

October 2022 Newsletter

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

Center News

Welcome Dr. Dale Mantey & Dr. Ethan Hunt!



Dr. Mantey is an Assistant Professor of Health Promotion and Behavioral Science at the Austin Campus. Dr. Mantey's research focuses on adolescent substance use with the intention of informing evidence-based intervention and regulatory policy.



Dr. Hunt is an Assistant Professor of Health Promotion and Behavioral Sciences at the Austin Campus. Dr. Hunt's research interests include childhood obesity prevention, health disparities, the impacts of trauma, particularly Adverse Childhood Experiences (ACEs) and how adversity impacts child health outcomes.

15 Years of Building Public Health in Central Texas and Beyond



The Center's home campus, UTHealth Houston School of Public Health Austin Campus,

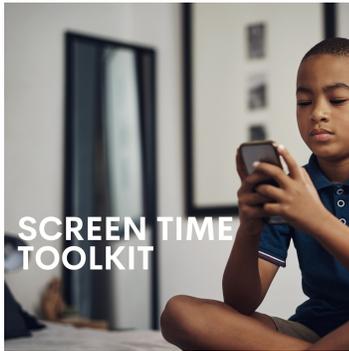


celebrated their 15th Anniversary this fall with a kick-off celebration.

The celebration will continue throughout the 2021-2022 year with webinars, an alumni panel, and more.

[View 15th Anniversary Events](#)

Healthy Children, Healthy State: Screen Time Toolkit



The newly released Screen Time Toolkit consists of resources, data, tools, and guides to learn about child and adolescent screen time in Texas. Use this toolkit to impact our state's health as a parent, school, community member, or policymaker.

[View the Toolkit](#)

New Health Policy Resources



Our Texas Research-to-Policy Collaboration (TX RPC) Project recently released new data-driven reports from public health experts:

- [Monkeypox](#)
- [Community Eligibility Provisions \(CEP\)](#)
- [School Health Advisory Councils \(SHACs\)](#)
- [Produce Prescription \(Rx\) Programs](#)

[View Health Policy Resources](#)

Webinars

Cost Effectiveness Calculators for Substance Use Disorder: A Pilot of Peer Recovery Support Services and Bystander Naloxone Distribution (10/25, 12-1 PM)

With funding from the Recovery Research Institute's pilot grant program, a team led by Dr. H. Shelton Brown III conducted a preliminary cost-effectiveness analysis of long-term, post-treatment peer recovery support services for substance use disorder. This presentation will

cover the development of the project to date and will introduce participants to the calculator.

Register today!



Improving Health Through Nature (11/2, 12-1 PM)

Guest speaker Dr. Jay Maddock, Director of the Center for Health and Nature at Texas A&M University, will discuss the growing body of evidence examining the relationship between improved health and well-being and time spent in nature. The development of evidence-based interventions to increase time in nature, particularly those that address health disparities will be covered.



Register today!

Past Webinars:

How Extreme Heat Impacts Physical Activity and What to do About it

The Age of Pandemics: First COVID, Now Monkeypox

Food Prescription Programs: The Houston Food Bank Experience and Outcomes

Michael & Susan Dell Center for Healthy Living in the News

Center Director **Deanna Hoelscher, PhD, RD**, was interviewed by the [Waco Tribune-Herald](#) about the prevalence of childhood obesity in Texas.

Steve Kelder, PhD, MPH, was interviewed by [FOX 26 News](#) about the dangers of vaping for children and adolescents.

A study led by **Sarah Messiah, PhD, MPH**, which showed some children suffer from long COVID, was mentioned in a [Texas Standard](#) segment.

Research led by **Sarah Messiah, PhD, MPH**, which found that adolescents with severe obesity saw positive outcomes after bariatric surgery was covered by [UTHealth Houston News](#) and picked up by several outlets.

Shreela Sharma, PhD, RDN, was interviewed by the [Jewish-Herald Voice](#) about the nonprofit Brighter Bites, which is affiliated with UTHealth Houston School of Public Health and aims to address food insecurity among low-income families.

Dolores Woods, MA, RDN, LD was interviewed by [KHOU-TV Channel 11](#) about preparing a healthy breakfast for your children as kids are heading back to school.

Dolores Woods, MA, RDN, LD shared healthy snack and lunch ideas on [KPRC 2+](#).

Dolores Woods, MA, RDN, LD shared [brain-boosting breakfast ideas](#) to start the school year off right for your children.

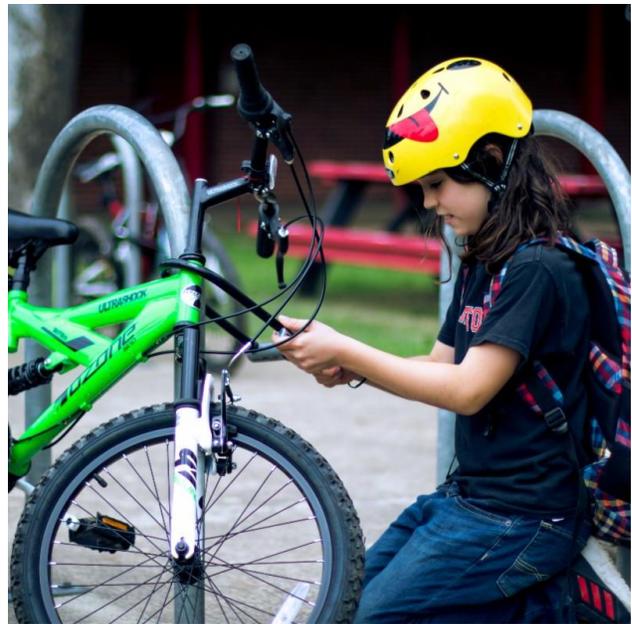
Featured Blogs



Celebrating Hispanic Heritage Month

"Yo soy mexicana – I am Mexican. I am part of Generation 1.75, a term characterized by Ruben Rumbaut to distinguish those who immigrate as young children from their parents who immigrated as adults. These children straddle old and new worlds but might not feel like they fully belong in either. Arriving at such a young age made it easy for me to learn a new language and adapt to a new life, but it also meant that I have few memories of my birth country..."

[Keep Reading](#)



Walk to School Day 2022

"Active commuting to and from school (ACS) is a meaningful source of physical activity in children and has the potential to contribute substantially to helping children meet the Physical Activity Guidelines for Americans of 60 minutes of moderate to vigorous physical activity (MVPA) per day. Studies have shown that children who actively commute to school are more physically active than children who commute by vehicle..."

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Join our Team

We are Hiring!



We are looking for a Full-Time Research Coordinator to join the Michael & Susan Dell Center for Healthy Living and the UTHealth School of Public Health Austin Campus.

In this position, you will provide administrative support for multiple research projects and will assist with purchasing and reimbursements, preparing travel arrangements, and scheduling events and meetings.

[Apply](#)

Follow Along on Social Media

UPCOMING **webinar**

“Improving Health Through Nature”

November 2, 2022
12pm-1pm CT

SPEAKER
Jay Maddock, PhD, FAAHB
Professor, Department of Environmental & Occupational Health, Texas A&M University
Director, Center for Health and Nature



Teens who see vaping advertisements are **much more likely** than their peers to begin vaping

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

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](#)

Deanna Hoelscher, PhD, RDN, LD, CNS, FISBNPA, Director

Alexandra van den Berg, PhD, MPH, Associate Director

Tiffni Menendez, MPH, Senior Program Manager

Liv George, Communication Specialist and Newsletter Editor



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