

October 2023 Newsletter



Happy Fall

from the Michael & Susan Dell Center for Healthy Living!

Center Spotlight

Welcome to our new faculty and staff!



We are excited to welcome 13 new faculty and staff members who are joining us from UT-Tyler and the UT System's Population Health group! The team — which includes 2 faculty and 11 support staff — has expertise in family & child health. We are excited to integrate our new staff's projects and expertise with the Center to support our vision of *healthy children in a healthy world*.

[Read more >](#)

Philip R. Nader

Legacy of Health Lectureship



SAVE THE DATE

November 2, 2023 | 12 PM | Webinar on Prenatal Policy

"Effective State-Level Policies to Strengthen the Early Years"

Featuring 2023 keynote speaker Dr. Cynthia Osborne!



Dr. Cynthia Osborne is the founder and executive director of the national Prenatal-to-3 Policy Impact Center, home of the 50-state Prenatal-to-3 State Policy Roadmap and the Prenatal-to-3 Policy Clearinghouse. She recently joined the faculty at Vanderbilt University's Peabody College of Education and Human Development as a Professor of Early Childhood Education and Policy.

Read Dr. Osborne's biography [here](#).

Register

The Michael & Susan Dell Center for Healthy Living's annual **Philip R. Nader Legacy of Health Lectureship** aims to promote and inspire academics, providers, public health students, and community residents to stimulate the field of primary prevention.

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

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

a network of non-partisan health researchers in Texas to support policymakers' legislative priorities in preparation for the Texas Legislative Session. Take a look at some of resources:

- [Building Responsible and Resilient Youth](#)
- [School Health Advisory Councils \(SHACs\)](#)

Learn more about the TX RPC Project [here](#).

[View More Health Policy Resources](#)

Building Responsible and Resilient Youth
January 16, 2023

OVERVIEW

What is the problem? 1-3
Children who experience behaviors that negatively impact relationships, such as bullying, harassment, and cyberbullying, are more likely to have emotional outbreaks, be irritable, and display anger.

This can lead to a cycle, as students who exhibit frequent outbursts, anger, and spitting emotions are more likely targets for bullying. In other words, bullying leads to emotional dysregulation which triggers further bullying.

How can schools and other youth organizations help to develop children's long-term mental health and overall well-being? Programs that incorporate Social-Emotional Learning (SEL) can help to develop responsible and resilient youth.

Social-Emotional Learning 4-7
SEL helps students learn how to apply knowledge and attitudes to manage emotions, improve personal and school outcomes, develop empathy for others, recognize supportive relationships, and engage in responsible decision-making.

SEL also teaches children about civility and citizenship, helping students know they think they want to be treated and competing it to how they should and should not treat others in similar to The Golden Rule.

The Golden Rule: Treat others the way you would like to be treated without expecting the same kindness back from them.

Helpful ways to learn to manage emotions:

- Practice deep breathing when upset
- Count to 10 to calm down
- Take a break from the situation - encourage students to grab a drink of water
- Ask them to identify what makes them happy, like reading a book, being playful, or playing a game. When you have fun, then they can manage their emotions to help their cope with feelings.

Having discussions about managing emotions can help students transition to making thoughtful and informed decisions, such as the [CASA](#) [Anti-Bullying Game](#).

- Playing games that encourage introductions and movement activities, such as the [CASA](#) [Anti-Bullying Game](#)
- Journaling or drawing to process emotions
- Practicing problem-solving skills

Logos for UTH Health Houston, Michael & Susan Dell Center for Healthy Living, and Texas Research-to-Policy Collaboration Project are visible at the bottom.

Upcoming Events



Food Prescription Programs in Texas



Dr. Shreela Sharma is Professor and Vice Chair of Epidemiology at UTHealth Houston School of Public Health. She co-founded Brighter Bites, a nationwide non-profit dedicated to providing fresh produce and nutrition education to lower-income children and families. Dr. Sharma has collaborated with the Houston Texas Food Bank and state legislators on food prescription and food as medicine programs in Texas.





