



Brenner FIT[®]

FAMILIES IN TRAINING

Annual Report 2023

Find us on  

 **Atrium Health**
Levine Children's

CONTENTS

4 PATIENT CARE

- Brenner FIT Clinic
- Metabolic Syndrome and Prevention Clinic

7 COMMUNITY ENGAGEMENT

- Brenner FIT Academy: For Families
- Community Connections
- Media
- Cooking and Activity Classes

10 PROFESSIONAL EDUCATION

- Undergraduate and Graduate Students in Medical Fields
- Medical Students and Residents
- Healthcare Professionals

13 RESEARCH

- Grants
- Publications

14 HOW YOU CAN HELP

16 THE BRENNER FIT TEAM

Brenner FIT

A Letter from the Director



The past year has been an exciting one locally and nationally in our field of prevention. The American Academy of Pediatrics released their first-ever Clinical Practice Guidelines for the Evaluation and Treatment of Children and Adolescents with Obesity. We are proud to say many of our research and opinion papers were

included in that document. With anti-obesity medications now available, the guidelines clearly define the importance of having a multidisciplinary program, like Brenner FIT, available to manage the care for teens that qualify for these medicines. Despite having these groundbreaking medications available to children and adults, insurance-coverage restrictions, costs, and shortages have limited their reach to those who need them the most.

In the midst of these challenges, we have adapted to bring new and old medications to our patients, provided “safe, kind, and effective care” that helps children without harming, and innovated to reach as many children and families as possible, utilizing virtual visits, on-line instruction, and

education of the next generation of health care providers. As you will see in our 2023 Annual Report, we continue to have success in our core areas of clinical care, education, research, and community outreach, helping to spread the Brenner FIT approach to care across the Southeast and beyond.

Sincerely,

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

Brenner FIT has been
a **great tool** for our
family.
- BFIT Family

KEY SUCCESSES FROM 2022

Patient Care

- Team completed **208** new patient visits, which is an increase of **23%** from 2022
- Clinical team grew by **1** new position, a Certified Medical Assistant, approved in 2023
- Metabolic Clinic visits increased by **167%** between 2022 and 2023

Professional Education

- Undergraduate and graduate students completed **1056** hours working with the program
- **52** medical students completed culinary medicine course
- **13** academic presentations by Brenner FIT team members

Community Engagement

- **133** caregivers registered for Brenner FIT Academy sessions
- Brenner FIT participated in **11** media appearances including broadcast and print mediums
- **767** participants across **77** cooking and activity classes

Research

- Brenner FIT lead or was a part of **3** NIH grants
- **10** journal publications
- Dr. Skelton continues to be editor-in-chief of the journal Childhood Obesity

PATIENT CARE

Brenner FIT Clinic

Patient Care is the backbone of the Brenner FIT program. We put our **Brenner FIT families first in every decision**, which is why we fully embrace a **multidisciplinary method through an evidenced-based lens**. This means our **3** (two English-speaking and one Spanish-speaking) teams of pediatricians, dietitians, family counselors, and activity specialist meet weekly to review our patients' needs and how best to meet them. And almost every patient visit takes place with **2** different disciplines present whether the visit is **in-person or virtual**.

Through this collaborative process, Brenner FIT is able to support families in forming **healthier relationships with food, activity, and each other**. We use the Ellyn Satter Division of Responsibility approach to help guide our interventions, encouraging time for eating and play. By embracing our love of food and movement, we help shift the conversation from weight loss and restrictive diets to **long-term habit change and happy, healthy lives**.



