Five questions for Michelle Cardel[1]

People often blame childhood obesity on the food industry or on working parents or convenience foods and soda. But the truth is not so simple; there are many contributors to the complex issue of obesity – including stress. At age 12, one of Michelle Cardel's patients would take food and hide it behind her hamper for later consumption as a way to deal with life's stressors. Cardel, a postdoctoral fellow and pediatric obesity expert at the CU Anschutz Health and Wellness Center, referred the girl to an eating disorder counselor. Had she not received help, Cardel said, the young girl was on a trajectory to weigh 400 pounds as an adult. Cardel , who has been at CU for three years, studies mostly low-income and minority populations and how social factors – including self-perception and stress – influence eating behaviors and obesity risk.

"Kids definitely can use food to cope with stress, very much like adults do," Cardel said. "Kids have to deal with standardized testing; there's all this pressure to be the best, go to the best schools, get the best grades and be the best athlete. It's sad to see the stress, especially because life's stressors are only going to increase as they get older."

Cardel came to CU to work specifically with James Hill, the founding executive director of the Anschutz Health and Wellness Center, and the endowed chair in health and wellness and professor of pediatrics and medicine, and Susan Johnson, a professor of pediatrics in the School of Medicine.

1. How did your career path lead you to focus on pediatric nutrition?

I originally thought I wanted to be a physician because I wanted to help people. I always thought being a scientist meant sitting at a lab bench in a white coat with a pipette and that didn't sound appealing to me. But as an undergraduate, I participated in three medical mission trips but found that being a physician wouldn't be the best thing for me. I had a hard time keeping professional distance from the patients – I would cry if they cried – and that pushed me to look at other things.

I was a hospice volunteer for almost 10 years and a lot of patients told me that they were scared that they had contributed to their illness with a fork. It was the first time I made the connection that what you put in your body influences various health outcomes in your life. So I became interested in nutrition. As you age, it's a lot harder to change your eating habits, and that's why I decided to focus on the pediatric side of it, when you still have the opportunity to make a lasting impact on patients' eating behaviors.

2. One of your recent, co-authored studies was titled, "Home-schooled children are thinner, leaner, and report better diets relative to traditionally schooled children." What was the impetus of this study and what were its findings?

Lots of stories in the media have discussed how the school environment could potentially be affecting children's health and the risk for obesity because of school lunches and sugary beverages. So I thought it would be interesting to look at children who are home-schooled and those who depend on the traditional school environment to see if there are differences in obesity outcomes. We found that kids who were attending traditional schools were consuming more sugar and more calories than home-schooled kids.

In our study, we looked at socio-economic status and other factors to see if they could explain the differences we observed but they were not significantly different between groups. However, there may have been other factors that we were not able to capture or perhaps there's something inherently different about parents who home-school their children compared with parents who choose to send their children to a traditional school.

The study is by no means absolute. It doesn't show that schools are contributing to the obesity epidemic; rather it opens up the question of what is it about home schooling or home-school families that would protect children from the development of obesity. We'll use the data to analyze if home-schooled kids have differences in blood lipids, for example, or blood pressure.

3. You're featured on local TV station 9News, offering nutritional advice. How did the partnership come about, and what have you learned from the experience?

Like most great things in life, it kind of fell into my lap. Jim Hill is my primary mentor here at the CU Anschutz Health

and Wellness Center. He had scheduled an interview at the TV station but had to go out of town at the last minute. So he asked me to cover for him. I had never done anything like this before and it was live. He told me he had faith in me and that I would do great. There are benefits of saying “yes” to things even if you don’t know how to do it in that moment.

They thought the interview went well and they started inviting me in more often and my appearances became a weekly segment. But once I became pregnant, it was too much to try to do all the research and take care of myself. Now it’s a biweekly segment.

It’s been a wonderful experience. The producer I work with has been awesome; she gives me so much flexibility and we decide topics together. I write each segment and I cook all of the food I show there. Each segment usually takes at least three to seven hours of prep time. Sometimes interns help me; I’m trying to get them exposure to communicating in the media.

