

# March 2021 Updates

Michael & Susan Dell Center for Healthy Living



## March 2021

Greetings from the Michael & Susan Dell Center for Healthy Living! The spring semester is in full swing, although a bit quieter with faculty, staff, and students still working and virtually learning from home.

Although we're physically apart, we are still doing meaningful work striving towards our vision of 'healthy children in a healthy world.'

Keep reading to see what we've been up to so far this year!

## COVID-19 Work

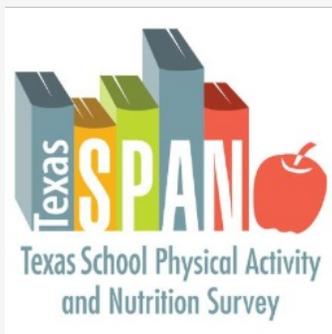
Catch up on our [COVID-19 work](#) including webinars, reports, and research recommendations.

## TX RPC Resources

Explore the newest [resources](#) from our Texas Research-to-Policy Collaboration.

## Healthy Children, Healthy State

Stay up to date with our [Texas Child Health Status Reports](#).



## Texas SPAN Project: 2019-2020 Data

The Texas School Physical Activity and Nutrition (SPAN) Project is getting ready to release the 2019 - 2020 data!

Stay tuned for the release on our website as well as updates to our Texas Child Health Status Reports. For a sneak peak at the data, view the Texas SPAN presentation given at the Live Smart Texas World Obesity Day Summit.

[SEE THE PRESENTATION \(3:14:45 mark\)](#)



## Nourish Program - The Nutrition Byte

The Nourish Program shares healthy living tips, food safety reminders, and recipes in their March 2021 Nutrition Byte newsletter.

[READ THE NEWSLETTER](#)

[Congratulations to the Spring 2021 Dell](#)



## Health Undergraduate Scholar!

Tytiana Matthews was selected as the Spring 2021 Dell Health Undergraduate Scholar. Tytiana is currently a senior at Huston-Tillotson University pursuing a bachelor's in biology with a concentration in pre-med. Eager to interact with the community, she has joined various organizations throughout her four years at HT. Tytiana is an active member of the Golden Key International Honor Society and Beta Kappa Chi Scientific Honor Society. Her long-term goal, after obtaining her bachelor's degree, is to further her education by earning a DDS (Doctor of Dental Surgery). She hopes that one day she can give back to underserved communities with affordable oral healthcare.

[LEARN MORE](#)



## Congratulations to the 2021 Sharma Fellow!

Nivedhitha (Nivi) Parthasarathy has been selected as the 2021 Sharma Fellow! Nivi is the fifth fellow for the Sharma family endowed scholarship.

Nivi is pursuing a doctorate in health promotion and behavioral sciences at UTHHealth School of Public Health in Houston. She earned a master's degree in public health from Manipal Academy of Higher Education in India. You can learn more about Nivi and the Sharma Fellowship in this [press release](#).

[READ MORE](#)

## View Our Most Popular Resources:

### [87<sup>th</sup> Texas Legislature Bill Tracker](#)

The legislative bill tracker showcases proposed bills related to child and adolescent health and updates throughout session as bills move through the legislative process.

### [Recent Webinars:](#)

#### [The Future of Quitting: Emerging mHealth Strategies for Smoking Cessation](#)

Dr. Emily T. Hebert presented her research exploring the evolving field of smoking cessation interventions using smartphone and other emerging technologies.

#### [Live Smart Texas World Obesity Day Summit](#)

Live Smart Texas observed World Obesity Day with a summit highlighting the impact of obesity and how we can work together to address its many root causes.

#### [From Data to Driving Systems Change for Health Equity in Texas: Findings from the Health Opportunity & Equity \(HOPE\) Initiative](#)

In this webinar, panelists from the Texas Health Institute reflected on the root causes of inequities in opportunity and health in Texas, and shared HOPE's new approach and data to help chart a path forward for achieving racial and health equity.

### [View Our Recent Publications Online!](#)

## Thanks for reading!

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