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

We are excited to start this season by getting active outdoors, celebrating a season of healthy foods, and continuing to work toward our vision of healthy children in a healthy world.

New Center Website

Our new website is finally here! The new site includes a refreshed, streamlined look and updated navigation tools that help you easily access our resources and research. Check out the new features to quickly find Center updates and news, trainings and initiatives, and child health resources.
Upcoming Events

Webinar: “Integrating Digital Interventions with the Clinical Enterprise” (4/26 12:00 PM)
The uptake of informatics solutions in clinical care (e.g., Electronic Health Record systems) combined with the ubiquity of smartphones and wearable devices has led to an exponential growth of digital health solutions. In this webinar, we discuss general guidelines to achieve integration of methodologies with the clinical enterprise.

- Speaker: François Modave, PhD, Professor, Department of Biostatistics and Data Science, UTHealth Center for Community Health Impact

Register for Webinar
View Past Webinars

Michael & Susan Dell Center Lectureship in Child Health

The 2022 Michael & Susan Dell Center Lectureship in Child Health was "Limiting Global Warming to 1.5 to 2C: A Necessary and Unique Role for Health Professionals." featuring Keynote Speaker Edward Maibach, PhD, MPH. The Michael & Susan Dell Center co-sponsored this year’s event with the University of Texas Moody College of Communication and The Center for Health Communication.

View Lectureship Slides

Health Policy Resources

Explore TX RPC Resources

Featured Health Policy Resource:
Impact of COVID-19 on Child Mental Health
As a result of altered experiences at home, school, and in the community during the COVID-19 pandemic, a vast number of children have faced social, emotional, and academic challenges, increasing their risk for depression, anxiety, suicide, sleep disorders, and substance use.

Healthy Children, Healthy State

Breakfast Consumption Report
This new report shows that eating breakfast is associated with improved academic achievement, reduced absenteeism, healthier body weight, improved overall nutrition, and improved mood.

Texas Child Health Status Reports and Toolkits
Stay up to date with our research, recently updated with new SPAN 2019-2020 data!

Child Physical Activity Toolkit
This new toolkit consists of evidence-based resources, best-practices, data, tools, and guides. Use this toolkit to learn about Texas's current physical activity crisis and how you can impact our state’s health. This toolkit was released on January 21, 2022.

Student Public Health Workforce Training

Dell Health Undergraduate Scholars
The Dell Health Undergraduate Scholar program is now accepting applications! This is a unique part-time research opportunity for one undergraduate student interested in public health, community building, and obesity prevention. This program encourages students from Central
Dell Health Scholars
Last Fall, the Center welcomed Shelby Flores-Thorpe as a new Dell Health Scholar, supporting the Center’s Texas Research-to-Policy Collaboration (TX RPC) Project and food systems research. Brittany Buchanan was also appointed as a new Dell Health Scholar in January and supports creating health policy reports for the TX RPC Project.
Deanna Hoelscher, PhD, RDN, LD, CNS, FISBNPA, Director
Alexandra van den Berg, PhD, MPH, Associate Director
Tiffni Menendez, MPH, Senior Program Manager
Amelia McClellan, Research Associate and Newsletter Editor
Liv George, Communications Specialist and Newsletter Editor
Callie Evarts, Graduate Assistant and Newsletter Editor