I’ve learned so much. It’s very easy to be critical of scientists who are trying to convey science to the public, but it’s very challenging to get evidence-based, truthful messaging out there. Science is complex: most studies find that in situation X, after controlling for A, B and C, we see an increase for outcome D. You can’t say that in the news segment or newspaper interview because you would lose people. I’ve made a very conscious effort to ensure there is a reference for every sentence that comes out of my mouth. I want to make sure I am providing accurate information. In the nutrition world, there’s so much misinformation and I don’t want to be somebody who propagates that.
4. How old is your child? Has she influenced your thinking about pediatric nutrition and obesity?

Isabelle is 10 months old and is the sweetest little baby in the entire world. At this point, she basically eats whatever I eat, like today I had curried carrot and potato soup and she ate some. I’m basically just exposing her to as many different foods as possible. I’m trying to take my own advice and be a parental model: If you want your child to eat a certain type of food, you have to eat it, too. But I’ll be interested to see what happens when she is a toddler, and if the advice I give to parents actually plays out in my kitchen. We really encourage parents to do the parental modeling and to not fight with your children about what they are eating. Kids need to be exposed to new foods up to 20 times before they’ll begin to accept it, let alone like it. I’m pretty sure that, at some point, I’ll have a kid that is a picky eater … that would just be karma. My husband, who also is a nutrition and obesity scientist, and I laugh about it. Like all parents, we’ll figure it out and just keep trying to do what is best for our daughter.
5. What types of activities do you enjoy outside of your university work?

I love being outdoors. So in Colorado, I love hiking Fourteeners, and anything that is related to water. I love swimming and yoga and Zumba, and spending a lot of time with my family, reading, cooking and traveling.

I’m also trying to be active in the community, giving presentations and teaching “Cooking Matters” classes for low-income families. Children’s Hospital Colorado has been a partner for “Cooking Matters” from the start, even though we had to go through a lot of legal red tape.

I also participated in Earth Explorers, a program that is intended to get middle-school children excited about science. They make a documentary about being a scientist or something related to the science field. They work with film students at CU-Boulder and came to the Health and Wellness Center to film me. They created a whole script and when they were done, we held a premiere with a red carpet and popcorn.

I have saved all the thank-you cards I’ve received, especially ones from the kids. It’s a remembrance of why I do what I do and hopefully make a difference and help people to become their happiest and healthiest selves.

Scholarship of teaching, learning highlighted at meeting[2]
[3]

The President’s Teaching and Learning Collaborative (PTLC) – the University of Colorado’s Scholarship of Teaching

and Learning Program – recently hosted a poster session on Monday at the CU Anschutz Medical Campus.

About 25 attended the May 11 event, where 11 PTLC members presented projects, sharing information via informal explanations and discussions.

Central to the PTLC's work is creating and publishing scholarship in teaching and learning that contributes to theory and effective teaching practice in and across disciplines. Each faculty researcher designs and undertakes an investigation aimed at deepening understanding of disciplinary pedagogy and related to an important issue in learning.

"We are each a part of a transformation in higher education by engaging on the growth and development of effective learning strategies designed from your scholarly teaching," said PTLC Director Mary Ann Shea in opening remarks. "I applaud you for developing a practice of inquiry in teaching, for measuring student learning, for participating in the growing interdisciplinary field of the scholarship of teaching and learning – and for supporting peer-reviewed publication and dissemination of research."

Steven Pollock, a President's Teaching Scholar in the Physics Department at CU-Boulder, delivered a talk, "Learning About Learning: Education Research in Action."

Faculty researchers design, carry out, and publish research on a particular aspect of learning in a specific course. Each investigator is supported by a coach and short seminars in how to do education research.

View a gallery of photos from the event[4]

Elevate: Gaining efficiencies for CU[5]
[6]

The Elevate program is all about increasing simplification, standardization and productivity for the University of Colorado, as it upgrades its HR and Finance systems. One way CU will accomplish this is by delivering Human Capital Management (HCM) and Finance (FIN) systems that are streamlined and easier to use.

