program that focused on sharing Brenner FIT’s obesity treatment methods with primary care providers. Medical providers attending the course received six continuing education hours. In initial and follow-up surveys from pilot locations, participants felt confident in the skills they learned and identified that they would like tips to help with further implementation of concepts learned. For FY21, we plan to move forward with expanding our reach by offering the course to Wake Forest Baptist Health practices and community programs that work with children and their families.
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.

Undergraduate medical students:

Cooking and nutrition education courses:

- With support from Kohl's Cares, Dr. Skelton taught 32 first-year medical students basic culinary skills and nutrition knowledge in two five-part series called “Kohl's The Doctor is in…the Kitchen.” The second series was cut short due to COVID restrictions after three classes. Pre/post surveys demonstrated that 86% of participants who completed the course showed improvement in knowledge of food, nutrition and cooking.

Interactive didactic sessions:

- An innovative, interactive two-hour teaching session was designed in early 2019 and continued into this academic year. Each incoming group of third-year medical students participated at the start of their pediatrics rotation. An interdisciplinary team introduced the students to childhood obesity evaluation and treatment in fun and informative sessions. Due to a change in the medical student rotation calendar, the session was shortened to a one-hour didactic session led by the physician, and was then suspended due to COVID-19.

Clinical rotations:

- Medical students are welcome to participate in a clinical and/or research elective rotation during their fourth year. One fourth-year medical student completed a four-week rotation with Brenner FIT.

Pediatric residents:

Experiential didactic sessions:

- The Brenner FIT team continued to facilitate a half-day educational program for the pediatric residents. This included presentations and discussions led by physicians, dietitians, family counselors and activity specialists. Due to COVID-19, the session was delivered virtually and enjoyed by over 20 of the pediatric residents. Although the previously planned cooking class and family-style lunch could not take place, residents learned about balanced snacks and could prepare their own during the session. This will be an ongoing annual event for 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. One third-year pediatric resident and one adult obesity medicine fellow completed these rotations.

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Dr. Skelton,

I am grateful for your work with our medical students in the Brenner FIT program. I have been advising students to best prepare them for residency, and there is a common thread: Many, many students are involved with your Brenner FIT program. Thank you not only for offering this incredible service opportunity for our students, but also for your outreach to our community and filling a desperate need in our food-insecure environment. You are a valued member of the Brenner Children’s Hospital team!

Thanks,

Michael S. Mitchell, MD
Assistant Professor of Emergency Medicine
Advanced Career Adviser, Wake Forest School of Medicine
Medical Director, Pediatric Emergency Department, Brenner Children’s
Internships

In FY20, seven interns from five different colleges and universities worked alongside Brenner FIT staff, dedicating approximately 1,026 hours total. These students included the following:

Brenner FIT Interns:
- **Sydney Brenner**, Roanoke College, Psychology/Public Health
- **Priscilla Holmes**, Appalachian State University, Nutrition and Food Sciences
- **Hannah Long**, Forsyth Technical Community College, Administrative Assistant
- **Charlie Mitchell**, Appalachian State University, Public Health
- **Tameiah Ross**, University of North Carolina at Greensboro, Public Health
- **Evelyn Sixtos-Aguirre**, Forsyth Technical Community College, Administrative Assistant
- **Christina Wong**, Lenior-Rhyne University, Dietetic Internship Program

Academic Presentations

The following are 12 abstracts that were presented regionally and nationally by Brenner FIT team members:

11. **Han S**, **Halvorson E**, **Cohen GM**. Documentation and Treatment of Pediatric Obesity in a Primary Care Clinic. Obesity Week 2019, Las Vegas, NV

INTERNSHIP TESTIMONIAL

Christina Wong,
Lenoir-Rhyne University
Dietetic Intern (400 hours)

“I had a wonderful time working with the whole team and learning about the Brenner FIT method.

“The RDs, Melissa Moses and Melissa Dellinger, were kind enough to set up a schedule for me, so every day was an exciting new adventure. While completing my competencies, I gained experience working with Janet Olivares at Brenner FIT’s YMCA kitchen and DeOnna Gray at the mobile kitchen. I got firsthand experience observing the dietitians as well as Dr. Skelton and Family Counselor Dara Garner-Edwards, interacting with patients in intake visits and appointments.