I also liked that...you could **choose** when and how to start.
- BFIT Family



Learn more about Brenner FIT

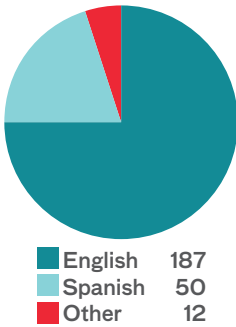
Patient Demographics

Data based on new patients entering the program in 2023

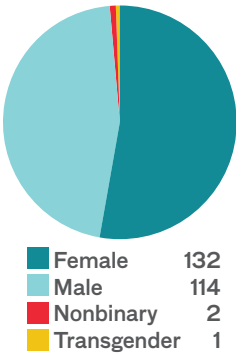
AVERAGE AGE



LANGUAGE



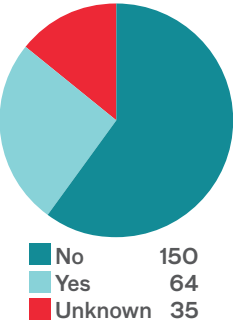
GENDER



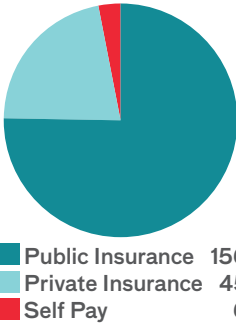
AVERAGE BMI



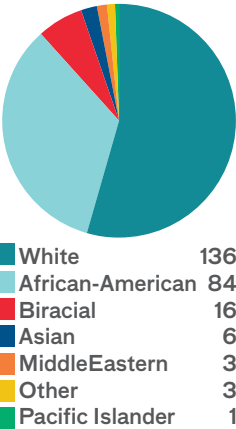
FOOD INSECURITY



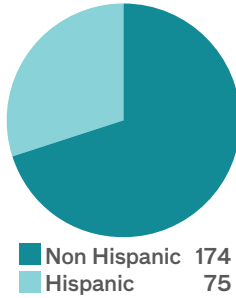
INSURANCE



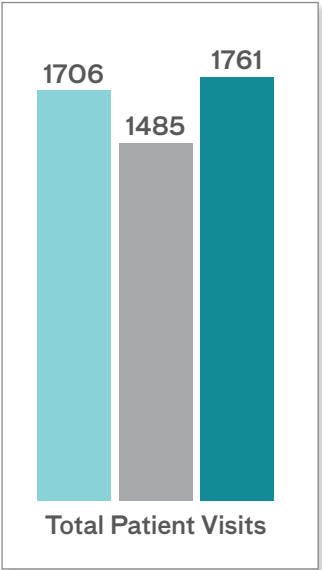
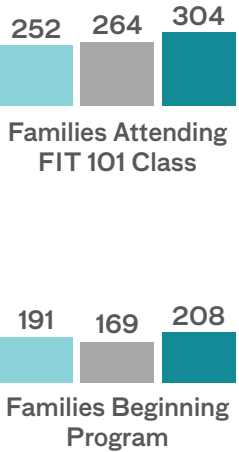
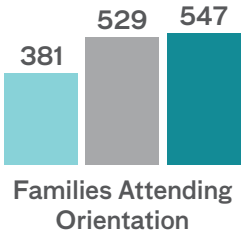
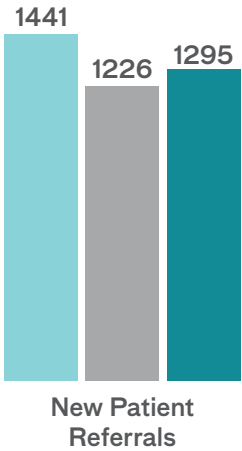
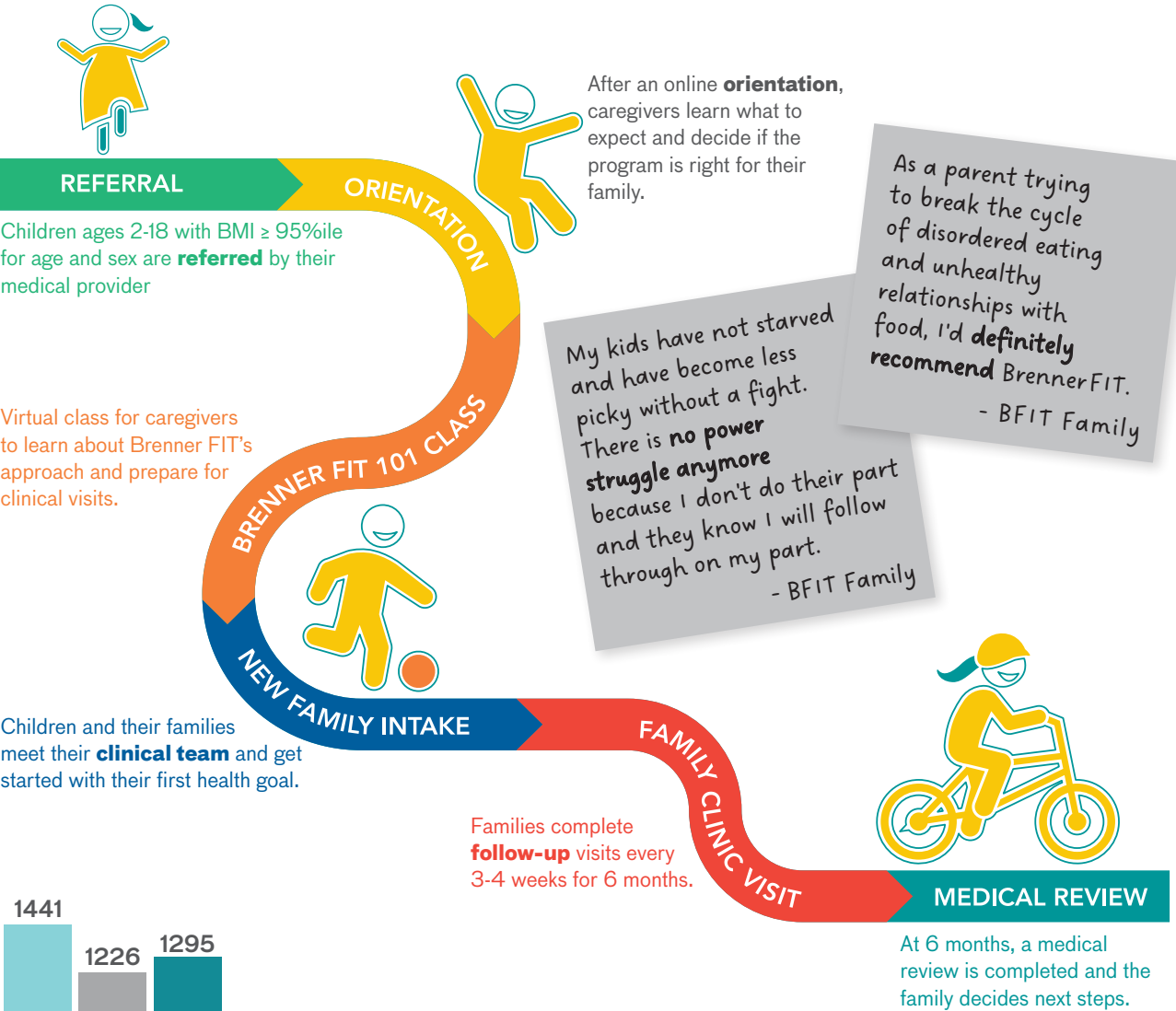
RACE



