



November 2017 Newsletter

Midwest **FACES**

Chicago, IL • Saturday • June 9, 2018

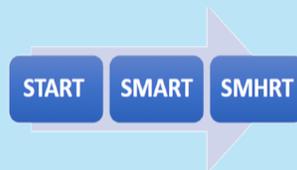
MARK YOUR CALENDARS FOR THE FIRST EVER
MIDWEST FOOD ALLERGY CONFERENCE
FOR EDUCATION AND SCIENCE
FEATURING SPECIAL TRACKS WITH TOP RESEARCHERS & PHYSICIANS
FOR PARENTS & CHILDREN 9+

Registration is limited and will open **January 2018** | **Free** for families!
To receive more information and conference updates, [click here!](#)



Research Spotlight: Shining the Light On...

Student Media-based Health Research Training (SMHRT): Students Become Researchers



The SOAAR Team focuses much of their time and effort conducting community-based research in hopes of better understanding and improving childhood chronic disease. Back in 2010, we piloted our START (Student Asthma Research Team) program in Chicago high schools with high asthma rates and poor asthma morbidity in order to empower the students to improve their asthma self-management and identify the positive and negative factors in their community to try to make a change.

We further developed this program into SMART (Student Media-Based Asthma Research Team) to include middle school students with asthma and helped them create video PSAs for their communities.

After the overwhelming success of the first two programs, we have decided to expand the curriculum to focus beyond asthma to a broader range of health conditions and make it available to all age groups. This new curriculum is called SMHRT (Student Media-based Health Research Training).

The SMHRT curriculum helps students become researchers as they explore their neighborhoods for positive and negative factors affecting their health conditions and document their findings with pictures, journal entries, and discussions with peers. This curriculum is designed to be easily implemented by teachers to help their students improve their own health as well as the health of their community by creating interventions. It will be available in early 2018!



**Pictured: Mr. Jim Bruegenhemke is a 4th grade teacher at Boone Trail Elementary, in Wentzville, Missouri. Mr. Bruegenhemke piloted the SMHRT curriculum with his class. During the month of Halloween his class painted pumpkins teal for food allergy awareness.*

SMHRT will be available in early 2018!

The SMHRT curriculum will be available free of charge. To obtain a copy of the curriculum, email: soar@northwestern.edu.

Learn more:

To watch the student-created PSAs from the START and SMART curriculums, click [here](#).

START and SMART Publications

1. [Perceived factors affecting asthma among adolescents: Experiences and findings from the Student Asthma Research Team pilot study.](#)
2. [Impact of student-directed videos on community asthma knowledge.](#)
3. [SMART \(Student Media-based Asthma Research Team\): Engaging Adolescents to Understand Asthma in their Communities.](#)
4. [Leveraging mobile technology in a school-based participatory asthma intervention: Findings from the Student Media-based Asthma Research Team \(SMART\) study.](#)

Dr. Gupta spoke in depth about the development of the SMHRT curriculum during the USAsthma Summit held last month in Boston. To listen to her presentation, see below!

Academic Presentations

USAsthma Summit

On October 27th, Dr. Gupta presented, "School-based Asthma Interventions Program: Lessons Learned from the Student Asthma Research Team (START)" at Allergy & Asthma Network's USAsthma Summit in Boston, MA. Click [here](#) to watch Dr. Gupta's presentation.



World Food Championships: Educating Chefs About Food Allergies

On November 10th, Dr. Gupta educated chefs from around the world during the 2017 World Food Championship's half-day seminar, "Addressing Allergies in Food Service" held in Orange Beach, AL. During her "Life-Threatening Allergies Prevalence and Burden" presentation, Dr. Gupta explained why it seems like everyone has a food allergy. She also spoke on a panel with Michael Pistiner, MD, MMSc, to address the psychosocial impact of dining out with life-threatening allergies. Click [here](#) to listen to their discussion.

In addition, celebrity chef Elizabeth Faulkner provided an interactive cooking demonstration where she shared how to easily substitute ingredients for the top 8 food allergens (milk, egg, peanut, tree nut, fish, shellfish, wheat and soy).

This seminar, the first of its kind with the World Food Championships, was developed in partnership with Allergy & Asthma Network.

Learn more!

[World Food Championships post event press release](#)



(from left to right) Dr. Gupta, Dr. Michael Pistiner, celebrity chef Elizabeth Falkner, and Tonya Winders, CEO/President of Allergy & Asthma Network

Welcome New SOAAR Staff!

Jennifer Chung, Administrative Assistant

Ms. Chung supports the SOAAR team with administrative tasks including scheduling meetings, preparing presentations and organizing Dr. Gupta's speaking engagements and travel. Ms Chung joined SOAAR in 2017 after teaching for Chicago Public Schools. She graduated from Illinois State

University with a Bachelor of Arts in Secondary English Education and a minor in TESOL (Teaching English to Speakers of Other Languages).



Welcome to the team, Jennifer!

In the News

- [Medscape News: Pediatricians Not Embracing New Peanut Guidelines](#)
 - [Science Daily: "21 percent increase in childhood peanut allergy since 2010: More children have food allergies, including more black children."](#)
 - [Washington Post: How Other People's Food Allergies Are Changing What You Eat](#)
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Upcoming Award Celebration

Congratulations Food Allergy Heroes!

On December 4th, Dr. Gupta will be celebrated as one of 24 guests of honor during FARE's 20th Anniversary Food Allergy Ball held at The Pierre in New York City. For more information, including the names of the other honorees, click [here](#).

Questions?

Email [Brenda Silvia-Torma, M.Ed.](#), SOAAR Communications Coordinator



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