

# July 2022 Newsletter



Happy Summer from the  
Michael & Susan Dell Center for Healthy Living!

## Center News



**New findings** from Dell Medical School's Factor Health and Center Director, Dr. Deanna Hoelscher, suggest that providing caregivers with easy access to produce and flexible resources can lead to quick and lasting results.



According to a **new study** from Center faculty members Drs. Kelder, Kohl, and Messiah, adults infected with COVID-19 develop circulating antibodies that can last for nearly 500 days.



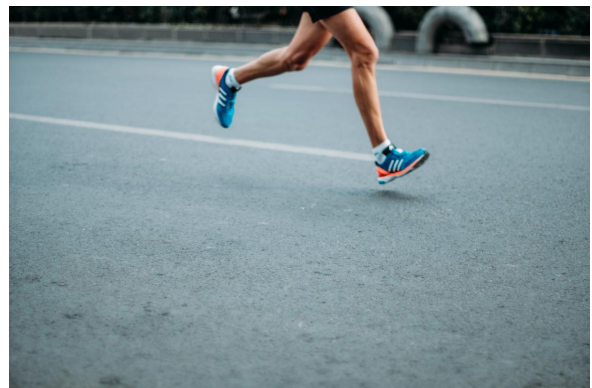
New research about the impact of COVID-19 on children's physical activity from Center Post-Doctoral Fellow, Dr. Ganzar and the STREETS Projects Team was published in the **International Journal of Behavioral Nutrition and Physical Activity**.

[Visit Center News](#)

## Webinars

### How Extreme Heat Impacts Physical Activity and What to do About it (7/28, 12-1 PM)

Extreme heat is a major public health concern, leading to more deaths annually in the United States than any other natural disaster. Less is known about the relationship between extreme heat and physical activity, a health behavior that lowers the risk of chronic disease. In this webinar, Dr. Kevin Lanza will share his work in Central Texas to determine the association between outdoor temperatures and physical activity, and to evaluate



different strategies to promote safe physical activity in warm climates.

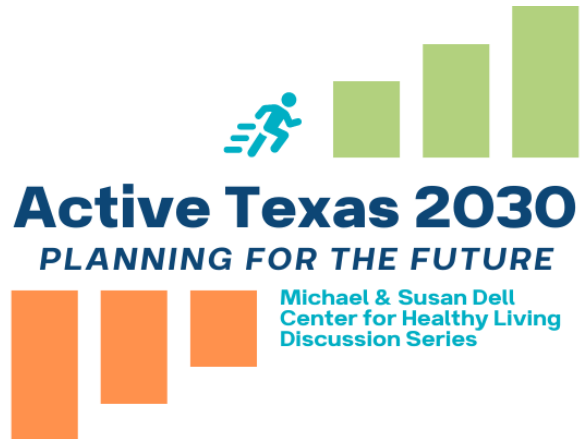
**Register today!**

**Active Texas 2030: Planning for the Future**

The US National Physical Activity Plan provides a societal sector road map for improving physical activity in the US. The goal of this discussion series is to highlight each societal sector's recommended strategies and tactics and to provide contexts for adapting the US National Physical Activity Plan to create Active Texas 2030 - a state plan for all Texans.

**Register today:**

- **Media & Communications Sector** (7/28, 2-3 PM CDT)
- **Sports Sector** (8/2, 1-2 PM CDT)
- **Business & Industry Sector** (8/3, 1-2 PM CDT)
- **Faith-based Sector** (8/4, 2-3 PM CDT)
- **Transportation, Land Use, and Community Design Sector** (8/5, 1-2 PM CDT)



**Past Webinars:**



## Healthy Summer Challenge

This Summer, the Michael & Susan Dell Center for Healthy Living is challenging you to complete fun activities with your kids to build healthy habits while school is out. We focused on nutrition in June, physical activity in July, and this August, we are focusing on sleep quality and mental health. Catch up on previous challenges and stay tuned for the August calendar!

# Healthy Summer Challenge

from the Michael & Susan Dell Center for Healthy Living

# JUNE

Make a list of your favorite healthy foods and put it on the fridge	Enjoy a piece of fruit with your breakfast 	Help your family cook a new veggie tonight	Add sliced fruit and mint to water for a refreshing drink	Choose 100% whole wheat bread when grocery shopping 	Eat a citrus fruit today, like an orange	Try a vegetable you have never tried
Make a smoothie with plain, non-fat yogurt and frozen fruit	Eat a rainbow of fruits and vegetables	Eat a meal without any screens in front of you	Try a new recipe using plant-based protein like beans, tofu, nuts, or quinoa 	Try a meatless dinner tonight	Eat 2 colors of vegetables at lunch today	Add fruit and cinnamon to vanilla Greek yogurt for breakfast
Pack your lunch with a healthy snack 	Try a Nourish recipe from <a href="http://nourishprogram.org">nourishprogram.org</a>	Add spinach to your breakfast omelet	Visit a farmers' market and buy a new veggie to try	Eat a fiber-filled breakfast, such as oatmeal 	Eat a hearty salad for lunch by adding chickpeas or grilled chicken	Choose a healthy drink like non-fat milk or water for dinner
Avoid eating fried foods today	Make a meal with 3 different colors of fruits or veggies	Prepare overnight oats for breakfast tomorrow	Try different fruit options in place of your typical sweets	Add herbs like rosemary or thyme to roasted potatoes	Add a spice like nutmeg to plain oatmeal	Snack on nuts and seeds like almonds or pumpkin seeds



