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:

**Integrating Digital Interventions with the Clinical Enterprise**

**State-Funded Texas Programs Address Youth Mental Health Crisis**

**Leveraging Existing Technology to Enhance Physical Activity in Inactive Predominantly Black and Latina Women**

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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!
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.
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

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.

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
Read the Blog
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.

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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