

PUBLIC HEALTH NEWS & UPDATES

TEXAS RESEARCH-TO-POLICY COLLABORATION PROJECT

June 2024



Wishing You a Happy and Healthy Summer!



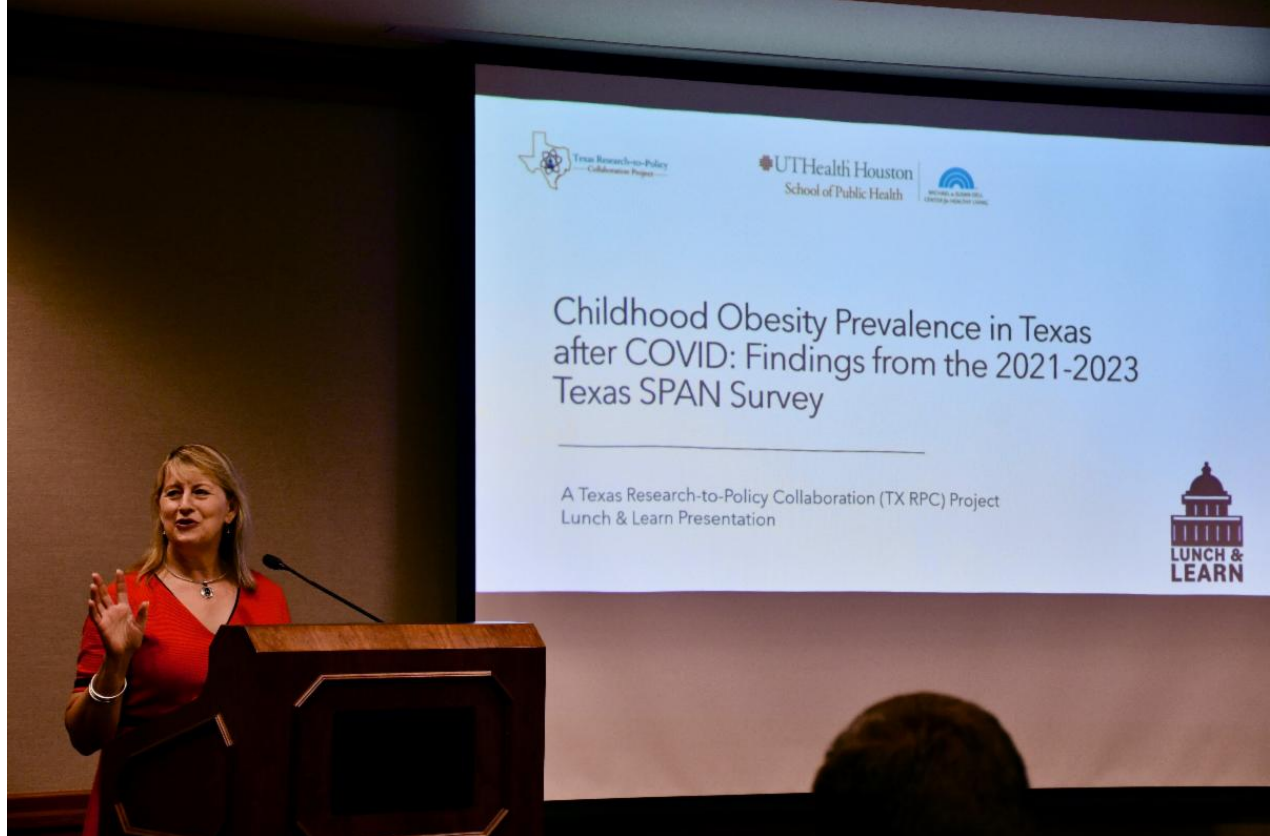
Healthy Summer Challenge

Join the Michael & Susan Dell Center for Healthy Living to beat the heat with our Healthy Summer Challenge. This year's Challenge is themed daily! Keep an eye out on social media for the July activities and catch up on your June healthy choices!

