

Welcome to the Lab!

I am ecstatic to share the Behaviors for Family Health Lab is up and running! We started in the first few months of 2023 and have accomplished so much over the last 10 months!

The Behaviors for Family Health Lab investigates the benefits of engaging in health behaviors (e.g., physical activity) on cardiometabolic health conditions (e.g., obesity and glucose regulation). We also evaluate strategies for promoting health behaviors and methodological improvements to better assess physical activity, indicators of health, and intervention engagement.

Our research covers multiple populations across the lifespan including healthy individuals, those at risk of a disease, individuals diagnosed with a chronic health condition, and individuals from diverse social-cultural backgrounds. Our lab has strong ties to clinics and community organizations, allowing us to conduct clinical, laboratory, and community-based research.

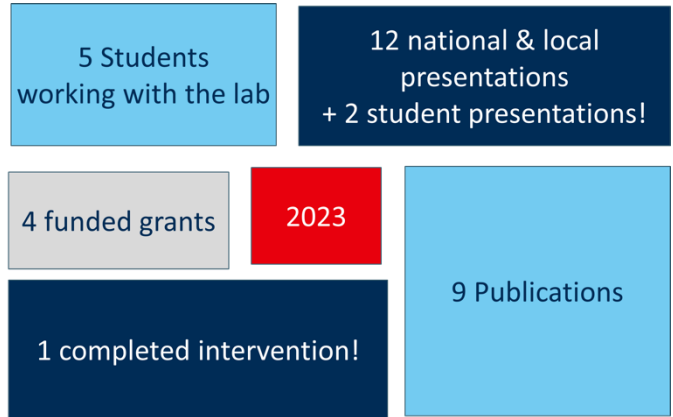
We Practice What We Preach

We not only study health behaviors in the lab, but we also actively participate in them within our lives. One example from this year included bringing colleagues (Dr. Ed Ellerbeck, Population Health at KUMC) on an early morning run at a NIH conference.



Student Success

This year we were lucky to have 4 doctorate of physical therapy students and 1 medical student in the lab. The doctorate of physical therapy students developed a protocol for equipment that we will use in future research. Lauren St. Peter, our 2nd year medical student is working on a study comparing health behaviors among youth with obesity class I, II and III. She presented results at the KU Diabetes Institute Research Symposium in December 2023 (picture to the right)



What We're Working on CareWell

We are excited to share that we just wrapped up our pilot study, CareWell. This study provided stress reduction and social support to caregivers of individuals with intellectual and developmental disabilities. Our 3 cohorts filled almost immediately, and we were able to finish the study in record time!

Upcoming Work

As we close out 2023, the lab is already looking ahead to what studies we'll be doing in 2024. Here is a quick glimpse of a few we are starting!

- Providing the National Diabetes Prevention Program to rural Kansas through extension offices.
- Adding yoga to a weight loss study to see if there are added benefits.
- Improving success rates for children in obesity treatments by developing a new, adaptive treatment!

