

# PUBLIC HEALTH NEWS & UPDATES

TEXAS RESEARCH-TO-POLICY COLLABORATION PROJECT

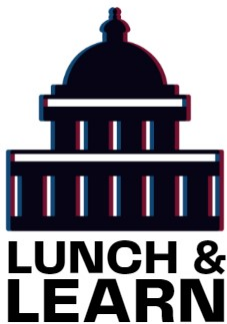
December 2023



*Happy Holidays!*

## TX RPC PROJECT LUNCH & LEARN EVENTS

Thank you for your interest and participation in our past TX RPC Lunch & Learn presentations!



[Substance Use Prevention and Treatment in Texas](#) - December 7, 2023

[Food Prescription Programs in Texas](#) - October 25, 2023

[Policy and Community Health in Texas](#) - May 4, 2023

[Maternal and Child Health in Texas](#) - January 4, 2023

[Child Behavioral Health in Texas](#) - October 27, 2022

[Texas Obesity Awareness Week](#) - September 2022

[Food Insecurity in Texas](#) - August 25, 2022

## TX RPC PROJECT HEALTH POLICY RESOURCE HIGHLIGHTS

### [Foundations of Community Health](#)

*Released July 20, 2022*

*This report provides recommendations for policymakers and stakeholders to enhance community health.*

- The first step to improving health is improving community conditions that facilitate health.
- Foundations of community health include conditions like safe housing, access to healthy food, etc., that collectively impact health outcomes throughout life.

### [Adverse Childhood Experiences \(ACEs\)](#)

*Released October 25, 2023*

*This report provides recommendations for raising awareness and screening for ACEs.*

- ACEs are stressful or traumatic experiences that youth are exposed to before the age of 18.
- ACEs can have a negative impact on mental and physical health outcomes throughout adulthood.

Access the complete list of downloadable health policy resources [here](#).

## WEBINAR HIGHLIGHTS

## How to Build a Culinary Medicine Program

November 28<sup>th</sup>, 2023

November 28, 2023

### Olivia Thomas, MS, RDN, LDN

Co-Founder and CIO of Rewire Health  
Director of Nutrition Innovation and Implementation at Boston Medical Center

### Adanté Hart, MPH, RDN, LDN

Outreach Dietitian  
Oldways

- Teaching kitchens are educational spaces where health and culinary professionals practice culinary medicine and where people can participate in hands-on learning and cooking practices.
- Culinary medicine is an interdisciplinary approach to nutrition that uses practical skills to build cooking self-efficacy to sustain behavior change.
- Culinary medicine programs can support the health of children, adults, students, employees, and community members by helping to prevent or manage chronic diseases.

## Integration of Cooking Skills into Nutrition Education to Prevent and Manage Type 2 Diabetes

Natalia I. Heredia, PhD, MPH

UTHealth Houston  
School of Public Health  
Center for Health Promotion  
and Prevention Research

PREVENTION  
RESEARCH  
INSTITUTION

nourish

MICHAEL & SUSAN DELL  
CENTER FOR HEALTHY LIVING



November 29, 2023

### Natalia Heredia, PhD, MPH

Department of Health Promotion & Behavioral Sciences  
UTHealth Houston School of Public Health

- The prevalence of Type 2 Diabetes (T2DM) has been steadily increasing in Texas, and Texas has had a consistently higher prevalence of T2DM than the U.S. prevalence over the decades.
- Diet plays a crucial role in diabetes prevention and management, but individuals with or at risk for T2DM may not have sufficient knowledge and skills for healthy eating/cooking to be able to follow the doctor's recommendations.
- In this webinar, Dr. Heredia talked about incorporating culinary medicine into the current nutrition interventions, providing nutrition education and joy in healthy eating for individuals at risk for or with T2DM.

Review all past Center webinars [here](#).

