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.

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).

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.
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

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