

PUBLIC HEALTH NEWS & UPDATES

TEXAS RESEARCH-TO-POLICY COLLABORATION



August 2022

RESOURCE REMINDERS

The Texas Research-to-Policy Collaboration (TX RPC) Project develops accessible and accurate public health policy-related resources from experts in the field. If you would like to request information on a public health topic, please complete the following form:

[Access Form](#)

The Texas RPC Project health policy resources are available on our website. See below for links to specific categories of resources:

- [TX RPC Health Policy Resources](#) (resources available to legislators to provide data-driven information on health-related topics)
- [Michael & Susan Dell Center for Healthy Living Webinars](#)
- [TX RPC Newsletters Archive](#)
- [Texas Legislative Bill Tracker](#)
- [Texas Child Health Status Reports and Toolkits](#)
- [COVID-19 Resources](#)

TX RPC REPORTS

[Foundations of Community Health](#)

Texas Research-to-Policy Collaboration Project

Released July 20, 2022

Key Takeaways:

- Texans are less likely to be in very good/excellent health compared to other U.S. adults.
- In a recent study, researchers from the UTHealth School of Public Health found that socioeconomic factors (e.g., unemployment, single-parent households) were the most significant contributor (40.2%) to healthcare costs for Texans younger than 19 years.
- During COVID-19, Texas Medicaid Managed Care Plans observed significant increases in food insecurity, inadequate employment, trouble paying utilities, and unsafe/unstable housing among their members.

[COVID-19 Myth vs. Fact](#)

Texas Research-to-Policy Collaboration Project

Updated July 29, 2022

Key Takeaways:

- Vaccination is the best path to ending the COVID-19 pandemic.

- The FDA's approval of the first COVID-19 vaccine is an important milestone that should reassure anyone who has concerns about getting vaccinated.
- Children as young as 6 months are now eligible for the COVID-19 vaccine.
- Get vaccinated and continue to wear a mask based on personal and community level of risk, social distance, avoid crowds and poorly ventilated spaces, and wash your hands often.

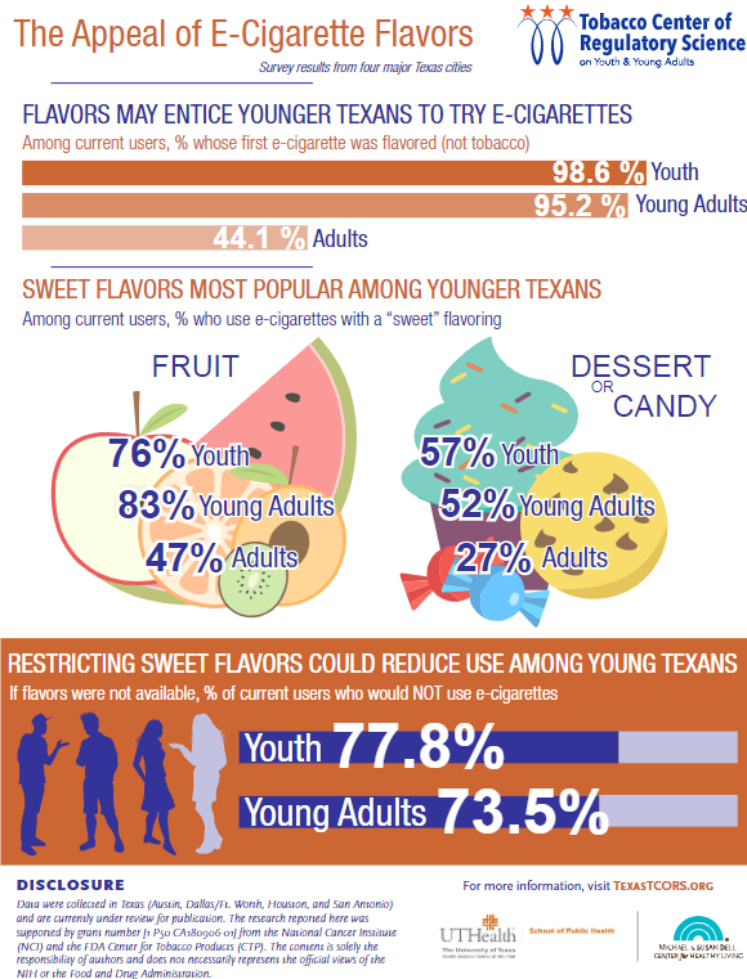
TX RPC MEMBER & ORGANIZATION RESOURCES

The Appeal of E-Cigarette Flavors

Michael & Susan Dell Center for Healthy Living

Restricting sweet flavors could help to reduce e-cigarette smoking among young Texans.

Flavors may entice younger Texans to try e-cigarettes. Among current users, 98.6% of youth tried flavored e-cigarettes (not tobacco) before non-flavored e-cigarettes. Sweet flavors like fruit, dessert, and candy are most popular among younger Texans. Approximately 77.8% of youth users said they would not use e-cigarettes if flavors were unavailable.



TX RPC MEMBER HIGHLIGHTS

Drinking and Parkinson's Disease - Fifty Plus

Michael Weaver, MD, DFASAM - UTHealth McGovern Medical School

Key Takeaways:

1. Research from 2019 shows that around 10% of adults over the age of 65 were binge drinkers, and this number has potentially increased due to the pandemic.

