



## 2022 Annual Report

### A YEAR OF REGROWTH TRANSFORMATION AND FIGHTING BACK AFTER COVID SURGE

This year at Live Light Live Right we were able to reinvent ourselves and provide for our families and children during one of the most hard hits years in the past decade due to the scourge of COVID, exaggerated Structural health inequities and increasing rates of severe obesity. Being the only independent 501(c)(3) non-profit organization providing tertiary care obesity medicine and free resources to the hard hit community we were able to develop a hybrid virtual and in person program to fulfill the large gap that exists for the management and treatment of this underrecognized disease. With clinics at SUNY Downstate Health Sciences University and Eastern Parkway and late evening and weekend hours, we continue to commit to excellence and patient centered care.

#### NOTABLE ACHIEVEMENTS

- **Treatment & Care** - Provided treatment and care that helped over 600 children and families improve serious health risks: **60%** lowered their body mass index scores; and **40%** decreased insulin, blood pressure and cholesterol levels, lowering their chances of getting type 2 diabetes or heart disease.
- **Training Classes** - Conducted training classes for over **200** medical residents, physicians and health professionals about the treatment, management and prevention of childhood obesity and the diseases it causes. Partnered with **Health First Medicaid** insurance company to create a training module for primary care physicians and provided training over zoom sessions on dealing with severe Obesity
- **Weekly Exercise Classes** - Provided a free hybrid exercise and recreational program to available to all the families referred to the LLLR program ( Virtual and in person classes ). Details below:

*Live Light Live Right Home Edition Cardio Turn Up - Every Wednesday at 5:30 PM*

*Live Light Live Right Home Edition Power Up - Every Friday at 5:30 PM*

*Join using Zoom link below:*

<https://zoom.us/j/97314374562?pwd=U3lYOXBlId0JZWmFuZ3djdjVpbTZNQT09>

*In-person Classes are available on Saturday at 1 PM at*

*Brownsville Recreation Center- 1555 Linden Blvd, Brooklyn, NY 11212*

- **Nutritional Counseling & Virtual Cooking Classes** – We offered free nutrition education workshops for our patients. We conducted weekly cooking demos via Google Meet with [Chef Nico](#) and one on one personal nutritional counseling with our team of qualified nutritionists. Cooking demos are also recorded and available to watch on our YouTube channel:

[YouTube Channel : Live Light Live Right](#)

- **Bariatric Program** - Made great strides in our Bariatric Program with Brooklyn Hospital which transformed the health of a number of adolescents. Based on the new AAP guidelines, referrals can be made at an earlier age and independent of any significant mental health issues and disabilities.
- **Use of Anti-Obesity Medication** - 2022 was a revolution for childhood obesity in which a number of anti-obesity medications were approved by the FDA for children 12 & above (semaglutide, phenteramine & topiramate to just name a few. LLLR physicians are well versed in adding these much needed medications to the treatment for severe obesity and is finally enabling the community and physicians to understand obesity as a disease. Dr. Dhuper was recently interviewed by Channel 12 news in relationship to these new guidelines. [Click here](#) to watch the interview. [Click here](#) to read the new guidelines.
- **Social Media** – LLLR uses multiple avenues to connect with families in our community. We update them every week through texts and emails. This includes keeping a Constant Contact list of nearly 1000 participants. We also have a Physicians list for emailing our newsletters and other program updates. Instagram posts, stories and reels are used for success stories and events. Our YouTube video channel has pre-recorded cooking demos and our website is updated monthly.