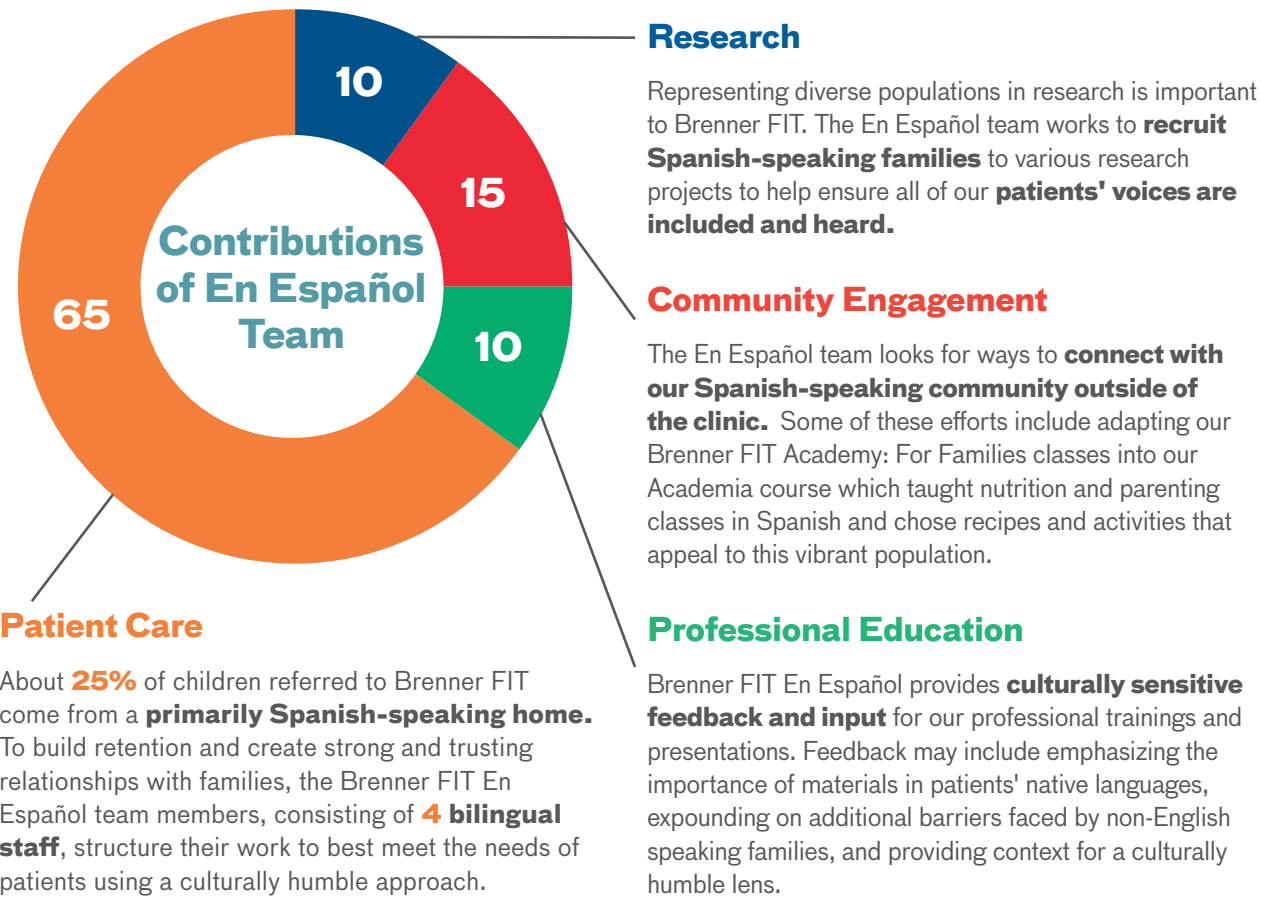
ETHNICITY



A Family's Journey Through the Program



Supporting Latino Families in Our Community



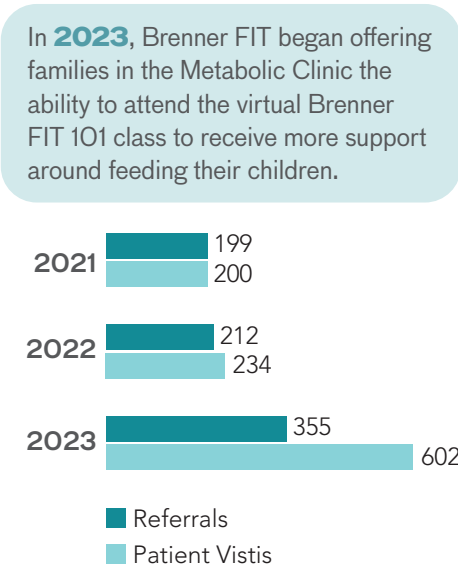
I really appreciated that I never felt judged for having multiple issues for different kids.
- BFIT Family

Metabolic Syndrome and Prevention Clinic

In 2016, the Metabolic Syndrome and Prevention Clinic was formed as a scion of the established Brenner FIT program. Instead of meeting monthly with the multidisciplinary team, children in the Clinic see a **Brenner FIT physician** every **3 to 6** months. Follow-up visits may also include nutrition education with a **Brenner FIT registered dietitian** if deemed appropriate by the physician and family.

