“Improving the health and well-being of children and their families”
PSYCHOSOCIAL AND ENVIRONMENTAL STRESS EXPOSURES

self-reported discrimination, socioeconomic burden

- SOCIETY
- SCHOOL
- INDIVIDUAL
- NEIGHBORHOOD
- FAMILY

STRESS APPRAISAL

objective and subjective ratings of negative stressors

NEUROENDOCRINE STRESS RESPONSES

HPA axis activity, SNS activity

BEHAVIORAL COPING RESPONSES

stress eating, physical inactivity, poor sleep

GENETIC EXPRESSION/EPIGENETIC REGULATION

PNPLA3, NF-kB, PPARγ

METABOLIC RISK FACTORS

obesity, insulin resistance, inflammation
Fully Engaged Research Process

- Lab Meetings
- Journal Club
- Training Sessions
- Project Development
- Data Collection
- Data Analysis
- University Presentations
- Manuscript Writing
- Lab Mission and Logo
- Mid-tenure Review
Fully Engaged Research Process

- Lab Meetings
- Journal Club
- Training Sessions
- Project Development
- Data Collection
- Data Analysis
- University Presentations
- Manuscript Writing
- Mission Development
- Mid-tenure Review
Community Engagement and Communication

Social Media

- Facebook: like us on facebook
- Twitter: Follow us on Twitter
- Instagram: cdrl.kines.umich.edu

Infographics

Ways to Reduce Stress

- Exercise: Physical activity plays a key role in reducing and preventing stress.
- Listen to music: Listening to soothing music can lower blood pressure, heart rate, and anxiety.
- Yoga: Yoga is a great way to work on your flexibility and strength. It usually involves breathing exercises and meditation, which can help you relax.
- Make time to relax: Relaxation triggers a chemical response that creates a sense of well-being and calmness.
- Get a good night’s sleep: Getting enough sleep helps keep your body and mind in top shape, making you better equipped to deal with daily stressors.
- Solve the little problems: Learning to solve everyday problems can give you a sense of control over the things that stress you out.
- Think positively: A healthy dose of optimism can help you make the best of even difficult circumstances.
- Discard your problems: Talk to a trusted person and build a network of friends who help you cope in a positive way.
- Eat a healthy diet: Well-balanced meals are better prepared to cope with stress.
Community Engagement and Communication

Community Events

“Activity Breaks”

Health Fairs

2014 World Diabetes Day

2014 World AIDS Day
Leadership and Role Modeling

**Nutrition**

Healthy Halloween

**Physical Activity**

Group Activity after Lab Meeting
THE CDRL FAMILY