



October 2010 Newsletter



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"Because health is more than medical care"



CARE Track Resident Spotlight



CARE Track Resident Geoff Collins has been collaborating with the Boys and Girls Club of Rochester on Genesee Street planning bike rides with the kids through the city of Rochester. Dr. Collins' project is called Cyclopedia (www.cylco-pedia.org). It addresses the worsening social isolation and sedentary inactivity that have been eroding the emotional and physical health of American children for decades. The lack of outdoor recreation is especially severe in urban poor populations. Cyclopedia empowers inner city youth to navigate the territory of their own physical and social environments. The destinations are worked into a 16-week curriculum of lessons about history, current events, art, and urban planning.

The participants take pictures and write comments about their trips and post them on the website. This is based on a youth development model wherein giving the kids competence in something fun helps to build confidence and hope, thereby getting at the root cause of many adolescent issues. Eventually, as a "side effect" of Cyclopedia, positive behaviors like school performance will be enhanced, as the children write, speak and make art about their excursions. In addition, there is the "stealth health" benefit of bicycling for physical fitness. Evaluation will look at changes on the nationally validated Teen Outreach Program (TOP) questionnaire.

Dr. Collins is an avid cyclist and is passionate about sharing his interest. In Cyclopedia, the bicycle is not just a tool for recreation but also a vehicle of exploration and liberation. The teens have been amazed to discover that their whole lives they have lived minutes away from so many things they had never seen before: statues, parks, a farm, boats on the Erie Canal, etc.

The program builds on a successful similar endeavor that Dr. Collins implemented while a medical student in New York City. The Boys and Girls Club is eager for this effort to succeed because they have been searching for ways to attract more adolescents. Their director of teen programming takes part in the rides along with Dr. Collins and Dr. Marc Lavender, a practicing internist-pediatrician. The presence of physicians and other professionals on the rides gives the teens rare outside-of-school contact with individuals who have a lived experience of higher education and life outside the inner city.

R Community Bikes has donated bicycles and the project has received support from a local funder, as well as a resident CATCH grant from the American Academy of Pediatrics, which is a competitive grant awarded to pediatricians who want to plan community-based initiatives to increase access to children's healthcare.

Announcements

We are pleased to announce that the Community and Pediatricians: Partners for Children Grants Committee awarded 4 grants to pediatric and medicine/pediatric residents for the 2010-2011 academic year. The projects that were funded are:

- *Evidence-Based Contraception: Providing the Best Care for our Teens* ~ Drs. Manisha Relan, Hilary Southerland & Anne Huber
- *CAREing in Court: Partnering to Promote Health and Wellness for Kids in Crisis* ~ Dr. Abigail Kroening
- *Cyclopedia: Improving Adolescent Physical and Social Health Through Bicycling* ~ Dr. Geoff "Cappy" Collins
- *Check and Connect: An Evidence-Based Solution to one of Rochester's Largest Problems* ~ Dr. Eric Biondi

*Congratulations to 3rd year CARE Track resident Eric Biondi for his article published in last month's *Pediatrics in Review* "Cardiac Arrhythmias in Children."

*Congratulations to 3rd year CARE Track resident Geoff Collins the recipient of the prestigious AAMC 2010 Resident Physician Community Service Award, the American Academy of Pediatrics Anne E. Dyson Child Advocacy Award and a 2010 AAP CATCH Grant. Dr. Collins presented his poster at the NCE Community Pediatrics Reception and Poster session in San Francisco last month.



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