The Clinic's identified patients are **children who exhibit metabolic syndrome-related comorbidities** such as high cholesterol, pre-diabetes, abnormal weight gain, or other related conditions. **If there is a concern about the child's weight**, the family is encouraged to begin the Brenner FIT program or participate in the Brenner FIT Academy: For Families. This works both ways. Families are also referred to the Metabolic Clinic from Brenner FIT if the family and team feel the approach **better suits the family's needs**.

This Clinic is another way that Brenner FIT continues to evolve in response to patient and community needs, **seeking new ways to best support families** who need care by having multiple options for treatment.



COMMUNITY ENGAGEMENT

Brenner FIT Academy: For Families

The **8-week virtual community program**, which originally began in 2015, continues to be offered for free throughout the year for parents who are concerned about their child's weight or health. Parents learn ways to support their children and family using the Brenner FIT approach to feeding and eating.

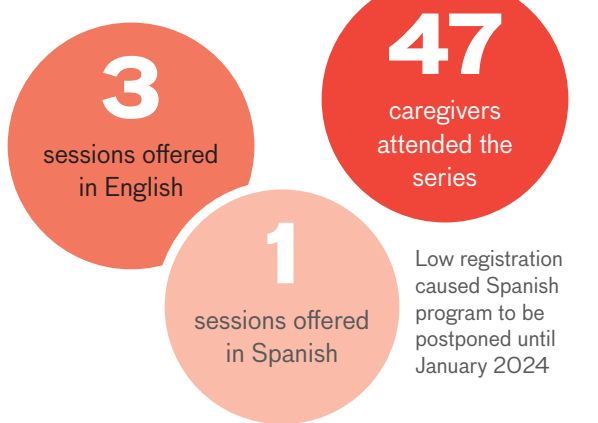
We continue to review and revise the program to meet the needs of the families we serve. The virtual option allows the program to reach families throughout North Carolina and South Carolina.

The program is **offered in English and Spanish**. While the English program finds consistent registration, we continue to modify our Brenner FIT Academy to best meet the needs of our Spanish-speaking caregivers.



Social media and family can make it feel like you're always doing something wrong, and this class gives you the framework for setting boundaries and **allowing you to pick what works for you** from a professional dietitian.
- Class Participant

Year-end review:



Community Connections

DUKE ENDOWMENT GRANT
In collaboration with the Downtown Health Plaza (DHP), Brenner FIT planned and **taught 4 community cooking classes** for patients experiencing food insecurity.

JUNCTION 311 ENDURANCE SPORTS
Brenner FIT and Junction 311 teamed up for a third time at the October 2023 **Cannonball Run race** event in Greensboro. Brenner FIT staff promoted the race, recruited volunteers and attended the event. Donations raised from the race benefitted Brenner FIT community programming.

WINSTON-SALEM/FORSYTH COUNTY SCHOOLS
In the fall of 2023, Brenner FIT established a collaboration with the **Student Wellness Committee** to offer Brenner FIT resources and education materials to parents of students.

WILLIAM G WHITE JR. FAMILY YMCA
With help from Brenner FIT, WFUSOM medical students led **cooking classes for teens** in conjunction with the Reaching Our Potential program, a program which offers free YMCA memberships and programming to teens.

Media

Brenner FIT staff participated and were featured in news interviews and articles throughout the year.

In **2023 topics/features** included:

- "Recipes for families resolving to eat healthier in the new year" (Fox8 WGHP)
- "Get into healthy back-to-school habits with Brenner FIT" (Fox8 WGHP)
- "Diet fads and healthy summer habits" (WFMY News2)
- "New Clinical Practice Guidelines" Radio Interview 89.3 KPCC Los Angeles, AirTalk with Larry Mantle
- "Picky Eating" (Triad Business Journal)
- Brenner FIT cooking class featured as part of local segment (Fox8 WGHP)
- 5 research articles featured in the press



COMMUNITY ENGAGEMENT

Cooking and Activity Classes

Brenner FIT's cooking and activity classes provide a **hands-on learning experience** for clinic families and community members. **Classes are free** and participants register on our website.

Cooking Classes:

We take pride in our Brenner FIT Teaching Kitchen, which serves as a hub for cooking demonstration classes, as well as family cooking sessions, accommodating up to **8 families** per class. Additionally, our kids-only classes can host up to **16** participants. Classes are led by our team of skilled Brenner FIT chefs and Registered Dietitians.

