

KCDONS

The purpose of the Kansas City Diabetes, Obesity, and Nutrition Seminar Series is to convene those interested in these areas while highlighting the latest science and breakthrough discoveries with a specific focus on translational research across the lifespan.

Spring 2026 All seminars occur at 12:00 PM CST. *Lunch is provided for most in-person seminars. Zoom: [Click here for Zoom access](#)

Date:	Presenter:	Host:	Location:
1/23/2026	David White , PhD, ACSM-CEP, FACSM, Associate Professor & Exercise Physiologist, Children's Mercy Kansas City <i>I'm scared that exercise might hurt me - Kinesiophobia in youth with heart disease</i>	CHLN	Zoom Only
1/30/2026	Laura Motsinger , PhD, MBA, Sr. Scientist, Global Clinical Nutrition & Claims, Hill's Pet Nutrition <i>Beyond the Bowl: The Science Behind Every Bite</i>	D&N	Orr Major 2027 / Zoom
2/6/2026	Suryeon (Su) Ryu , PhD, Postdoctoral Fellow, Center for Children's Healthy Lifestyles & Nutrition, Children's Mercy Kansas City; and Sara Fortin-Miller , PhD, Postdoctoral Fellow, Center for Children's Healthy Lifestyles & Nutrition, University of Kansas Medical Center	CHLN	Zoom Only
2/13/2026	KUDI 2025 Summer Research Fellows: Easton Attwood, Kathryn Reeg, and Joel Sydzyk	KUDI	HEB G205 / Zoom
2/27/2026	Paige Geiger , PhD, Professor, Cell Biology & Physiology; Director of Scientific Research, KUDI <i>Hot tubs, saunas, and ice baths for metabolic health: the science behind the hype</i>	KC-MORE	HEB G205 / Zoom
3/6/2026	Amanda Staiano , PhD, Associate Professor, Director Pediatric Obesity and Health Behavior Laboratory, Pennington Biomedical Research Center, Baton Rouge, LA <i>TEAM UP: Results of a pragmatic comparative effectiveness trial delivering family-centered child obesity treatment in primary care</i>	CHLN	Zoom Only
3/13/2026	Alok Joglekar , PhD, Assistant Professor, Center for Systems Immunology, Depts of Immunology and Computational and Systems Biology, University of Pittsburgh School of Medicine <i>TBD</i>	KUDI	HEB G205 / Zoom
3/27/2026	TBD	KUDI	HEB G205 / Zoom
4/3/2026	Adrian Ortega , PhD, Assistant Professor, Dept of Pediatrics, Division of Developmental & Behavioral Health, Children's Mercy Kansas City <i>Digital Health Interventions for Adolescents</i> Walker McKinney , PhD, Assistant Professor, Dept of Pediatrics, Division of Developmental & Behavioral Health, Children's Mercy Kansas City <i>Neighborhood characteristics associated with clinical outcomes in neurodevelopmental disabilities</i>	CHLN	Zoom Only
4/10/2026	Doug Mashek , PhD, Professor, Department of Biochemistry, Molecular Biology and Biophysics, Department of Medicine, Division of Diabetes, Endocrinology, and Metabolism; Associate Director, Masonic Institute on the Biology of Aging and Metabolism <i>New Insights into the role of ectopic fat in driving metabolic and aging-related diseases</i>	KC-MORE	HEB G205 / Zoom
4/24/2026	Matthew Hayes , PhD, Albert J. Stunkard Professor in Psychiatry, Vice Chair of Basic and Translational Neuroscience Research; Director, Molecular and Neural Basis of Psychiatric Disease Section, Psychiatry Dept; Director, Obesity Unit, Institute for Diabetes, Obesity, and Metabolism <i>Understanding the MoA of GLP-1R Agonists to Create the Next Generation Treatment(s) for Obesity Without Nausea/Emesis</i>	KC-MORE	HEB 2110 / Zoom
5/1/2026	Christopher Cushing , PhD, Professor/Senior Scientist; Director of Clinical Training, Department of Clinical Psychology, University of Kansas <i>Development and Pilot Testing of My Plan, a Personalized mHealth Intervention for Adolescent Obesity</i>	CHLN	Zoom Only
5/8/2026	TBD	KUCC	HEB G205 / Zoom
5/22/2026	Ursula White , PhD, Assoc. Professor, Clinical Sciences Division, Pennington Biomedical Research Center <i>TBD</i>	KC-MORE	HEB G205 / Zoom
5/29/2026	Matthew J. Landry , PhD, RDN, DipACLM, FAND, FAHA Assistant Professor of Population Health & Disease Prevention, Joe C. Wen School of Population & Public Health, University of California, Irvine <i>Plant-Based Dietary Patterns for Cardiometabolic Health</i>	D&N	Zoom Only

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Special Interest

Groups (SIG)

The KC-DONS is forming Special Interest Groups (SIGs). Each SIG will meet quarterly throughout the year. At each meeting SIG members will present on their current work (papers, grants, summary statements, study challenges) and discuss with like-minded SIG members doing similar work. SIGs are CHLN-focused but open to anyone interested in coming!

Special Populations Group

This interdisciplinary team of scientists and practitioners is focused generally on the promotion of healthy lifestyles in persons with Autism Spectrum Disorder, Down syndrome, and other intellectual and Developmental Disabilities as well as their parents/caregivers. We have strengths in metabolism, promotion and assessment of physical activity, assessment of dietary intake, clinical trial design, and clinical weight management. (contact: Amy Bodde, abodde@kumc.edu)

Maternal/Child Early Nutrition Group

This interdisciplinary team of scientists and practitioners is focused generally on pregnancy and early child nutrition/healthy lifestyles. We have strengths in breastfeeding, measurement (DxA, Hyperpalatable Foods, Mealtime Synchrony, etc.), as well as mouse models of early life stress, human cognitive neuroscience, tube feeding in children, nutrition literacy, and in interventions with typically developing and medically complicated children as well as in novel settings like the NICU. (contact: Ann Davis, adavis6@kumc.edu)

Lifestyle Interventions Group

This group is broadly interested in exploring collaborative opportunities and sharing expertise related to lifestyle interventions for obesity, physical activity, and nutrition. Members have a broad range of expertise including behavioral interventions in children and adults, social determinants of health, clinical and community-based interventions, community-based participatory research, implementation science, technology-based interventions and measurement, family-based interventions, and prevention. (contacts: Helena Laroche, hlarache@cmh.edu and Jordan Carlson, jacarlson@cmh.edu)

Caregiver Wellbeing Group

The Caregiver Wellbeing SIG is a multidisciplinary group of researchers, clinicians, and community members focused on addressing the mental and physical health needs of caregivers of children with medical complexity and/or disability. (contact: Dana Bakula, dmbakula@cmh.edu)

Therapeutic Diet Group

The Therapeutic Diet Special Interest Group is focused on the relationship between nutrition, diet, and meal timing with health across the lifespan, the prevention and treatment of chronic disease, and quality of life. We bring together nutrition researchers and dietitians together with investigators, clinicians, and health professionals interested in using nutrition and diet therapy to benefit patients and the community. (contact: Felicia Steger, fstege@kumc.edu)

Spring 2026: ALL VIRTUAL

Jan 16 – Special Populations Group, Lifestyle Interventions Group

Feb 20 – Caregiver Wellbeing Group

Mar 20 – Therapeutic Diet Group, Maternal/Child Early Nutrition Group

Apr 17 – Special Populations Group, Lifestyle Interventions Group

May 15 – Caregiver Wellbeing Group

Jun 19 – Therapeutic Diet Group, Maternal/Child Early Nutrition Group