“There was a lot of opportunity for fun such as playing with families in the gymnasium with Activity/Play Specialist Destiny Godfrey, and observing families cooking together in the cooking classes.

“Seeing the whole multidisciplinary team work together enlightened me on how every piece of the puzzle works together to bring care to patients. I came away with a greater understanding of nutrition care for children and families, as well as great memories and experiences.”
RESEARCH

FY2020 was an incredibly successful year for research in Brenner FIT. In collaborations across Wake Forest and the nation, many research projects were completed and new ones started. Several grants were received from the National Institutes of Health, the pre-eminent research institution in the United States. In addition, Brenner FIT team members authored several highly impactful publications in national and international journals. Below are the research highlights from FY2020.

Grants
The following grants were awarded to Brenner FIT researchers or to collaborators conducting research with Brenner FIT. In particular, Dr. Skelton’s nearly $3 million grant from the National Institutes of Health (NIH) will work with similar programs in Missouri, Massachusetts and Ohio to determine predictors of dropout from treatment.

- 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.
- 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.

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

10. Spence ND, Skelton JA, Ball GD. A proposed standardized approach to studying attrition in pediatric weight management. Obesity Research and Clinical Practice. 2020 Jan-Feb;14(1):60-65
12. Iby M, Daniels S, Hamlin D, Moore K, Skelton JA, Rhodes S. Diseases between a Community and an Academic Medical Center via Community Tours. Journal of Clinical and Translational Science. Published online: 20 January 2020, pp. 1-7
Grant Funding

Kohl's Cares During FY20, Kohl’s Cares, a one-year grant from Kohl’s, allowed Brenner FIT to provide programming aimed at improving health behaviors and cooking skills, as well as to increase access to food for food-insecure families. The grant focused on four key components that addressed these goals:

- Offering Kohl’s Cooks Mobile Kitchen and Brenner FIT Teaching Kitchen cooking classes to families living in areas that have a high prevalence of food insecurity.
- Training medical students about basic culinary skills and nutrition knowledge through “Kohl’s The Doctor is in…the Kitchen” class series.
- Increasing access to food for food-insecure families via two food pharmacies in Wake Forest Baptist Health community clinics.
- Reaching the community with the Brenner FIT message of “Cook. Eat. Play. Repeat.” through paid media.

Next Steps: Brenner FIT was again awarded the Kohl’s Cares grant for FY2020-2021.

Partnerships

Northwest AHEC The third and final year of the Northwest AHEC and Brenner FIT partnership moved forward in addressing the goal of increasing the health and well-being of the residents of northwest North Carolina. Through the partnership, we continued to:

- Offer Culinary Medicine programs for health professionals. Unfortunately, COVID-19 led to cancellation of all dates for FY20. Using our CME certification, the curriculum will be adjusted for a virtual option and will continue after the third year of this partnership.
- Share health information by way of experiential programming through cooking classes, community events and social media. Over 800 people were touched through 64 nutrition and cooking classes, and social media views reached over 120,000 people.
- Evaluate and plan for continued expansion of a continuing education series for pediatric practices to provide support for local treatment of children with obesity. In initial and follow-up surveys from pilot locations, participants felt confident in the skills they learned and identified that they would like tips to help with further implementation of concepts learned.
- Provide well-rounded internships. In FY20, seven interns completed over 1,000 hours learning and training with the Brenner FIT team in all aspects of the program.

Lidl During the first half of FY20, the grocery store Lidl donated food that Brenner FIT was able to distribute to 187 families who struggled with access to regular and reliable food. Lidl also generously sponsored the snacks made available to families during some classes. This donation of make-your-own-trail-mix ingredients, in addition to water and low-sugar beverage options, was an important component of evening activities at Brenner FIT.

Campus Kitchen During FY20, Wake Forest undergraduate students involved in Campus Kitchen graciously donated their time and resources for the safe transportation and stocking of frozen proteins and fresh produce from Lidl. Through these donations, Brenner FIT provided food over 180 times to food-insecure families in our clinic. In addition, donated food was also provided at monthly Spanish-speaking nutrition classes.