### **Research & Publications –**

- Accepted for presentation as abstracts for the Pediatric Academic Society meetings spring 2023
  - Screening for Rare Genetic Diseases of Obesity in Children
  - Relation Between Nocturia and Blood Pressure Elevation in Adolescents
- Annual Research Day SUNY Downstate
  - Assessing Patient Experiences with a Hybrid Obesity Prevention and Management Program: A Pilot Study  
Hector Gonzalez, Alexander Fang, Jacob Daniel, Adiba Yeakub, and Sarita Dhuper, MD
- Articles
  - Insights into the challenges and facilitators to physical activity among Brooklyn teens enrolled in a weight management program. [Viola R. Browne DrPH, MS](#), [Denise M. Bruno MD, MPH](#), [Sarita Dhuper MD](#), [Aimee Afable PhD, MPH](#)
  - Evaluation of a Childhood Obesity Program Serving a High-Need Population in Brooklyn, New York Using Survival Analysis  
Alecia James 1,\* , Aimee Afable 2, Nagla Bayoumi 1, Sarita Dhuper 3  
Submitted to Int. J. Environ. Res. Public Health 2023, 18, x FOR PEER REVIEW
  - Impact of Obesity on Functional Capacity and Cardiorespiratory Fitness in Children  
Youssef Ahmed , Jeremy Wadowski, Sarita Dhuper  
Submitted and in peer review to Pediatric Exercise Science

## COMMUNITY PARTNERS

### **SUNY Downstate Medical Center School of Public Health**

- *Apex Training Program:* Live Light Live Right is an integral part of their community partnerships and LLLR hosts at least 3-4 students a year to do their Apex training.
- Dr. Dhuper is also invited to be on their community advisory board . These collaborations are essential to improving health risks, access to healthier foods and promoting childhood obesity prevention in the community.

### • **Brownsville Culinary Center**

- Live Light Live Right has partnered with Brownsville Culinary Center located at 69 Belmont Ave Brooklyn, NY 11212 (website <https://www.thebcc.org/>).
- Offers Diabetes Wellness Program.
- Offer nutritional courses, fitness classes, and case workers who can help access health services (dental care & health care).
- Offers 6 week course for self-management skills (includes group counseling, fitness training, and support).
- Nutritional Demo Class hosted on Fridays 1 pm – 4 pm.
- Physical Fitness Courses offered onsite Tuesdays 10 am - 10:45 am.
- Distribution of free fresh produce in “Farm Bags” Fridays 1 pm – 4 pm.

### • **CityHarvest/Plentiful App**

- Access on website <https://www.cityharvest.org/> or call 646-412-0600.
- Website includes map of nearby food pantries.
- CityHarvest hosts Brooklyn Mobile Market - Community members gather in farmers’ market settings, where they receive fresh produce and participate in cooking demonstrations to learn how to make healthy meals.

- CityHarvest developed Plentiful app, app can be used to find food pantries near you and reserve a time to pick up food.
- Download the Plentiful app or text "FOOD" to PANTRY (726-879) from any phone for help finding pantry near you.

- **Lemontree Food Helpline**

- Open 10am–6pm, every day of the week.
- Text FOOD to 90847, or call 844-995-0989
- Call or text the Lemontree Food Helpline for help finding the closest food pantry, applying for SNAP, and more.

- **Grand Army Plaza Greenmarket**

- Open Saturday 8 am – 3 pm year round.
- Cash, SNAP/EBT, Debit/Credit, Healthfirst OTC cards (LIP and CC members only), WIC & Senior FMNP coupons, and Greenmarket Bucks accepted.

- **Berean Baptist Church**

- 1635 Dr. Hylton L. James Boulevard Brooklyn, NY – 11213 T: 718-774-0466
- Call to schedule a pickup of food

- **National Committee for Furtherance of Jewish Education**

- 824 Eastern Pkwy Brooklyn, NY 11213 T: 718-735-0200, Friday 12 pm -1 pm

## LLLR TEAM

***Dr. Sarita Dhuper*** – Founder & Executive Director

***Rena Sooknanan*** – Sr Community Care Coordinator and Administrator

***Ebony Harris*** – Physical Fitness Trainer

***Judy E Mashell PHD/MBA*** – Sr. Nutritional Consultant

***Nicholas Jones*** – LLLR Chef & Nutritional Consultant

***Garima Dhuper*** – Director of Marketing & Operations

***Alisha Rappaport*** – Web Design

***Dawn D Mendonca /Venice Maitland / Karen Samson*** – Medical Assistants

## LLLR Advisory Board

***Rohan Dhuper – President***


Rohan Dhuper is a budding Entrepreneur and founder of Aeon Capital Group - a Micro-Cap investment firm focusing on capital markets and private investing in New York.

