

## Talking With Teens About Weight, Body, and Health: Navigating the Parent-Adolescent Dynamic

Join us to discuss how to measure communication approaches, understand the data on parent communication and disordered eating, and hear about the lived experience from a parent and child.

**Thursday 23 February 2023, 8-9am AEDT**

**Wednesday 22 February 2023, 4-5pm EST**

**Wednesday 22 February 2023, 9-10pm BST**

**Wednesday 22 February 2023, 1-2pm PST**

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| <p><b>Talking With Teens About Weight, Body, and Health: Navigating the Parent-Adolescent Dynamic</b></p> | <p><b>Jacqlyn Yourell, M.S.</b><br/>Doctoral Candidate - Youth Development and Family Sciences<br/>Predoctoral Fellow – NIH/NCATS, UF Clinical and Translational Science Institute<br/>Department of Family, Youth and Community Sciences, University of Florida</p> |
| <p><b>Lived experience from a parent and child</b></p>  | <p><b>Faith Anne Heeren</b><br/>Graduate Student<br/>Department of Health Outcomes &amp; Biomedical Informatics, University of Florida</p> <p><b>Shannon Newsome</b><br/>Wife, mother of two</p>   |
| <p><b>Q&amp;A discussion</b></p>  | <p><b>Facilitated by:</b><br/><b>Michelle Cardel, Ph.D., M.S., R.D., F.T.O.S.</b><br/>Senior Director of Global Clinical Research &amp; Nutrition, WeightWatchers<br/>Faculty member, University of Florida</p>  |

## About the speakers



### **Jacquelyn Yourell**

Jackie Yourell is a PhD Candidate in Youth Development and Family Sciences at the University of Florida. Her research focuses on leveraging parent-child relationships and communication to promote adolescent health and prevent the many negative consequences that result from weight stigma and weight-based bullying. She lived with obesity from childhood through late adolescence, and her journey to a healthy relationship with food, exercise, and body image drives her passion for promoting the health and wellbeing of youth and families and eating disorder prevention.



### **Faith Anne Heeren**

Faith Anne Heeren is a doctoral student at the University of Florida. At the age of 16, she underwent gastric bypass, which sparked her involvement in obesity research and patient advocacy. She is also the founder of OCEANS, a 501(c)3 non-profit for adolescents living with obesity.



### **Shannon Newsome**

Shannon Newsome is a wife and mother of two. She works alongside her husband at their small business. Shannon has lived experience of obesity and has undergone gastric bypass. Additionally, she also has lived experience as a parent of a child living with obesity. Ultimately, she is an advocate who is passionate about reducing the stigma associated with parents of children living with obesity.



### **Michelle Cardel, Ph.D., M.S., R.D., F.T.O.S.**

Dr. Cardel is Senior Director of Global Clinical Research & Nutrition at WeightWatchers and a faculty member at the University of Florida. Her research focuses on healthy lifestyle interventions, particularly among underserved populations. She has published more than 90 papers and has won a variety of awards for her work in weight management and nutrition.