Downtown Health Plaza Through Kohl’s Cooks efforts and an ongoing relationship with the Pediatric Food Pantry at Downtown Health Plaza, Brenner FIT guided the selection of more useful, familiar food items for pantry food bags and provided recipe ideas that utilize foods in the bag. Prior to COVID, we assisted with plans to supplement bags for chronically food-insecure families with other pantry staples like seasonings, cooking oil, cooking spray, canned tomatoes, stock and reduced sodium soy sauce that would help families be able to make flavorful meals at home.

American Heart Association During the early days of the pandemic, Brenner FIT teamed up with AHA and became a site for their free cooked meal distribution targeting food-insecure families. AHA provided all the food while Brenner FIT recruited families. Working together, we distributed cooked meals from the Brenner FIT Kitchen.
Volunteers

During FY20, Brenner FIT classes were supported by 58 volunteers who donated 626 hours of their own time. Volunteers are the backbone that enables our Brenner FIT clinic and community classes to run smoothly. All volunteers are required to complete a one-hour online training session and then have the opportunity to assist with classes held at Amos Cottage, in the Brenner FIT teaching kitchen and in the community through the Mobile Kitchen. Volunteers assist in set-up/clean-up for classes, gathering attendance information, putting together food bags for families in need and interacting with families during cooking and activity classes. Volunteers who show consistency and interest have the opportunity to lead cooking classes after being trained by Brenner FIT staff. Wake Forest medical students and college students from UNC Greensboro and Forsyth Technical Community College made up the majority of volunteers this fiscal year.

Andy Hesse, Wake Forest School of Medicine MD Class of ’22 (left):

“I have been assisting and teaching a wide variety of Brenner FIT classes since starting medical school in 2018. I have also had the pleasure of working with high school students at Camp Cardiac to learn about nutrition, snack planning and making healthy drink choices. Brenner FIT has taught me just how amazing cooking and learning together as a family can be, and it has truly been a highlight of my time in medical school!”

Sam Sugimoto, Wake Forest School of Medicine MD Class of ’22 (middle):

“I have been involved with Brenner FIT all three years I have been a Wake medical student. I used to regularly teach the “Learn to Cook” class, but when quarantine began, I switched gears and started helping bag up food for families to pick up. My other project has been to build a connection between Brenner FIT and the Goler Garden by using all the green waste generated by Brenner FIT cooking classes for compost in the Goler Garden. I hope to see you all in the kitchen soon!”

Drew Recker, Wake Forest School of Medicine MD Class of ’22 (right):

“I became involved with Brenner FIT by teaching exercise and fitness classes. With mentorship from program directors, I began to research nutrition and fitness, publishing several papers with the goal of improving holistic health care in the community. I am grateful Brenner FIT has given me the opportunity to enact positive change in Winston-Salem.”
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 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 in the Development Office.

Examples of how donations help Brenner FIT:

- **$100,000** Continue Mobile Kitchen activities for another year after funding ends
- **$10,000** Fund groceries for Brenner FIT cooking classes for one year
- **$5,000** Update and purchase new kitchen equipment to support high volumes of classes
- **$1,000** Sponsor an activity class each month for one year
  - Provide cooking equipment for families who do not have items, such as pots, pans, oven mitts and measuring cups
  - Provide kid-safe chef knives for all “Chefs in Training” participants for a year (120 kids)
- **$500** Gym equipment (medicine balls, peanut yoga balls, dumbbells, foam mats, and ropes) for activity classes
- **$200** Groceries for one cooking class (eight families)
- **$100** Zumba® class for 15 families

BRENNER FIT SUPPORTERS

Brenner FIT relies on the support of our gracious and generous donors. For FY20, we appreciate and recognize the following donors for providing gifts greater than $1,000:

- Morris and Gertrude Brenner Foundation
- Arthur and Susan Cohen Family Scholarship Foundation Inc. on behalf of Dr. and Mrs. Arthur H. Cohen
- Beat the Heat/Twin City Track Club Inc.
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

DeOnna Gray, MA, MPH
Community Health Program Manager
Intern Coordinator
Bilingual (Spanish)

Destiny Godfrey, BS
Exercise, Activity and Play Specialist

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

Deborah Pratt, AAS, BS
Senior Administrative Support Associate
Referral Coordinator

Raquel Rios, MHA
Program Assistant
Bilingual (Spanish)