## Nutrition

# Healthy Summer Challenge

from the Michael & Susan Dell Center for Healthy Living

# JULY

Spend less than two hours watching TV	Do a chore around the house like vacuum, dust, or mop 	Go swimming with your friends or family	Park farther away from the store in the parking lot to walk more	Start a family dance party 	Stretch before and after going on a walk	Do a dance workout class like ballet or Zumba
Have a jumping jack contest during a commercial break 	Take the stairs instead of an elevator	Bike to a local park	Take a walk in nature with a family member	Try a new jump rope trick	Stretch for 10 minutes before you go to bed	Have a race with your sibling or friend
Stretch outside with a friend	Spend 15 minutes stretching after dinner	Spend an hour playing outdoors	Do 20 arm circles	Play a game with a ball, like basketball or volleyball 	Try a 20-second wall sit	Walk to a store from your home
Do a chore outside like raking, mowing, or gardening	Spend less than one hour playing video games	Go on a hike with friends and family 	Have a sit-up contest during a commercial break	Do 5 push-ups	Sign up for a 5k and train with your family	Practice yoga in the morning



## Physical Activity

Start the Challenge

Health Policy



The Texas Research-to-Policy Collaboration Project team presented to policymakers at the Texas Capitol this Spring.

The TX RPC Project provides data-driven information that is tailored to legislative districts, which can be a powerful tool for developing and implementing health policies in Texas. If you'd like to receive more information about joining the Texas Research-to-Policy Collaboration Project, please email [tiffni.menendez@uth.tmc.edu](mailto:tiffni.menendez@uth.tmc.edu).

[View TX RPC Information](#)

[View All Health Policy Resources](#)

#### Updated Health Policy Resources:

- [Foundations of Community Health](#)
- [Public Health Experts are Needed in Policy Work Groups, Task Forces, and Advisory Committees](#)

## Healthy Children, Healthy State

### Texas Child Health Status Reports and Toolkits

Check out the updated Sleep Quality Report that includes new SPAN 2019-2020 data.

[View Sleep Quality Report](#)

### Child Health Toolkits

The Child Health Toolkits provide evidence-based resources, best-practices, data, tools, and guides.

[Visit Toolkits](#)

#### Healthy Children, Healthy State:

### CHILD SLEEP QUALITY IN TEXAS

Michael & Susan Dell Center for Healthy Living

#### Texas children do not sleep enough!

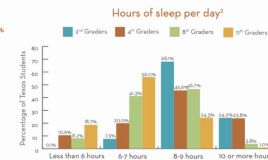
Good sleep is essential to good health, especially mental health. Healthy sleep habits include regular bedtime and morning routines, with sleep lasting long enough for sustained alertness during waking hours. The American Academy of Sleep Medicine recommends school-age children (aged 6 - 12) sleep 9 - 12 hours a night and teenagers (aged 13 - 18) sleep 8 - 10 hours.

#### Common Sleep Quality Issues

In 2<sup>nd</sup> grade, only 48% of African Americans and 60% of Hispanics meet sleep recommendations compared to 84% of White/Other ethnicity.

Only 53% of 2<sup>nd</sup> grade Texas border students meet sleep recommendations compared to 70% of non-border 2<sup>nd</sup> graders. However, 33% of 1<sup>st</sup> grade Texas border students meet sleep recommendations compared to 23% of non-border 1<sup>st</sup> graders.

54% of 2<sup>nd</sup> graders have electronic devices in their bedroom compared to 20% of 1<sup>st</sup> graders.



#### Current and Lifetime Risks

A lack of sleep is a health hazard for children. Kids who don't get enough sleep can experience:

- Attention and behavioral problems<sup>13</sup>
- Lowered immune systems that can affect school attendance and school performance<sup>14</sup>
- Increased depressive symptoms<sup>15</sup>
- Athletic injuries<sup>16</sup>
- Increased risk of motor vehicle accidents<sup>17</sup>
- Obesity<sup>18</sup>
- Poor diet and decreased physical activity<sup>19</sup>
- Unhealthy risky behavior<sup>20</sup>

