

# CAVU Update

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CAVU's Deirdre Connor and CAVU Board members Nick Leschly and Joe Faber with Paul Pierce at the April 1 Texas Hold 'em Poker Tournament.

Dear CAVU Supporter,

Hope you've been having a wonderful start to the summer. It's been a busy time at CAVU with the launch of innovative new programming to augment our work in pediatric obesity, and a scale-up of the CAVU-supported ADHD program in Boston due to a major \$900,000 grant from the Maternal and Child Health Bureau. Please read on to find out more about these projects.

I also want to take this opportunity to thank all who joined us for our first Texas Hold 'em Poker Tournament with Paul Pierce on April 1st. Thanks to the generosity of over 100 attendees and sponsors including Faber Daeufer and Rosenberg PC, we were able to raise funds to provide free Activity Watches to patients at our eight Healthy Weight Clinics across the state (see below for more). The generosity of the participants and sponsors is deeply appreciated.

Thank you also to Caitlin McNally, who completed her Masters in Public Health practicum with us this summer. Caitlin was a significant asset to the organization and we are sorry to see her go! We wish her all the best in med school and beyond.

Wishing you a happy and healthy summer,  
Deirdre

[Weight Clinic featured on WFCR, July 2010](#)

[Fruit and Veggie Rx Program in Washington Post, June 2010](#)

[Whittier's Healthy Weight Clinic Featured in Boston Globe, April 2010](#)

[Poker Tournament Coverage in Boston Herald, April 2010](#)

[Health Affairs Article Abstract, March 2010](#)

Deirdre Connor  
Director of Operations  
CAVU

## **Poker Tournament Raises Funds to Support CAVU Kids**

April 1 marked CAVU's first Texas Hold 'em Poker Tournament with Paul Pierce's Truth Fund, held at Grill 23 in Boston. Money raised will provide patients at CAVU's eight Healthy Weight Clinics with free Activity Watches, allowing them to monitor their physical activity and receive incentives through Pierce's [FitClub34](#) when they complete 60 minutes of physical activity per day. CAVU will utilize our data collection system to track the impact of this program on the health outcomes of Healthy Weight Clinic patients.

Over 100 supporters attended the event to play poker and help assist kids in the Healthy Weight Initiative in reaching their goals. Congratulations to the tournament winners and our sincere thanks to the sponsors and participants for helping to provide Healthy Weight Clinic patients with an engaging way to stay motivated to lead healthy lifestyles.

## **CAVU ADHD Program Receives Major Grant**

The CAVU-supported Coordinating Care for ADHD (Attention Deficit Hyperactivity Disorder) program in Boston has been awarded a \$900,000 grant to expand its efforts into additional Boston locations over the next three years. The program was launched in late 2009 at Whittier Street Health Center and Boston Medical Center and seeks to adapt a proven model for treatment of adult depression to the treatment of underserved children with ADHD.

The pilot was chosen to be funded by the Maternal and Child Health Bureau for \$300,000 per year for three years in a highly competitive selection process. CAVU's early support of the pilot program was critical in securing this funding, as it allowed the program to demonstrate diversity in funding sources. Congratulations to Program Champion Michael Silverstein, MD, MPH, and his staff on this significant achievement.

## CAVU and Wholesome Wave Foundation Launch "Fruit and Veggie Rx" Program

This summer CAVU is pleased to announce a new pilot program in partnership with Wholesome Wave Foundation, a national organization that supports increased production and access to healthy, fresh, and affordable locally grown food through partnership-based programs. The *Fruit and Veggie Rx* program will allow providers at three of CAVU's Healthy Weight Clinics to prescribe farmers market vouchers to families in need. The vouchers will provide the Healthy Weight patient's family with enough voucher dollars to increase each family member's consumption of fresh fruits and vegetables by one serving per person per day. Through CAVU's newly redesigned data collection system and pre and post surveys with the families, we will be able to evaluate the impact of the prescriptions on patients' fruit and vegetable consumption and health outcomes.

The program is also being piloted by Wholesome Wave at sites in Maine, which will augment the data collected in the pilot phase. We look forward to seeing the impact of this innovative new program and evaluating the potential for its expansion to additional clinic sites. Please see the link in the sidebar for a recent Washington Post article on the new program.

## Healthy Weight Clinic in Holyoke Featured on Public Radio

The CAVU-supported Healthy Weight Clinic at Holyoke Health Center was featured in a 3 part series on childhood obesity which aired July 6th-8th on public radio station WFCR. The series highlights Holyoke's efforts to combat pediatric obesity and to sustain changes through community-based efforts.

The story includes segments from discussions with clinic patients and their families, Healthy Weight Clinic staff, and CAVU's Deirdre Connor. Click here to listen to [Part 1](#), [Part 2](#), and [Part 3](#). Congratulations to Holyoke Health Center on their impressive work to address childhood obesity.