In fall 2023, a select number of WFUSOM medical students began leading a monthly family cooking class with support from Brenner FIT staff. Four classes were held with more planned for 2024.

Family connection is a **key part of our program**, and these classes provide the perfect opportunity for fostering these connections through cooking and eating together.

Year-end review:

61

free cooking classes were offered

585

people participated



We had such a fun time and the Medical Students that ran the class were so **nice, helpful and friendly!** Thank you so much for this program!

- Class Participant

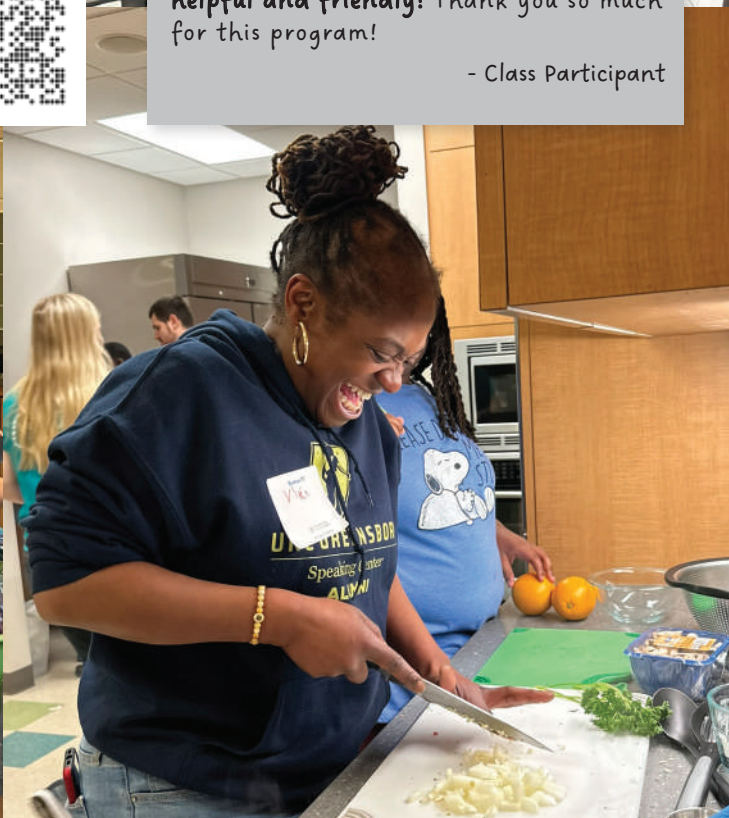
This is such an **amazing program**. It teaches my child to be strong in her cooking skills.

- Class Participant



Thank you so much. We always have so much fun!

- Class Participant



It was also nice being in a class where everyone had a problem even if it wasn't the same problem, because **you don't feel so alone.**

- Class Participant



Activity Classes:

Brenner FIT made the most of indoor gym sessions and added more outdoor activities to encourage fun ways for families to move together. Families and community members participated in Winston Salem Recreation & Parks tours, Serve First tennis clinics, PLAY FIT water play, dodgeball, and open gym.

Year-end review:

16

free activity classes were offered

182

people participated



They **help** me.

- BFIT Patient



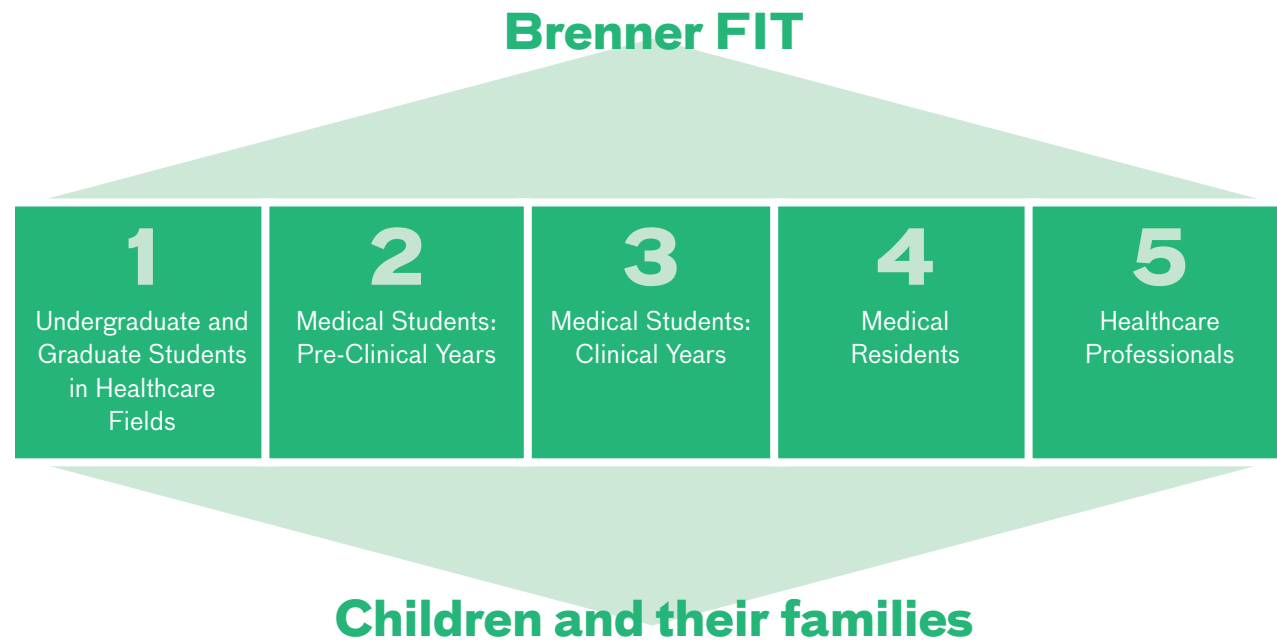
A note from our Activity Specialist:

