

Lori J. Stark, PhD

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Description of Research:

Dr. Stark has longstanding interest in examining behavioral and environmental factors that contribute to nutritional health and eating disorders. She has had funding from the NIH to examine barriers and interventions to improve adherence to dietary treatment in cystic fibrosis (CF), and to improve calcium intake in order to improve bone mass. Her studies in CF have found that achieving the dietary recommendations for optimal nutritional status is challenging as children with CF must exceed the recommended energy intake for same age children. In trying to achieve these dietary goals parents often resort to ineffective parenting strategies that not only do not work but have a negative effect on family functioning. She had designed effective behavioral interventions to increase caloric intake and reduce parent-child distress during meals. She has also applied this methodology to other nutritional problems such as improved calcium intake and examined the effect on bone mass in children with juvenile rheumatoid disease and Crohn's disease.

Collaborations:

Dr. Stark works with Dr. Heubi examining the effect of calcium on bone density in children with Inflammatory Bowel Disease. She also collaborates with Dr. Powers on the evaluation of behavioral intervention to improve nutritional status of young children with cystic fibrosis. As a new member, Dr. Stark has not used DHC cores.

Representative Data:

TABLE 2. *Mean daily intake of other nutrients at baseline and posttreatment for participants in the behavioral intervention and enhanced standard of care conditions*

	Total calories	% Total calories-protein	% Total calories-carbohydrates	% Total calories-fat
Behavioral Intervention				
Condition				
Baseline	1800 ± 428	12.4%	56.7%	33.0%
Posttreatment	2003 ± 490	13.8%	56.7%	31.0%
Enhanced Standard of Care				
Condition				
Baseline	1880 ± 337	13.4%	56.8%	32.6%
Posttreatment	1809 ± 403	13.7%	58.6%	31.3%

Table 2 from J Pediatr Gastroenterol Nutr, 2005; 40:501-507.