

August 2023 Newsletter



Center Spotlight

Faculty In The News

Our incredible faculty members continue to receive significant media coverage. See the latest articles that showcase their exceptional expertise and contributions in their respective fields.



Impact of heat

Kevin Lanza, PhD, spoke with several media outlets on the impact of extreme heat on children and communities. He spoke with the <u>Houston Landing</u> about health inequities in low-income communities, the <u>Texas Observer</u> about the health effects of physical labor in the heat, and <u>KUT</u> on bus shelters' ability to protect against heat.

Steven Kelder, PhD, offered insights to the Children at Risk segment on **KPFT Houston** on how Texas kids are impacted by extreme weather.



Healthy school lunches

Deanna Hoelscher, PhD, RDN, gave the **Austin American-Statesman** some tips on how to make healthy school lunches fun, including making wraps and adding dips to dishes.

Dolores Woods, RDN, spoke with <u>KPRC</u> in Houston and <u>FOX 26</u> <u>Houston</u> about nutritious lunch and snack ideas (pinwheel wraps, nobake, healthy cookies) that parents can pack for their kids during the new school year.



Healthy meal swaps

Dolores Woods, RDN, spoke with <u>USA Today</u> on the health benefits of yogurt and potential benefits of kombucha. She also spoke with <u>Healthline</u> about the benefits of olive oil.

Diana Guevara, MPH, RD, shared some healthy grilled meals to try with **FOX 26 Houston**. She also spoke with **Telemundo Houston** on foods you can eat to stay hydrated during the summer.



Weight loss surgeries among teens

More than 400 media outlets including <u>NBC Nightly News</u>, <u>NPR</u>, and <u>Time Magazine</u> — picked up a study by Sarah Messiah, PhD, MPH, on the rise in weight loss surgeries among kids and teens.



Volunteering among youth

Several media outlets including <u>Health Day</u> and <u>U.S. News & World</u> <u>Report</u> covered a study by Drs. Kevin Lanza, Ethan Hunt, Dale Mantey, and Steven Kelder about the effect of volunteering on youth's physical and mental health.

Read more news >

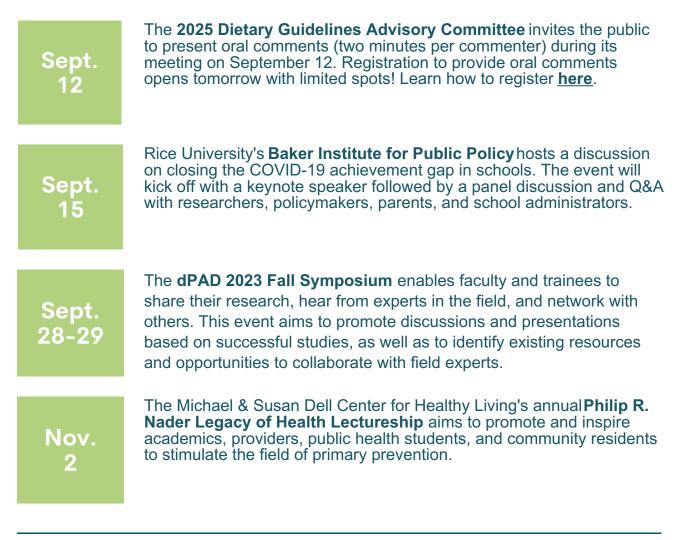
Healthy Summer Challenge

The Michael & Susan Dell Center for Healthy Living Healthy Summer Challenge wraps up this month with a focus on mind and body. We have 28 fun activities to help kids and families prioritize themselves before the school year! Our August favorites include a DIY family spa night, volunteering one morning, and laying in the grass. Share the challenge with children and families in your life and on social media, and use #HealthySummerChallenge23.

Learn more about the challenge on our **blog**.



Save the Date!



Texas Research-to-Policy Collaboration (TX RPC) Project

The TX RPC Project recently released new Texas-focused, data-driven reports:

- <u>SNAP Gap</u>
- Grocery Gap
- Economic and Business Benefits of SNAP
- Health Benefits of SNAP

View More Health Policy Resources

Learn more about the TX RPC Projecthere.

88th Texas Legislative Session (2023) Project Achievements

LEGISLATIVE BILL TRACKER



TX RPC staff tracked **460 bills** impacting child and community health over the 140day session. Filed bills are compared against those filed in prior sessions and provide a historical context for legislative action. **45 of the tracked bills were passed into law this session.**

HEALTH POLICY RESOURCES

22 Health Policy Reports Created The reports include Texas data created in response to legislative requests.

Topics: mental health, healthcare access, vaccines, maternal and child health, foodrelated topics (SNAP, food Rx), and schoolbased health.

COLLABORATION INTERACTIONS

TX RPC researchers and staff interacted with Texas legislators over a 6-month period to provide them with data-driven information for the session.





Upcoming Webinars



Immunizations: Vaccines Cause Adults

Catherine Troisi, PhD Associate Professor, Management, Policy & Community Health UTHealth Houston School of Public Health

REGISTER 🔶

AUGUST

Evaluation of Texas Opt-in Policy for Sex Education and Abuse Prevention

Melissa Peskin, PhD Professor and Vice Chair, Health Promotion & Behavioral Sciences UTHealth Houston School of Public Health Jen Biundo, MPAff, CPH Senior Director, Research and Policy Healthy Futures of Texas

REGISTER 🛁

SEPTEMBER

Youth/Child Cardiovascular and Environmental Health: Perspectives from South America

Augusto César Ferreira De Moraes, PhD, MSc Assistant Professor, Epidemiology, Human Genetics & Environmental Sciences UTHealth Houston School of Public Health in Austin



Safe Streets for Everyone? nplications of School and Municipal Policies on Safe Routes to Sc



Implications of School and Municipal Policies on Safe Routes to School Implementati Sarah S. Bentley, MPH Research Coordinator UTHealth Houston School of Public Health in Austin Leigh Ann Ganzar, DrPh, MPH

Find past webinars here.

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Austin Campus

We are excited to welcome new students to the Austin location this fall!

Orientation will take place on Aug. 22, and the first day of class is Aug. 28.

Students are coming from all across the country including New York, California, and Florida. We wish all of our faculty, staff, and students a great semester and year!

Applications for the 2024-25 school year open Aug. 17.

This semester, we are welcoming:

Donate







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

Every donation, no matter the size, makes a difference in our vision of Healthy Children in a Healthy World.

Make a Donation

Deanna Hoelscher, PhD, RDN, LD, CNS, FISBNPA, Director Alexandra van den Berg, PhD, MPH, Associate Director Tiffni Menendez, MPH, Senior Program Manager Ali Linan, Communications Assistant and Newsletter Editor Kirsten Handler, Communications Specialist





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