In an open gym activity class, two teens form an unexpected friendship. One teen eagerly shares their basketball skills with their new friend. With patience and enthusiasm, they teach proper shooting techniques, filling the air with laughter as they practice together. **Brenner FIT is delighted to foster such friendships**, providing opportunities for young people to bond over shared interests and support each other on their health journeys. Whether through activity classes or others, Brenner FIT aims to **cultivate a strong sense of community among youth**, knowing these connections promote happier, healthier lives and lasting memories.

PROFESSIONAL EDUCATION

Impact of Brenner FIT

To expand the crucial message of Brenner FIT to families in other healthcare settings, Brenner FIT prioritizes education for **future and current professionals** so families are supported in all areas of care. We do this through outreach and education **at each level** of professional growth. Our aim is always to positively impact children and their families **within our sphere of practice and beyond**.



1 Undergraduate and Graduate Students in Healthcare Fields

INTERNSHIPS

Brenner FIT has organized internships in multiple disciplines to assist in educating the next generation of healthcare professionals.



Dietetic intern Victoria Rodriguez, from UNCG, leading a community cooking class.

Year-end review:

Students completed over **1,056** hours

Interns came from **5** universities

Brenner FIT hosted **7** students

3 undergraduate interns majoring in Public Health, Nutrition and Nursing
3 Dietetic Interns
1 work-study student

Appalachian State University, UNC-Greensboro, NC State University, Winston-Salem State University, Wake Forest University

2 Medical Students: Pre-Clinical Years

DOCTORS IN THE KITCHEN

In this hands-on **culinary medicine course**, Dr. Skelton leads first year medical students through a **5-part** series to **learn basic culinary skills and nutrition information**. The course is offered in both the fall and spring semesters.

In total, **34 students** completed the course in 2023.



Doctors in the Kitchen was such a **valuable experience** for me. I feel like it changed my relationship with cooking. In class we cooked things I never would have attempted on my own, using ingredients I never would've bought before. I started to apply concepts from the DITK classes in my daily cooking, and preparing meals became **less of a chore and more of a daily hobby**. DITK challenged me to confront my personal myths about certain ingredients and **empowered** me to find joy in eating well. It also encouraged me to be more adventurous in the kitchen by seeking out recipes and cookbooks to teach myself new dishes and flavor profiles. Over a year later, **my confidence and ambition** in the kitchen has never been higher, my cookbook shelf continues to grow, and I'm forever grateful to have had the opportunity to learn in such a **warm environment** as a first-year medical student.

- Aliya Othman

3 Medical Students: Clinical Years

DIDACTIC PRESENTATIONS

Twice a year, Brenner FIT leads a **2-hour** interdisciplinary didactic presentation for third year-medical students starting their pediatric rotation. The presentation provides an **introduction to childhood obesity evaluation and treatment**.

CLINICAL/RESEARCH ROTATIONS

Fourth year medical students have the option to participate in a clinical and/or research rotation with Brenner FIT. This gives them the opportunity to participate in our **day-to-day clinic work** with the entire team for **4** weeks.

CULINARY MEDICINE ELECTIVE

Culinary Medicine elective is a **4-week** course organized by Dr. Skelton to share with students an in-depth understanding of **the role food plays in patients' health and wellness**. Part of the didactic sessions are taught by other Brenner FIT team members.

In the spring of 2023, **18** fourth year medical students participated. This elective is one of the most popular and in-demand at WFUSOM.

4 Medical Residents

CLINICAL ELECTIVE ROTATIONS AND SHADOWING

First and second year pediatric residents each spend **1** day in clinic as part of a **chronic care rotation**. And a **2-** or **4-week** elective is available for pediatric or family medicine residents interested in a **more in-depth and hands-on experience** caring for patients and families affected by obesity.

DIDACTIC PRESENTATIONS

A total of **14** pediatric residents participated in our **Academic Half Day** session. These sessions **cover up-to-date guidelines and medical information** to help future pediatricians best care for their patients with weight concerns, as well as provide **hands-on experience with cooking** a meal. A case-based discussion of obesity is included in the curriculum.



Doctors in the Kitchen allowed me to **build relationships** with my fellow classmates through hands-on cooking activities. DITK helped develop my cooking skills, food safety skills, and basic nutrition knowledge which gives me the **confidence to talk with patients** about their own diets.

-Noah I. Kraus

5 Healthcare Professionals

BRENNER FIT ACADEMY: FOR PROFESSIONALS

In early 2023, we wrapped up our last 6-week virtual group learning series for Brenner FIT Academy: For Professionals. The curriculum, which has been offered since 2019, was then shifted into a **self-guided model** in response to feedback from healthcare providers. The training was divided into **5** sections that focus on teaching healthcare professionals **Brenner FIT’s evidence-based approach**. In November 2023, the self-guided course opened for registration. Upon completion of the course **participants receive: 3** CME credits, access to the Brenner FIT educational handouts, Brenner FIT's monthly emails, and regular Lunch and Learn sessions.

