

# Michael & Susan Dell Center for Healthy Living

UTHealth Houston School of Public Health in Austin

The Michael & Susan Dell Center for Healthy Living was founded in 2006 with a vision of **healthy children in a healthy world** and a mission to **advance health and healthy living** for children and families through cutting-edge research, innovative community programs, and dissemination of data-driven practices.

We seek new discoveries in child and family health through research-focused programs related to obesity prevention, nutrition, physical activity, maternal & child health, tobacco use, and health policy. Our annual key events and expert-led webinars offer trainings and learning/collaboration opportunities to students, partners, and the community.

Our intentions are threefold: **create** new research ideas and trainings for public health students; **communicate** evidence-based products and outcomes to researchers and legislators; and **connect** with communities and other public health organizations.



## OUR EXPERTISE



### School-Based Health Programs

Developing effective school-based health programs to ensure children and families lead healthy lives.



### Physical Activity

Studying the health benefits of movement and how to support a lifetime of fitness.



### Nutrition, Food Access, Obesity

Helping children, families, and communities access, prepare, and eat healthy foods.



### Maternal & Child Health

Identifying population health initiatives to improve health for mothers and young children.



### Tobacco & Alcohol Abuse Prevention

Preventing unhealthy and addictive behaviors through education, policy change, and research.



### Health Policy

Sharing data-driven information with legislators to develop policies that support healthy living.



### Community Development

Creating healthy environments for families and schools through practical health resources.



The Michael & Susan Dell Center for Healthy Living directly reached an estimated

**16,291,272**

children and families through school-based health promotion research projects and interventions and population health projects (2022-2023).

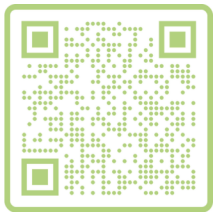




## CENTER INITIATIVES

- Michael & Susan Dell Center Lectureship in Child Health
- Dietetic Internship Program
- Nourish Program
- Live Smart Texas
- Dell Health Undergraduate Scholars
- Texas Research-to-Policy Collaboration
- Texas Legislature Bill Tracker
- Texas Child Health Toolkits
- Texas Child Health Status Reports
- Texas Collaborative for Healthy Mothers and Babies
- Philip R. Nader Legacy of Health Lectureship

### CONNECT



msdcenter.org



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### CONTACT



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### DONATE



Your donation will support a healthy future fueled by healthy choices.

## EXECUTIVE COMMITTEE



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