For years, CU's Human Resources and FIN systems have served the university's business needs. Over time, the effort to keep these systems up-to-date became cumbersome and expensive. The reasons vary, but a primary challenge was the number of customizations. Used strategically, customizations bridge software functionality and business processes. But customizations can come with a great cost: They require a significant amount of manpower to develop, test and maintain.

With Elevate, CU has embarked on a better path. When the HCM and Finance systems launch this November, the updated systems will feature 50 percent fewer customized settings. What this means, Elevate project leaders recently announced: Users can enjoy faster processing times and more automation, take advantage of new delivered functionality, reduce the overall cost of ownership to CU and more.

When the Elevate program began in early 2014, the executive sponsors and corresponding committees indicated that a key program objective was to use HCM and Finance tools as delivered by PeopleSoft as often as possible. To meet this objective, intensive collaboration among the CU system office and the campuses was required, said Lisa Landis, associate vice president of Employee Services.

"We took a different approach. Prior to this upgrade, we'd never tried to change our business processes to fit the technology," Landis said. "Taking this new approach, we had to show the delivered system to campuses and departments and ask, 'Can CU use this product as delivered?'"

So what does CU gain when we simplify?

We gain **automation.**

Since the project began, HCM and Finance project managers have met regularly with campuses to thoroughly examine new system features, discuss business processes, see how an out-of-the-box product could work for CU and ensure everyone understood it. This intensive, time-consuming process will yield excellent results in the new system, including increased automation of tasks, Landis said.

We gain **new features and functionality.**

Reducing customizations means the systems easily accept ongoing enhancements, which keeps CU up-to-date with industry standards. This improves our business processes, reduces down-time, and boosts productivity for HCM and Finance users. It also helps us work more efficiently and reduces costs.

We gain **staff time.**

Reducing customizations means using delivered functionality wherever possible. We can then reduce the support resources needed from technical and functional teams, saving us staff resources and costs.
The HCM system's new forms will give users an easier, more intuitive way to enter data via a Web form interface. This promises to increase data accuracy and saves time and costs.

We gain **growth potential.**

CU was rapidly outgrowing some of its systems. Its current talent management and job search tool, PeopleAdmin, was nearing capacity and soon wouldn't be able to support new employees. Its replacement, CU Careers, will allow for continued growth in the future.

We gain **continued compliance.**

Reducing customizations reduces manual workarounds, which reduces human error and strengthens our alignment with Generally Accepted Accounting Principles (GAAP). This better protects us from possible reporting penalties and reduces costs.
Reducing customizations allows CU to keep current with vendor updates, which reduces security and stability issues. It also makes it much easier to update tax tables, aligning us with IRS requirements more quickly and freeing up staff to focus on other work. This avoids possible IRS penalties, saves us time and reduces costs.

Overall, Elevate boosts time-saving, cost-effective efficiencies for CU.
What is Elevate?The Elevate program is a collaboration between CU system administration and the campuses to enhance how the university does business. Beginning in November, Elevate will improve how you get paid, track leave, manage financial transactions and perform many other functions.
color="blue" url="http://www.cu.edu/elevate[7]" size="medium" target="_blank"}Find out more[/button

This summer and fall, the Finance and HCM teams will host in-person training via lectures and labs and through webinars or video simulations to train users on the new systems. Find out more about the project at http://www.cu.edu/elevate">www.cu.edu/elevate.</p>[8]

Schwab Teams Up with University of Colorado Boulder on New Certified Financial Planner Track[9]

Mountain Lions successfully secure 500 for 50K challenge[10]

Sweet Technology: Flavorful approaches to technology and education discussed at CU Online Spring Symposium[11]

'Our Dreams Don't End': More than 1,000 graduates receive their degrees on a damp spring day at CU Anschutz[12]

Reed named dean of UCCS School of Public Affairs[13]

George E. Reed, an associate dean of the School of Leadership and Education at the University of San Diego and former faculty member at the U.S. Army War College, will be dean of the UCCS School of Public Affairs.

Reed was selected following a national search. Since 2006, Reed has been a faculty member in the Department of Leadership Studies at the University of San Diego, a private Roman Catholic university that offers 42 baccalaureate degrees, and several degrees in law, nursing and other doctorate programs. He was named associate dean in 2012. Previously, he was professor and director of command and leadership studies at the U.S. Army War College at Carlisle Barracks, Pennsylvania. His career began as a military police officer in the U.S. Army and his first tour of duty was at Fort Carson. He retired from the U.S. Army as a colonel after 27 years of service.