The Brenner FIT program has been **very helpful** to our family.
- BFIT Family

OBESITY CHAMPIONS

Conceived in 2022 as a joint program with Levine Children’s Healthy Futures, the Obesity Champions program seeks to equip primary care practices with the **knowledge and tools to better care for patients with obesity**. The program expanded in 2023 to include **3** pediatric practices in the Winston-Salem area.

Upon completion of Brenner FIT Academy: For Professionals, Obesity Champion providers are offered **ongoing access to electronic consultations** with the Brenner FIT team in addition to the resources provided to all Academy graduates. The team is currently working on an additional tool, **data tracking resources**, and continues to reflect and evaluate to provide the best support possible to our community partners.

Academic Presentations

ABSTRACTS PRESENTED

- McCarthy M, Vitolins MZ, **Skelton JA**, Ip EH, Lucas CB, Brown CL. The Association of Household Food Insecurity and Parental Stress with Dietary Quality in Pre-School Aged Children. Academic Pediatric Association Regional IV Conference. Charlottesville, VA. February 2023. Poster presentation.
- Heffernan C, Katzow M, **Skelton JA**, Ip EH, Vitolins MZ, Lucas CB, Brown CL. Social Support in Parents of Young Children and its Association with Parent, Child, and Household Factors. Academic Pediatric Association Regional IV Conference. Charlottesville, VA. February 2023. Poster presentation.
- Moore JB, Singletary CR, Peluso AG, **Skelton JA**, Turner-McGrievy G, Ajja R, Ip E, Miller D. Clinical Trial of an mHealth intervention component to Increase Self-Monitoring of Physical Activity and Eating Behaviors Among Adolescents: A Feasibility Study. Annual Meeting, International Society of Behavioral Nutrition and Physical Activity, Uppsala, Sweden. 2023.
- Eagleton SG, Hsu FC, **Skelton JA**, Montez K, Taxter AJ, Zoellner JM, Lewis KH. Federal nutrition assistance, weight status and sugary drink intake among infants and young children. The Obesity Society, Dallas, TX, October 14-17, 2023. Poster presentation.
- Brown CL, **Skelton JA**, Ip EH, Vitolins MZ. Food insecurity predicts increased weight gain in preschool children during COVID-19 pandemic. Obesity Week. Dallas, TX. October 2023. Poster Presentation.

INVITED PRESENTATIONS

- Joey Skelton, MD - Grand Rounds, Children's Mercy Hospital, Kansas City, Missouri, 3/30/23
- Joey Skelton, MD - Invited Speaker, Grand Rounds, Cohen Children's Medical Center, 2/17/23
- Joey Skelton, MD - Invited Speaker, Pediatric Academic Societies, Washington, DC , 4/30/23
- Joey Skelton, MD - Allied Physicians Group, CME Presentation, Melville, NY- 3/21/23
- Gail Cohen, MD - Cone Health Pediatric Grand Rounds “Updates in the Evaluation and Treatment of Pediatric Obesity,” Greensboro, NC Sept 6, 2023
- Gail Cohen, MD - Obesity Week 2023, Pediatric Weight Management in the Real World: Integrating Clinical Practice Guidelines into Healthcare Settings,” Dallas, TX Oct 17, 2023
- Melissa Moses, RD - Atrium Health Wake Forest Baptist Nutrition Rounds "Learn More About Brenner FIT!," Winston-Salem, NC 9/19/23
- Melissa Dellinger, RD - NCAND Regional Meeting "Feeding Children: Kids are Not Little Adults", Gastonia, NC 4/20/23

RESEARCH

Grants

STAY IN TREATMENT (SIT) STUDY:

In 2023, the 4th year of this **5**-year NIH grant awarded to Dr. Skelton was completed. Dr. Cohen is a co-investigator on this project that studies how to improve dropout rates in pediatric weight management programs.

DYAD PLUS:

Wrapping up this **2**-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):

Wrapping up this **2**-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.

Research on Brenner FIT Academy: For Families Program

In 2022, Brenner FIT conducted a research study on the feasibility and acceptability of the virtual program. Over **3** sessions, we enrolled **45** parents into the study.

Results were analyzed in 2023 and found that:

- **Two-thirds** of parents completed the program, with good attendance throughout. Most parents who didn't complete stopped attending early, after 1-2 classes (this is very similar to in-person programs).
- Satisfaction was very high, with every participant recommending it to others, and the vast majority (**>= 83%**) having positive comments about the program.
- By self-report, most parents reported improvements in their own weight and their child's weight.
- They also reported enjoying the virtual component, noting a positive impact on family meals and enjoying the information provided, but did desire some in-person or live discussions with other parents.