#### Improving sleep quality in Texas children:

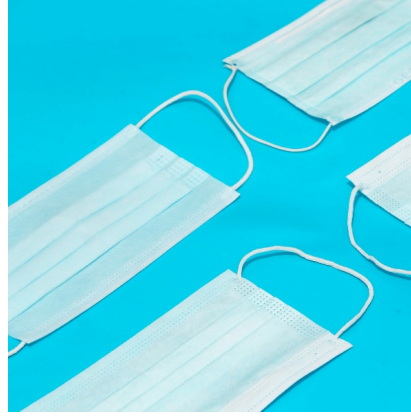
- Remove TV, computers, and other electronic devices from bedrooms<sup>21</sup>
- Provide sleep-friendly bedrooms - dark, cool, and quiet<sup>22</sup>
- Follow a sleep schedule and consistent bedtime routine<sup>23</sup>
- Teach children about the importance of sleep for health, sport and academic performance<sup>24</sup>
- Encourage middle and high schools to delay school start times for teens to improve sleep quantity<sup>25</sup>
- Follow a regular schedule for exercise and meal times<sup>26</sup>
- Encourage outdoor activities and a healthy diet<sup>27</sup>

## Recent Resources



## [Publications](#)

Explore faculty research online and filter by topic.



## [COVID-19 Resources](#)

Catch up on our COVID-19 work including webinars, reports, and research recommendations.



## [Blogs](#)

Read faculty spotlights and blogs from public health experts.

## Featured Blogs



**Andrew Springer, DrPH**  
Associate Professor, Health Promotion & Behavioral Sciences

### Get to Know Center Faculty: Dr. Andrew Springer

Dr. Andrew Springer is an associate professor in the Department of Health Promotion and Behavioral Sciences at the UTHealth School of Public Health in Austin and a member of the Michael & Susan Dell Center for Healthy Living. He has over 20 years of experience in designing, implementing, and evaluating child and adolescent health promotion programs. Dr. Springer's research focuses on child and adolescent health promotion with a specific interest in social-ecological influences on health behavior in young people and participatory community health planning and evaluation methods.

[Read the Blog](#)



### Association of masking policies with mask adherence and distancing during the SARS-COV-2 pandemic

Dr. Deanna Hoelscher, Raja Malkani, and Kathleen Manuel from the Michael & Susan Dell Center for Healthy Living collaborated on the Systematic Observation of Mask Adherence and Distancing (SOMAD) Project. Using the SOMAD protocol created by Kaiser Permanente, Studio Ludio, San Diego State University (ret), and RAND Corp, 16 faculty members and their students across the United States observed individuals in public spaces to determine the quantification of the impact of local masking policies to the SARS-COV-2 pandemic.

[Read the Blog](#)

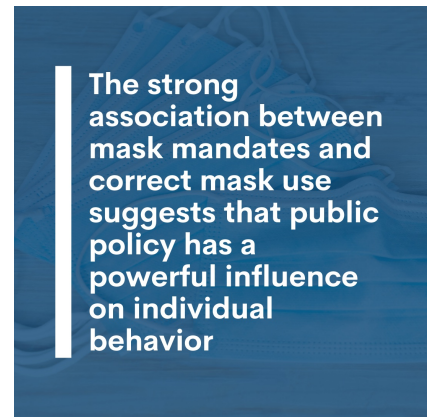
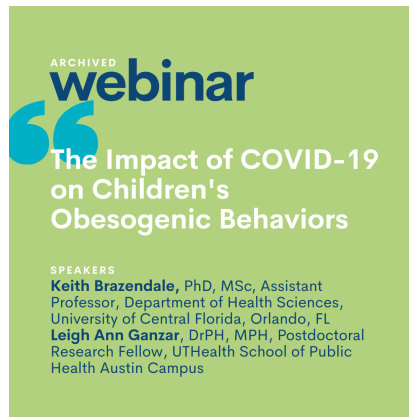
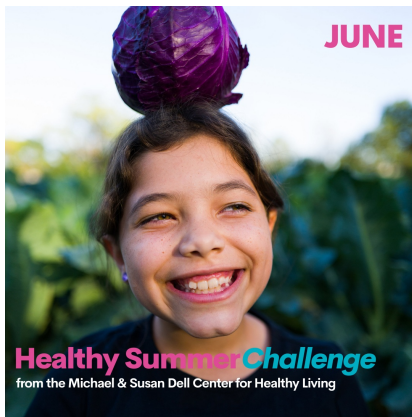
## Center Post-Doctoral Fellow



**Ethan Hunt, PhD, MPH**

Dr. Hunt completed his PhD in exercise science at the University of South Carolina's Arnold School of Public Health in Summer 2021. Ethan's research interests include childhood obesity prevention, health disparities, and obesogenic behaviors.

## Follow Along on Social Media



[Twitter](#) | [Facebook](#) | [Instagram](#)

## Donate



The research and health promotion activities of the Michael & Susan Dell Center for Healthy Living are funded by gifts from individuals, foundations or corporations and by grants from government and state agencies.

Your contribution will help support our mission of advancing health and healthy living for children and families through cutting-edge research, innovative community-based programs, and dissemination of evidence-based practices. Every donation, no matter how large or small, makes a difference in our vision of Healthy Children in a Healthy World.

[Make a Donation](#)

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