He earned a Ph.D. from Saint Louis University; a master's degree from The George Washington University, Washington, D.C.; and a bachelor's degree from the University of Central Missouri. His research and writing address leader development, public sector leadership, and ethics. He teaches courses in leadership, ethics, and organizational theory and behavior.

"I consider it a great privilege to serve the students, staff and faculty of the university as dean of the School of Public Affairs and look forward to contributing to our community beyond the campus," Reed said. "It is apparent that so many have given selflessly to build an academic institution of excellence and I am excited to play a role in a most promising future. My wife, Lucy, and I have many fond memories of the region, so returning at this stage seems like a full circle."

Reed Replaces Terry Schwartz, who served as interim dean of the school, and since 2004, Schwartz served as associate dean. In June, she was named interim dean following the independent accreditation of the master of public administration program and separation from CU Denver. She will continue to serve the university as associate vice chancellor for academic and faculty affairs.

Murnane elected to American Philosophical Society[14]

Margaret Murnane, CU-Boulder Distinguished Professor, has been elected to the prestigious American Philosophical Society (APS).

Murnane, a fellow at JILA – a joint institute of CU-Boulder and the National Institute of Standards and Technology – and professor in the physics department, is the fourth CU-Boulder faculty member to be elected to APS. There were 34

people worldwide elected in 2015 to the society, which was founded in 1743 in Philadelphia by Benjamin Franklin, who later became its first president.

Murnane is known internationally for her research – much of it with her husband and colleague, JILA fellow and CU-Boulder physics Professor Henry Kapteyn – which includes conducting optical and X-ray science using tabletop light sources. The group develops new ultrafast laser and coherent X-ray sources as part of its research in optical sciences, using the light sources for new experiments in physics, chemistry, materials science and engineering. Ultrafast coherent X-ray beams are expected to be indispensable tools for scientists in developing practical nanoscale machines.

Murnane is the recipient of dozens of national and international awards. She has been elected to the National Academy of Sciences and the American Academy of Arts and Sciences and was awarded a John D. and Catherine T. MacArthur Fellowship or “genius grant” in 2000. Murnane and Kapteyn shared the 2010 R.W. Wood Prize from the Optical Society of America.

APS promotes knowledge in the sciences and humanities through excellence in scholarly research, professional meetings, publications, library resources and community outreach and has played an important role in American cultural and intellectual life for more than 250 years.

CU-Boulder faculty previously elected to APS include CU-Boulder Nobel laureate and Distinguished Professor Tom Cech of the chemistry and biochemistry department, who is director of the BioFrontiers Institute; the late Distinguished Professor Gilbert White, a prominent American geographer awarded the National Medal of Science in 2001 for his research on natural hazards, including floods; and the late Distinguished Professor Kenneth Boulding, former president of the American Economic Association and a widely honored economist, philosopher and poet who was nominated for Nobel Prizes in the categories of both economics and peace.

In addition to former U.S. Presidents George Washington, John Adams and Thomas Jefferson, other prominent APS members include John J. Audubon, Robert Fulton, Charles Darwin, Thomas Edison, Alexander von Humboldt, Louis Pasteur, Marie Curie, Margaret Mead, Albert Einstein, Robert Frost and George C. Marshall.

Krizek named first cycling professor[15]

Kevin J. Krizek, professor of Transport in the Programs of Environmental Design and Environment Studies at CU-Boulder, has been appointed as the visiting professor of “Cycling in Changing Urban Regions” at Radboud University in the Netherlands.

The Netherlands is reputed for its cycling culture and Krizek will offer his expertise and an outside perspective on the country’s transportation issues to create new research programs.

When asked what Radboud University hopes to learn from Krizek, Karel Martens, a faculty member in traffic planning replied, “A great deal, but one of the things is seeing what effect the e-bike has on cycling as a whole. Cycling longer distances is easier with an e-bike. So we can use the knowledge from the U.S; about cycling longer distances.”