Publications

1. Pratt KJ, Kiser HM, Feng X, VanFossen C, Spees C, Taylor C, Noria S, Eneli I, **Skelton JA**. Changes in child weight, behaviors, and family dynamics during parental participation in a medical weight management program. Childhood Obesity.
2. Howell BL, **Skelton JA**, Jayaprakash M, Lewis KH. Staff Knowledge, Attitudes and Beliefs about Child Sugar Sweetened Beverage Intake and Acceptability of a Pediatric Clinic-Based Beverage Screener. CIN: Computers, Informatics, Nursing.
3. Pham S, **Skelton J**, Pratt K, Lewis K, Brown C. Examining the Effect of Parent Participation in an Adult Weight Management Program on Changes in Children’s Weight. Clinical Obesity. 2023;13:e12583. PMID: 36759742
4. Lewis KH, Hsu F-C, Block JP, **Skelton JA**, Schwartz MB, Krieger J, Hindel LR, Ospino Sanchez B, Zoellner J. A Technology-Driven, Healthcare-Based Intervention to Improve Family Beverage Choices: Results from a Pilot Randomized Trial in the United States. Nutrients.
5. Newman CM, Zoellner J, Schwartz MB, Peña J, Wiseman KD, **Skelton JA**, Shin TM, Lewis KH. Knowing Is Not Doing: A Qualitative Study of Parental Views on Family Beverage Choice. Nutrients. 2023; 15(12):2665. <https://doi.org/10.3390/nu15122665>
6. McCarthy M, Vitolins MZ, **Skelton J**, Ip EH, Brown C. A Pilot Study Examining the Association of Parental Stress and Household Food Insecurity with Dietary Quality in Pre-School Aged Children. Nutrients.
7. **Skelton JA**, Vitolins M, Pratt KJ, DeWitt LH, Eagleton SG, Brown C. Re-thinking family-based obesity treatment. Clinical Obesity.
8. Iyer A, Hsu F, Bonnacaze A, **Skelton JA**, Palakshappa D, Lewis KH. Association between Child Sugary Drink Consumption and Serum Lipid Levels in Electronic Health Records. Clinical Pediatrics. In Press.
9. Dean G, Vitolins MZ, **Skelton JA**, Ip EH, Lucas CB, Brown CL. The association of food insecurity with mental health in preschool-aged children and their parents. Pediatric Research
10. Wright DR, Luviano A, **Skelton JA**. Interpreting Cost-Effectiveness Analyses of Anti-Obesity Medications for the Treatment of Adolescent Obesity-Reading the Tea Leaves. JAMA Network Open.

I think my family has **gotten so much** from it.
- BFIT Family

HOW YOU CAN HELP

Volunteer

Volunteers are an **integral part** of our community outreach programming and with our cooking and activity classes. In 2023, our wonderful volunteers completed a total of **453** hours providing us with vital support for our various programs and classes. Of that group, **5** volunteers individually completed over **20** hours reaching our Bronze-level volunteer status.

If you are interested in becoming a volunteer with Brenner FIT, please email us at brennerfit@wakehealth.edu.

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 the Triad and surrounding communities. If you are interested in supporting the work of Brenner FIT, please contact Brenner FIT (contact information is on the back), or Drew Schindler (336-716-6907, dschindler@wakehealth.edu) in the Office of Philanthropy and Alumni Relations.



Donating online made easy



Examples of how donations help Brenner FIT:

- \$100,000** Provide salary for additional staff
- \$25,000** Fund Brenner FIT Academies, for Families and for Professionals, for 1 year
- \$10,000** Purchase cooking class groceries for 1 year
- \$5,000** Support creation of educational videos
- \$1,000** Purchase activity class supplies for 1 year
- \$100** Provide an instructor for a cooking or activity class
- \$50** Purchase groceries for a cooking demonstration

THANK YOU

Brenner FIT relies on the support of our gracious and generous donors. With heartfelt appreciation, we recognize the following donors (monetary donations and gifts-in-kind):

- Morris and Gertrude Brenner Foundation
- Mrs. Susan H. Cohen
- Planet Fitness-Buckets for Brenner fundraiser
- Junction 311 Endurance Sports

I would really suggest it to everyone, even if they think they have a handle on everything because it isn't just a "Do this, Don't do that" class it's a "This is my problem, how do I adjust my behavior to make life better for my family?" class.

- Brenner FIT Academy: For Families Participant



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
Clinical Professor of Pediatrics

Melissa Dellinger, RD, LDN

Dietitian, TeleFIT Coordinator
Spanish-speaking

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
Spanish-speaking

Holly Hallman, MSW, LCSW

Family Counselor and Coordinator
Spanish-speaking

Christine Jordan, EdS, LMFT

Facilitator, Brenner FIT Academy: For Families

Rebecca Lane

Brenner FIT Chef
Spanish-speaking

Melissa Moses, MS, RD, LDN

Dietitian
Program Manager – Clinical Nutrition

Janet Olivares

Brenner FIT Program Assistant
Volunteer Coordinator
Spanish-speaking

Sarah Schaller, MSW, LCSW

Family Counselor and Coordinator
Spanish-speaking

Deborah Pratt, AAS, BS

Senior Administrative Support Associate
Referral Coordinator

Brenner FIT

Annual Report 2023

336-713-BFIT (2348) \ fax 336-713-7841

brennerfit@wakehealth.edu

BrennerChildrens.org/BrennerFIT



Atrium Health
Levine Children's