2. According to Dr. Weaver, one standard drink per day is an acceptable amount of alcohol to drink. One standard drink includes a 12 oz. beer, a 5 oz. glass of wine, or a 1-1.5 oz. alcohol/mixed drink.
3. Drinking can worsen many health problems like diabetes, high blood pressure, liver problems, and dementia. As the body ages, its ability to break down and tolerate alcohol decreases.
4. There can be many reasons for an increase in drinking, especially around the age of 65, including loneliness, the loss of a spouse, or other health issues.
5. Many sites have information about the impact of alcoholism, including the [National Institute on Alcohol Abuse and Alcoholism](#) (NIAAA) and the [Department of Health and Human Services website](#).

TX RPC PARTNER EVENTS

Upcoming Webinars

- [A Counselor in Your Pocket: Just-in-Time Adaptive Interventions for Health Behavior Change](#) (8/11, 11AM-12PM)
- [Double Burden of Malnutrition Epidemiology in Low-and-Middle Income Communities](#) (9/20, 11AM-12PM)
- [Active Texas 2030: Business & Industry Sector](#) (8/3, 2-3PM)
- [Active Texas 2030: Faith-based Sector](#) (8/4, 2-3PM)
- [Active Texas 2030: Transportation, Land Use, and Community Design](#) (8/5, 1-2PM)

Webinar Recordings

Physical Activity

- [Active Texas 2030: Healthcare Sector](#)
- [Active Texas 2030: Military Populations Sector](#)
- [Active Texas 2030: Media & Communications Sector](#)
- [Active Texas 2030: Education Sector](#)
- [The Impact of COVID-19 on Children's Obesogenic Behaviors](#)
- [How Extreme Heat Impacts Physical Activity and What to do About It](#)

School Health

- [A Return to School Health: Opportunities for Prioritizing Student Health in the Upcoming School Year](#)
- [School Health Advocacy Workshop](#)

Mental Health

- [State-Funded Texas Programs Address Youth Mental Health Crisis](#)

Digital Physical Activity and Diet Collaborative (dPAD)

- [Integrating Digital Interventions with the Clinical Enterprise](#)
- [Leveraging Existing Technology to Enhance Physical Activity in Inactive Predominantly Black and Latina Women](#)

TX RPC RESEARCHER PUBLICATIONS

Texas Population Publications

General

Food Insecurity and Health-Related Concerns Among Elementary Schoolteachers During the COVID-19 Pandemic

Association of tobacco and marijuana use with symptoms of depression and anxiety among adolescents and young adults in Texas

Weight status and meeting the physical activity, sleep, and screen-time guidelines among Texas children: results from a population based, cross-sectional analysis

Central Texas

Qualitative Exploration of Family Influences on Physical Activity in Hispanic Families

Exploring the Impact of Policies to Improve Geographic and Economic Access to Vegetables among Low-Income, Predominantly Latino Urban Residents: An Agent-Based Model

General Publications

Restricting Tobacco Retail Outlets around Middle and High Schools as a way to Reduce Tobacco Marketing Disparities: A Simulation Study

Systematic review of parental influences on Hispanic children's nutritional and physical health

A cluster-randomized controlled trial to assess the impact of a nutrition intervention on dietary behaviors among early care and education providers: The Create Healthy Futures study

Mental Healthcare: Experiences of Rural Women With Disabilities Following Interpersonal Violence

Effect Modification of Illicit Drug Use on Symptoms of a Major Depressive Episode to Better Understand Binge Drinking by Adolescents and Adults in the United States

Polypharmacy and prescription medication use in a population-based sample of adolescent and young adult cancer survivors

A CBPR-Enhanced Delphi Method: The Measurement Approaches to Partnership Success Case Study

Daily Intake of a Functional Synbiotic Yogurt Increases Calcium Absorption in Young Adult Women

The Effects of Major Disruptions on Practice Participation in Facilitation During a Primary Care Quality Improvement Initiative

Total Play Time Needed for Preschoolers to Reach Recommended Amount of Non-Sedentary Activity

Development and validation of self-efficacy and intention measures for spending time in nature

Feasibility and Acceptability of Technology-supported Sexual Health Education Among Adolescents Receiving Inpatient Psychiatric Care

Calcium deficiency worldwide: prevalence of inadequate intakes and associated health outcomes

Cognitive Processing Therapy Delivered in 5 Days via Telehealth to a Gay Latino Adolescent: A Clinical Case Study

Early Care and Education Center Environmental Factors Associated with Product- and Process-Based Locomotor Outcomes in Preschool-Age Children

Using Implementation Mapping to develop and test an implementation strategy for active learning to promote physical activity in children: a feasibility study using a hybrid type 2 design

ABOUT THE TX RPC PROJECT

The **Texas Research-to-Policy Collaboration (Texas RPC) Project** is a non-partisan network that aims to bridge research and policy by supporting partnerships between child health researchers and policymakers. The TX RPC Project team and overall network are available to support Texas policymakers with informational requests or resources related to health topics, during the interim and throughout the 2023 Legislative Session.

CONTACT US

For more information, email TXRPCNetwork@uth.tmc.edu.

Deanna M. Hoelscher, PhD, RDN, LN, CNS, FISBNPA, Principal Investigator

Alexandra van den Berg, PhD, MPH, Co-Investigator

Tiffni Menendez, MPH, Project Director

Shelby Flores-Thorpe, M.Ed, CHES, Dell Health Scholar, Editor

Liv George, Communications Specialist, Editor



Michael & Susan Dell Center for Healthy Living
UTHealth School of Public Health Austin Campus
msdcenter.org

