

Dr. Franks Announces New *Stomp for Life* Program

Dr. Susan Franks, PhD announces a dual award for the *Stomp for Life* program. The Coca Cola Foundation distributed over \$20,000 to the innovative obesity prevention project in conjunction with resources from the UNT Health Science Center / TCOM in the amount of \$254,961.—making the total grant award \$276,961.

Dr. Franks, Associate Professor at the UNT Health Science Center, Primary Care Research Institute, Department of Family Medicine, will conduct an innovative physical activity and nutrition program for disadvantaged youth in Fort Worth. This is the first time the science of musical rhythms will be applied as a frontline prevention to address a critical community health issue—the epidemic of childhood obesity.

The *Stomp for Life* program uses the power of music to directly influence brain activity in the learning process to improve retention of nutritional information and healthy habit formation. This unique after-school program will be carried out at various Fort Worth community centers with groups of 9 to 12 year olds who will learn educational lyrics and movement routines that are linked to rhythms known to enhance learning and motivation. By applying the principles of brain-based learning through musical rhythms and movement, critical changes occur through multiple layers of human experience, resulting in lasting changes in learning, motivation, confidence, self-esteem, and physical health.

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Dr. Franks, a Clinical Health Psychologist partners with the Fort Worth Parks and Community Services Department and also incorporates the creative expertise of Dr. Kris Chesky, Director of the Texas Center for Music & Medicine at the University of North Texas at Denton and with Debbi Jo Utter of Dance Concept of Fort Worth.

The project will run from January 2011 through December 2011. Co-PI's include Dr. Heather Kitzman-Ulrich, PhD, Assistant Professor, Department of Family Medicine at the UNT Health Science Center of Fort Worth who brings her expertise in community-based health-related programs to *Stomp for Life* and Dr. Paul Bowman, Chairman and Professor of Pediatrics, also of the UNT Health Science Center.

Quote:

"A well-spent day brings happy sleep".

—Leonardo da Vinci