

June 2021 Updates

Michael & Susan Dell Center for Healthy Living



June 2021

Greetings from the Michael & Susan Dell Center for Healthy Living! The spring semester has come to an end and we are gearing up to continue working towards our vision of 'healthy children in a healthy world' this summer.

Keep reading to see what we've been up to lately!

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 and Toolkits](#).



Child Nutrition Toolkit

We recently launched a new resource: the [Child Nutrition Toolkit](#) as part of the Texas Child Health Status Report Project.

This toolkit accompanies the [Healthy Children, Healthy State report on Child Nutrition](#) to provide best practices and evidence-based resources and tools to affect change at parent/home, school, and community levels.

[VIEW THE TOOLKIT](#)



Nourish Program - The Nutrition Byte

The Nourish Program is working on the development of their virtual toolkit for their Blue Cross Blue Shield grant which includes cooking videos, live and animated videos.

The Nourish Program will begin teaching culinary medicine classes at Sanitas Clinics in August and continue throughout the end of the year.

The program has also received preliminary approval for the MD Anderson BeWell Communities Initiative. Project start date is 9/1/21 and extends for two years.

Work on this project will include:

1. Developing Vegetable cooking video series for Brighter Bites
2. Teaching community cooking classes for Brighter Bites
3. Enhancing our virtual toolkit with additional nutrition information
4. Providing train-the-trainer classes for Prairie View A & M team

Additionally, we have eight UTMB dietetic interns joining Nourish for their supervised practice rotations throughout the summer and fall of 2021.

We also now have an affiliation agreement with Rice University. Collaborating with Rice University sports nutrition-Roberta Anding is hosting interns. They will be working on the following:

- Creating simple recipes for early morning workouts
- Developing recipes for 'Try It Tuesday'
- Developing and disseminating info via multiple platforms including Instagram and Tic Toc
- Working at the fueling station to assist RD's in August
- Hydration testing for football and other teams requesting it in August
- Hosting a cooking "school" at UTSPH Nourish kitchen and streaming
- Expanding our cooking videos on the website

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Congratulations!

Congratulations to our Dell Health Undergraduate Scholar (DHUS) who completed her appointment on May 28! Tytiana Matthews, who joined us in January 2021, helped with several projects, including the Del Valle Healthy Adolescent Project Evaluation, SPAN, and Study of Mask Adherence and Distancing (SOMAD). Tytiana graduated in May 2021 with a BS in Biology from Huston-Tillotson University. Over the next year, Tytiana plans to gain hands-on experience working in a dental office and doing volunteer work while she takes her DAT (Dental Admission Test) and applies to dental schools. She plans to use the public health skills she gained during her appointment in her future work as a dentist.

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Congratulations!

Congratulations to our second Dell Health Undergraduate Scholar (DHUS) who completed her appointment on May 28! Alejandra Rueda, who began



her appointment in the fall of 2020, helped with FRESH Austin, Del Valle Healthy Adolescent Project, and the SEHWC COVID-19 Communication Project. Alejandra graduated from Concordia University Texas in December 2020 with a degree in Global Healthcare Policy & Management and is currently enrolled in the MBA program in Healthcare Administration. Alejandra is currently working as a Client Service Coordinator at a small animal hospital, and she would eventually like to work as a Chief Operations Officer for a hospital/healthcare facility.

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Congratulations!

Houston doctoral student Nivedhitha (Nivi) Parthasarathy, MPH, has been selected as the 2021 Sharma Fellow, supported by the Shreela and Vibhu Sharma Endowed Fund for Excellence in Community Nutrition, Health & Wellness at The University of Texas Health Science Center at Houston ([UTHealth](#)) School of Public Health.

“Being an immigrant from India, I have seen and experienced how low socioeconomic status leads to food insecurity, lack of awareness regarding a healthy diet, and poor dietary behavior. I believe that modest changes in everyday lifestyle can result in significant improvement in the health of these families,” said Parthasarathy. “This drives me to work on understanding the underlying factors, including cultural, economic, and societal beliefs, that impact the dietary behavior of children and adolescents belonging to these communities.”

“As a Sharma fellow, I hope to understand, at the ground level, the social determinants that impact the dietary behavior of low-income families,” said Parthasarathy. “I will also be able to expand my public health knowledge in the field of child and adolescent nutrition.”

Parthasarathy is pursuing a doctorate in health promotion and behavioral sciences at UTHealth School of Public Health in Houston. She earned a master’s degree in public health from Manipal Academy of Higher Education in India.

[READ MORE](#)

View Our Most Popular Resources:

[87th 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:

[Taking it to the STREETS: Evaluating health effects of Safe Routes to School infrastructure changes in Austin, Texas](#)

This webinar highlighted the importance of active travel to school, and a current Safe Routes to School (SRTS) initiative that seeks to improve child health by creating safe, convenient, and fun opportunities for children to bicycle or walk to and from school through transportation projects centered around schools. The UTHealth STREETS Study is evaluating the child health effects from these transformative infrastructure changes. Stakeholders from the City of Austin and the STREETS Study presented implementation and evaluation methods and preliminary data.

[All You Want to Know About the Vaccines That Prevent COVID-19](#)

Drs. Fisher-Hoch and McCormick discussed how the current vaccines are made, how they induce immunity, side effects, effectiveness, distribution, and why people should get vaccinated. They discussed the virus variants and the effectiveness of the vaccine against the variants. They also reviewed herd immunity and why it is important.

[Texas KIDS COUNT: Health Equity for Every Texas Child](#)

All children deserve the opportunity for a healthy life. In Texas, not all children have the health insurance, food security, and economic security needed for a healthy childhood, due to disparities rooted in systemic racism. Public policy can improve health equity for all Texas children. Policymakers should make practical changes this Legislative Session to ensure all Texas children have the opportunity to thrive. Every Texan shared data findings and policy recommendations from their new report sponsored by Methodist Healthcare Ministries of South Texas, Inc.

[View Our Recent Publications Online!](#)

Thanks for reading!

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