Krizek joined the CU-Boulder faculty in 2012 and is the incoming director of the Program in Environmental Design. He is a 2013-14 fellow of the Leopold Leadership Program and was awarded a 2014 US-Italy Fulbright Scholarship. He serves on the bicycle transportation committee of the Transportation Research Board of the National Academies and is the Senior Transportation Fellow for the Environmental Center at CU-Boulder. Within the next weeks, he will be reading his co-authored book, “The End of Traffic and the Future of Transport,” which prescribes new strategies for transport and cycling infrastructure considering predominant technological and socio-demographic trends.

“Nowhere in the world is the practice of bicycle planning so woven into professional practice as it is in The

Netherlands," Krizek said, "but because phenomena like these are so well-integrated in the country's culture (like tulips and windmills), few people have approached it as rich body of research – with aims to more successfully integrate lessons of sustainable transport into other planning settings and cultures."

Wiler, Capp report on emergency medicine[16]

Jennifer Wiler, vice chair and associate professor of emergency medicine, was a panelist earlier this month at a Brookings Institution MEDtalk event, "Reimagining emergency medicine: How to integrate care for the acutely ill and injured." The discussion focused on improving patient education and care coordination. (Wiler's comments begin at about the 38-minute mark.) The University of Colorado School of Medicine, the University of Colorado Hospital and other partners have a program called Bridges to Care, testing a model that aims to decrease use of emergency departments for care that could be provided in a primary care setting.

Wiler said the point of the program is to educate and empower patients about the most appropriate place to get the care they need. So far, the program has been very successful, with 550 patients enrolled since 2012. Six months after a Bridges to Care intervention, about 90 percent of the patients seek primary care services, rather than emergency department/inpatient care, for their health care needs. She also said that this assistance helps reduce emergency department and inpatient visits by these patients and showed a $2 million cost savings to the healthcare system.

In a separate report, **Roberta Capp**, assistant professor of emergency medicine, provided additional context about why it's so important to address the behavior of patients who are frequent users of hospital emergency departments. In an article published last week in the journal "Medical Care," Capp reported that more than half of all Medicaid enrollees prefer the "one-stop shop" of a hospital emergency department. The finding points to a need for services that can help these patients find the most cost-effective and suitable care for their healthcare needs. Solutions may include services like community health workers and case managers, based in emergency departments, to help the patients navigate the health care system. "This type of work brings great value to Medicaid," Roberta and her co-authors write, "and potentially the healthcare system, as it will likely improve primary care utilization for chronic disease management and preventive services."

Links
[1] https://connections.cu.edu/spotlights/five-questions-michelle-cardel[2] https://connections.cu.edu/stories/scholarship-teaching-learning-highlighted-meeting[3] https://connections.cu.edu/sites/default/files/ptlc_top.jpg[4] https://drive.google.com/folderview?id=0B74r3GMfDW21fjBsWmZtUUdvSkR6TUNEemk0a0p6Xy1ScU5DODRuUWFKY0o3WVNqenlIZEU&usp=sharing[5] https://connections.cu.edu/stories/elevate-gaining-efficiencies-cu[6] https://connections.cu.edu/sites/default/files/elevate_top.jpg[7] http://www.cu.edu/elevate[8] http://www.cu.edu/elevate.</p>[9] https://connections.cu.edu/stories/schwab-teams-university-colorado-boulder-new-certified-financial-planner-track[10] https://connections.cu.edu/stories/mountain-lions-successfully-secure-500-50k-challenge[11] https://connections.cu.edu/stories/sweet-technology-flavorful-approaches-technology-and-education-discussed-cu-online-spring[12] https://connections.cu.edu/stories/our-dreams-dont-end-more-1000-graduates-receive-their-degrees-damp-spring-day-cu-anschutz[13] https://connections.cu.edu/people/reed-named-dean-uccs-school-public-affairs[14] https://connections.cu.edu/people/murnane-elected-american-philosophical-society[15] https://connections.cu.edu/people/krizek-named-first-cycling-professor[16] https://connections.cu.edu/people/wiler-capp-report-emergency-medicine