

July 2024 Newsletter

Happy Fourth of July! ★★
from the Michael & Susan Dell Center for Healthy Living!



Center Spotlights

Maternal and Child Health Retreat



Our maternal and child health faculty and staff dedicated two days to planning and setting goals for the specialty's future at UTHealth Houston School of Public Health in Austin.

Learn more about our faculty's research expertise [here](#).

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

TX RPC Project is a network of non-partisan health researchers in Texas that supports policymakers' legislative priorities in preparation for the Texas Legislative Session.

The team is starting recruitment for a Student Health Policy Group that will be trained on Public Health Policy and interaction with legislative offices. Please contact **Rachel Linton** and **Shelby Flores-Thorpe** if you are interested in health policy and working with legislators, or know a student at UTHealth Houston, Dell Medical School, or UT-Austin's LBJ School of Public Affairs

who may be interested. A listening session for the training will be held on July 17, 2024.

Take a look at our newest resources:

Maternal Mental Health Conditions

Maternal Mental Health Conditions

July 1, 2024

KEY TAKEAWAYS

1. There is an overlapping maternal health and mental health crisis in the U.S. and Texas. Untreated maternal mental health conditions substantially impact health outcomes and cause tremendous economic loss.
2. Texas experiences persistent shortages of mental healthcare providers. Programs, such as the Texas Perinatal Psychiatry Access Network (PerIPAN), are one strategy to mitigate the challenges of shortages.

Background

Nationwide Maternal Health and Mental Health Crisis

- Pregnancy-related deaths in the U.S. increased more than **3x** in the last 3 decades, with substantial racial/ethnic and urban-rural disparities.¹

Maternal mental health conditions (MMHCs) are among the most common complications of pregnancy and postpartum in Texas.

- In 2019, MMHCs were the:
 - Most common **underlying cause** of pregnancy-related death (**22%**) in Texas, with **depressive disorder** as the leading mental health condition, followed by substance use, bipolar, and psychotic disorders.²
 - Main **contributing cause** of pregnancy-related death.
 - Mental disorders contributed to **25%** of pregnancy-related deaths.²
 - Substance use disorder (SUD) & SUD-associated mental disorders contributed to **11%** of pregnancy-related deaths.²



Cause of Death: Underlying vs. Contributing

- **Underlying cause of death:** disease or injury that initiated the morbid events leading directly to death or the circumstances
- **Contributing cause of death:** disease or injury that contributed to the fatal outcome



12.6% of Texas women experienced **depression during pregnancy** in 2019.³



14.9% of Texas women experienced **postpartum depression symptoms** in 2019.³

UTHealth Houston School of Public Health



Congenital Syphilis

Congenital Syphilis

February 16, 2024

KEY TAKEAWAYS

1. Texas has consistently had some of the highest reported cases of both syphilis and congenital syphilis in the country.^{1,3}
 - In 2022, approximately 25% of the nation's congenital syphilis cases came from Texas.¹
2. Congenital syphilis can have major health impacts on a baby, but the extent depends on
 - When syphilis was acquired
 - Whether the mother received adequate treatment.^{4,5}

Background

Congenital syphilis (CS) is a severe, disabling, and often life threatening disease seen in infants whose mothers were infected with syphilis during pregnancy and were not fully treated.

- The rate of syphilis among the general U.S. population began increasing more than a decade ago, with exponential annual increases since 2018, contributing to the rapidly increasing incidence of syphilis among pregnant women.^{4,5}



In 2022, **922 cases** of CS were reported in Texas.



This was **50% higher** than the next highest incidence of 616 in the state of California.¹

Implications

Approximately 40% of babies born to women with untreated syphilis can be stillborn or die from the infection soon after birth.⁴

- Surviving infants may be affected by lifelong health issues including bone damage, severe anemia, enlarged liver and spleen, blindness, deafness, intellectual or developmental disabilities, or seizures.^{3,4}
- People infected with syphilis often do not have symptoms — known as latent syphilis — and thus may not be aware of their infection.⁵
- As a result, the lack of timely testing and adequate treatment during pregnancy are the main drivers of CS.⁷

TREATMENT FOR ACTIVE SYPHILIS IN PREGNANT WOMEN CAN REDUCE THE RISK OF STILLBIRTH BY ROUGHLY 80%, HIGHLIGHTING THE PREVENTABILITY OF THIS ISSUE.¹

UTHealth Houston School of Public Health



View More Health Policy Resources

Healthy Summer Challenge!