He completed his undergraduate BS in Administration and Hospitality from Boston University.

Rohan moved to San Francisco, CA in 2015 to work with Alecto Healthcare, A private healthcare firm that focused on distressed hospitals. He spearheaded the finance team at St. Rose Hospital, a newly acquired hospital by the firm.

Having a background in Healthcare Finance, Rohan used his expertise in finance to start his own firm investing private capital acquired in Capital Markets, Venture-Capital Firms and Start-Up businesses.

In his free time, Rohan has a passion for sports and fitness. He enjoys working out and playing recreational tennis and basketball.



***Bharat Kuncham – Board Member***


Mr. Bharat Kuncham serves as Partner at 3G Sahana Capital. Mr. Kuncham served as Principal at Centerbridge Partners. He also served as Associate at Monarch Alternative Capital. He joined Centerbridge in 2015 and focuses on investments in the Technology, Media & Telecom sector. Prior to joining Centerbridge, he was an Associate at Monarch Alternative Capital. Prior to that, he was an investment banking Analyst at Bank of America Merrill Lynch, in its Mergers and Acquisitions Group.

***Aimee Afable ,PhD, MPH – Board Member***

Dr. Afable is Associate Professor of Community Health Sciences, SUNY Downstate School of Public Health. She received her B.A. with Honors in International Relations from Brown University (1995). She received her M.P.H. and Ph.D. in public health from Tulane University (2003). Following her doctoral studies, Dr. Afable was a Post-Doctoral Scholar at the Institute for Health Policy Studies (2005-2007), University of California, San Francisco. For over 14 years, Dr. Afable's research has critically examined conceptual frameworks used to understand health disparities and health inequities. Dr. Afable is also dedicated to serving Downstate and our local Brooklyn community. She is an investigator member of the Research Core of the Brooklyn Health Disparities Center. She is a board member of Live Light Live Right, the only tertiary-care childhood obesity program serving Brooklyn. She is evaluation consultant to Kings Against Violence Initiative (KAVI), a youth violence intervention program in Central Brooklyn

***Dr. Pratibha Vemulapalli – Board Member***

Dr. Vemulapalli is a minimally invasive and weight loss surgeon who is surgeon, and educator and a passionate researcher into the areas of equity in surgery. She completed her medical education at the Sydney Kimmel Medical College in Philadelphia and continued her education in a surgical residency at UMDNJ in New Jersey. She then undertook a minimally invasive surgery fellowship at Montefiore Medical Center in the Bronx and stayed on there for many years as an associate professor of surgery. She is currently the chair of surgery at Brooklyn Downtown hospital. Since her time at Brooklyn Hospital she has bolstered the department of surgery by recruiting top notch surgeons to setup roots at Brooklyn Hospital. In addition, she has created a center of excellence for weight loss surgery that is nationally recognized and areas of expertise for joint replacement surgery, robotic surgery and spine surgery. Her passion for quality and excellence in patient care has earned the hospital nationally recognition by Healthgrades for its excellence in both general surgery and GI (gastrointestinal) surgery.



## Quarterly Newsletter

[Click to View our Quarterly Newsletter](#)

## Testimonials from our Patients

[Click here to view Patient Testimonials](#)

## Summary

The Live Light Live Right team understands the challenges that families in our community face and the structural inequities that contribute to obesity and poor health. We continue to work on accessing and providing local resources for physical and mental well-being to the families we serve.