FOOD PRESCRIPTION PROGRAMS IN TEXAS

The TX RPC Project will be hosting a presentation on current research and implications of food prescription programs in Texas.

Date: Oct. 25, 2023

Speaker: Shreela Sharma, PhD, RDN, LD, UTHealth Houston School of Public Health

11:15 a.m. | Texas Capitol — Legislative Conference Center | Lunch provided

Webinars

NOVEMBER

16

Impact of School Nutrition and Gardening Programs on Health and Academic Outcomes

Jaimie Davis, PhD, RD
Professor, Nutritional Sciences, Pediatrics
The University of Texas at Austin
Graduate Studies Chair

Faculty In The News

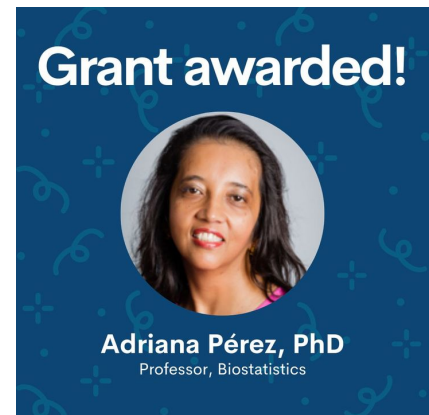
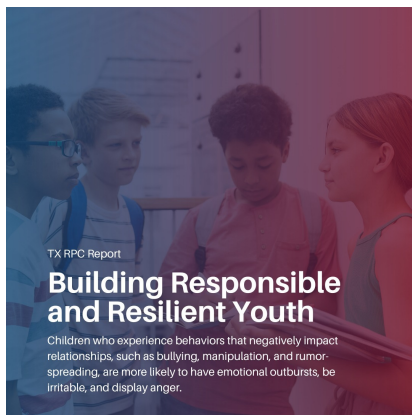


Kevin Lanza, PhD, spoke with [Austin PBS](#) about the impact of heat on lower income communities and those living in older homes in Austin; the [Houston Landing](#) about his new study that found that heat has a wide-ranging effect on vulnerable populations that could have repercussions for months to years; and [CNN](#) about the need for schools to prepare for extreme weather on both ends of the spectrum.

Dolores Woods, RDN, spoke with [Health Central](#) about the best foods for a healthy gut. She said that prebiotics are the foods that your gut microbes feed on, so eating them helps “good” bacteria (i.e. probiotics) flourish. This can improve your microbiome and gut health. Dolores also spoke with [FOX 26 Houston](#) about the health effects of palm oil.

Chances are you’ve heard about — or possibly even tried — the keto diet, a low-carb, high-fat approach to weight loss that is widely popular but not the easiest or most sustainable diet to follow. [U.S. World & News Report](#) interviewed **Diana Guevara, MPH, RDN**, about keto diet pills and if they really work.

Connect with us on social media!



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

See Our Latest Blogs



[5 Hispanic-focused health resources](#)

By Kirsten Handler



[8 tips for staying safe on the road](#)

By Emily Torres



[National Hispanic Heritage Month 2023](#)

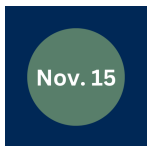
By Melissa Campos-Hernandez

Austin Campus

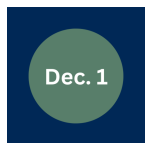


With the fall semester halfway over, we are already preparing for the upcoming spring and fall semesters.

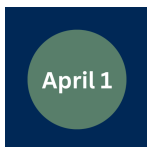
Student application dates to remember:



Spring 2024 Final Deadline



Fall 2024 Priority Deadline



Fall 2024 Final Deadline

[**Donate**](#)



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Every donation, no matter the size, makes a difference in our vision of Healthy Children in a Healthy World.

[Make a Donation](#)

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