HEALTHY SUMMER CHALLENGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY	Host a scavenger hunt around the house — great for clean-up!	Take turns acting out healthy behaviors, like teeth-brushing.	Create an affirmation jar to collect kind statements to say to yourself.	Write about your favorite healthy meal from June.	Try a fruit or veggie you've never had before.	Create a personalized self-care plan to use during the school year.
Sunday	1	2	3	4	5	6
Look in the mirror, and tell yourself "You got this!"	Enjoy a "Living Room Circuit" with 5 rotating exercises.	Plan a day's worth of veggie- and fruit-filled meals, and swap with a friend.	Square breathing: inhale for 4, hold for 4, exhale for 4, rest for 4.	Work with your adult at home to find a new favorite healthy snack.	Create a brand new fruit/veggie popsicle!	Minimize screen time today, and get moving outside!
7	8	9	10	11	12	13
Stand like a superhero in front of the mirror.	Roll dirty laundry into balls, using a laundry basket as the hoop.	One child leads the other(s) in an exercise. Then, you can switch roles!	Create a feeling color wheel you can reference throughout the day!	Tell your adult at home your favorite way to stay hydrated!	Have a healthy picnic in the shade.	Rest your mind by doodling and coloring.
14	15	16	17	18	19	20
Dance in front of the mirror, and smile!	Host a "Freeze Dance." When the music stops, freeze!	Create and perform a short song about the importance of sleep.	Create a bedtime routine for school returning next month!	Write a short thank you note to someone who you're grateful for.	Learn a new way to prepare your favorite vegetable.	Enjoy a nap before 2 p.m. so you can get extra rest.
21	22	23	24	25	26	27
Try to make your friend or family member laugh with a funny joke.	Create the "Fitness Alphabet" and assign an exercise to each letter.	Healthy kid's choice! Re-do your favorite activity from July.	Review your affirmation jar, and appreciate yourself!	Be healthy and safe in July!		
28	29	30	31	@msdcenter @msdcenter /msdcenter		

Beat the heat with our Healthy Summer Challenge! This June, July, & August, make healthy choices and get moving with daily activities developed by our team.

We have daily themes for 2024!

- Move It Monday
- Twin Tuesday
- Wellness Wednesday
- Thursday Talks
- Fresh Fruit (and Veggie!) Friday
- Self-care Saturday
- Sunday Smile

Don't forget to share your photos with us on [X \(Twitter\)](#) & [Facebook](#)!

Upcoming Webinars

JULY
23

The (Bike) Trail to Health and Economic Prosperity

Robin Stallings
Executive Director, BikeTexas

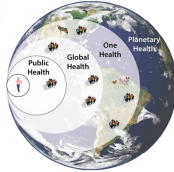
REGISTER →

Past Webinars

PHYSICAL ACTIVITY, PLANETARY HEALTH & EQUITY:

*Building Synergies
to Maximize Impact*

Deborah Salvo, PhD



The University of Texas at Austin
Kinesiology and Health Education
College of Education

- Attendees: 143
- Video Views: 58
- Top Attending States:
TX, CA, NJ



- Attendees: 316
- Video Views: 9
- Top Attending States:
TX, CA, NY



UTHealth Houston
School of Public Health



- Attendees: 148
- Video Views: 412
- Top Attending States:
TX, NC, FL

More Past Webinars

Faculty & Staff In The News



Kevin Lanza, PhD, has been interviewed by several media outlets, primarily about the impact of heat on public health:

- *Scientific American*, [Teens' Mental Health May Improve When They Help Others](#)
- *New York Times*, [Rural America Lags Cities in Helping People Beat the Heat](#)
- *CNN*, [Cities prepare for dangerous heat settling over the U.S.](#)
- *USA Today*, [Massive heat wave heading for USA next week. Cities have been preparing for this.](#)
- *Verywell Health*, [Humidity Doesn't Just Make You Feel Gross. It Can Harm Your Health, Too](#)
- *Spectrum News*, [Beat the Heat](#)



Augusto César F. De Moraes, PhD, talked to [CNN](#) to [Verywell Health](#) about how [Brasil](#) about the influence of cardiovascular health on brain development in adolescents.

Dolores Woods, RDN, spoke to [Verywell Health](#) about how a flavonoid-rich diet may reduce the risk of Type 2 diabetes. She also shared her expertise with [National Geographic](#) regarding the pros and cons of drinking decaf coffee.

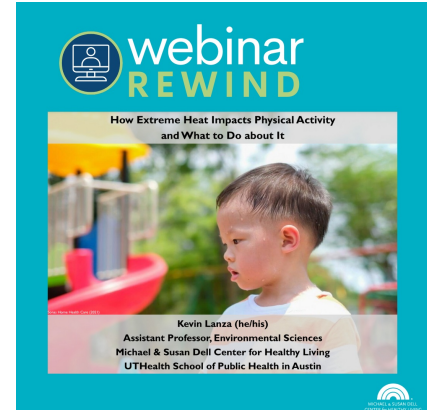
Adriana Perez, PhD, was interviewed by [Healio](#) about her study showing electronic nicotine delivery systems are linked to a higher risk for earlier asthma onset.

Connect with us on social media!



MICHAEL & SUSAN DELL CENTER FOR HEALTHY LIVING
Texas Research-to-Policy Collaboration (TX RPC) Project
HEALTH POLICY RESOURCES

UTHealth Houston
School of Public Health



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

Austin Location



We're thrilled to announce that we have moved! After much anticipation, the UTHealth Houston School of Public Health in Austin relocated to a new space at the intersection of Martin Luther King Jr. Blvd. and San Jacinto Blvd.

Keep an eye out for information on our grand opening and for a video tour of the new space!

Donate

Research and health promotion activities at 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](#)

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



[Michael & Susan Dell Center for Healthy Living](#) | msdcenter.org

Michael & Susan Dell Center for Healthy Living | 1616 Guadalupe, Suite 6.300 | Austin, TX 78701 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!