## UPCOMING EVENTS

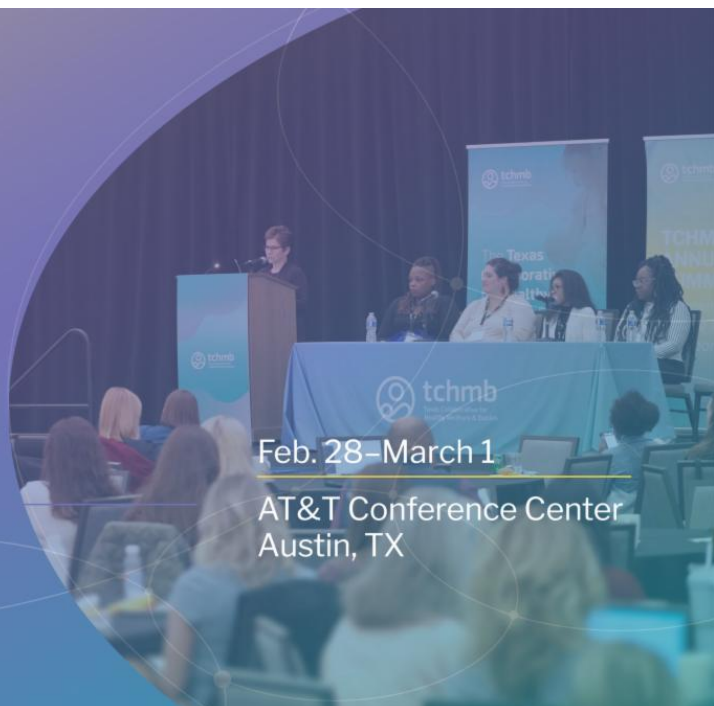


# 2024 TCHMB SUMMIT

Leading Change and  
Fostering Collaboration in  
Perinatal Quality Involvement

Feb. 28–March 1

AT&T Conference Center  
Austin, TX



- The Texas Collaborative for Healthy Mothers and Babies (TCHMB) is proud to host its annual Summit, bringing together professionals, experts, and advocates from across the perinatal healthcare spectrum.
- The aim of the Summit is to inspire, educate, and empower attendees to make a significant impact on maternal and infant healthcare.

**[Register today!](#)**

*TCHMB is funded by the Texas Department of State Health Services (DSHS).*

## TX RPC PROJECT RESEARCHER PUBLICATIONS

### Featured Publication

#### [The Intersection of Food Insecurity and Transportation Insecurity in Harris County, Texas](#)

##### Key Takeaways:

- Food insecurity and transportation inequity disproportionately affect marginalized communities in Harris County.
- This study found that poor walkability was strongly correlated with food-insecure areas of Harris County, Texas.

### Texas Publications

#### *Southeast Texas*

#### [SWOT Analysis and Recommendations for Community Health Workers and Stakeholders Responding to COVID-19 Health Inequities](#)

#### *General*

#### [Nicotine dependence among young adults: Comparing exclusive ENDS users to exclusive cigarette smokers](#)

#### [Wastewater Sequencing Reveals Community and Variant Dynamics of the Collective Human Virome](#)

#### [Association of Social Vulnerability and COVID-19 Mortality Rates in Texas between 15 March 2020, and 21 July 2022: An Ecological Analysis](#)

### General Publications

#### [Association of Socioeconomic Factors and Severity of Bronchiolitis Hospitalizations](#)

#### [Indirect Impact of the COVID-19 Pandemic on the Care and Outcomes of People with MS: A Combined Survey and Insurance Claims Study](#)

#### [Exploring Sexual Orientation Disparities Regarding the Interplay of Childhood Sexual Abuse, Self-Reported Diabetes Status, and Depression Among Adults in the United States](#)

#### [The Supplemental Nutrition Assistance Program Online Purchasing Pilot's Impact on Food Insufficiency](#)

## RESOURCE REMINDERS

The 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:

[Information Request Form](#)

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

- [TX RPC Project Health Policy Resources](#)
- [Michael & Susan Dell Center for Healthy Living Webinars](#)
- [TX RPC Project Newsletters Archive](#)
- [Texas Legislative Bill Tracker](#)
- [Texas Child Health Status Reports and Toolkits](#)
- [Newsletter Resource Sharing Form for Publication](#)
- [COVID-19 Resources](#)

## ABOUT THE TX RPC PROJECT

The [Texas Research-to-Policy Collaboration \(TX RPC\) 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 Legislative Session.

If you are interested in collaborating with us to receive state-, district-, and local-level data-driven information, please reach out to [TXRPCNetwork@uth.tmc.edu](mailto:TXRPCNetwork@uth.tmc.edu).

## CONTACT US

For more information, email [TXRPCNetwork@uth.tmc.edu](mailto:TXRPCNetwork@uth.tmc.edu).

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Texas Research-to-Policy  
— Collaboration Project —



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