HEALTHY SUMMER CHALLENGE	Move It Monday	Twin Tuesday
Wellness Wednesday	Thursday Talks	Fresh Fruit (and Veggie!) Friday
Self-Care Saturday	Sunday Smiles	MICHAEL & SUSAN DELL CENTER for HEALTHY LIVING

JUNE HEALTHY SUMMER CHALLENGE							Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday		Relax your body by stretching your arms and legs.
Enjoy your favorite outdoor activity. 2	Dance along to your favorite singer's music. 3	Plan a veggie- and fruit-filled picnic with a friend. 4	Create a gratitude jar to practice being thankful. 5	Tell your adult at home why healthy choices are important. 6	Enjoy a snack of fruit and nuts today. 7	Nourish your body with a snack that includes a veggie. 8	
Complete three minutes of your favorite exercise. 9	Play "Simon Says" with your favorite exercises. 10	Remind a friend to stay hydrated and drink water. 11	Draw how you're feeling physically and emotionally. 12	Write down your best memory from last school year. 13	Add fruit to your breakfast menu today. 14	Prioritize your sleep! Get ready for bed 30 minutes earlier. 15	
Play your favorite game. 16	Tie a string between two chairs, and use a balloon as a volleyball. 17	Play with a friend at a local park. 18	Create a bingo card with healthy habits, and try for bingo. 19	Tell your adult at home how you feel about the weather. 20	Try to eat 5 different colors of fruits and vegetables today. 21	Rest your eyes by enjoying a screen-free day. 22	
Host a "Health Party" with dancing and healthy snacks. 23	Discover nature on a walk (go early to beat the heat!). 24	Try a new vegetable with a friend. 25	Think about the past month, and add to your gratitude jar. 26	Write down the recipe for preparing a vegetable. 27	Make a fruit salad with your favorite fruits (and a new one!). 28	Come up with a positive affirmation to say to yourself. 29	
Healthy kid's choice! Re-do your favorite activity from June. 30	Show us how you're making healthy choices in June!						@msdcenter @msdcenter /msdcenter

Lunch & Learn: Texas SPAN Survey Data



[View the Slides](#)

The most recent TX RPC Project Lunch & Learn presentation by Dr. Deanna Hoelscher discussed Childhood Obesity Prevalence in Texas After COVID: Findings from the 2021-2023 Texas SPAN Survey.

TX RPC Project Health Policy Resources

The TX RPC Project is currently working on a series of reports that share information on family & child health topics. The newest — Maternal Mental Health Conditions — will be released soon.

[Congenital Syphilis](#)

Released February 16, 2024

[Non-Medical Drivers of Health](#)

Released March 8, 2024

Congenital Syphilis

February 16, 2024

KEY TAKEAWAYS

1. Texas has consistently had some of the highest reported cases of both syphilis and congenital syphilis in the country.^{1,3}
 - In 2022, approximately 25% of the nation's congenital syphilis cases came from Texas.¹
2. Congenital syphilis can have major health impacts on a baby, but the extent depends on
 - When syphilis was acquired
 - Whether the mother received adequate treatment.^{4,5}

Background

Congenital syphilis (CS) is a severe, disabling, and often life threatening disease seen in infants whose mothers were infected with syphilis during pregnancy and were not fully treated.

- The rate of syphilis among the general U.S. population began increasing more than a decade ago, with exponential annual increases since 2018, contributing to the rapidly increasing incidence of syphilis among pregnant women.^{4,5}



Implications

Approximately 40% of babies born to women with untreated syphilis can be stillborn or die from the infection soon after birth.⁴

- Surviving infants may be affected by lifelong health issues including bone damage, severe anemia, enlarged liver and spleen, blindness, deafness, intellectual or developmental disabilities, or seizures.^{2,4}
- People infected with syphilis often do not have symptoms — known as latent syphilis — and thus may not be aware of their infection.⁵
- As a result, the lack of timely testing and adequate treatment during pregnancy are the main drivers of CS.⁷

TREATMENT FOR ACTIVE SYPHILIS IN PREGNANT WOMEN CAN REDUCE THE RISK OF STILLBIRTH BY ROUGHLY 80%, HIGHLIGHTING THE PREVENTABILITY OF THIS ISSUE.⁸

UTHealth Houston
School of Public Health



Non-Medical Drivers of Health

March 8, 2024

KEY TAKEAWAYS

1. We can improve health by supporting community conditions that impact health (e.g. environment, education, access to care, and other factors) through laws, policies, and community partnerships.
2. In 2022, factors such as food insecurity and education were significant contributors to healthcare costs for Texans.
3. Healthcare plans, clinic and hospital systems, and other healthcare providers can integrate non-medical drivers of health into their delivery systems to improve health conditions and outcomes.

Background

Non-medical factors that influence health, collectively known as *social determinants of health, foundations or non-medical drivers of health (NMDOH)* are conditions in which people are born, grow, live, work, and age that contribute to health outcomes.^{1,2}

- We can improve overall health by improving community conditions through laws, policies, and community partnerships.³
- The Non-Medical Drivers of Health Framework encourages collaborations with communities across sectors to improve community foundations and health benefits.

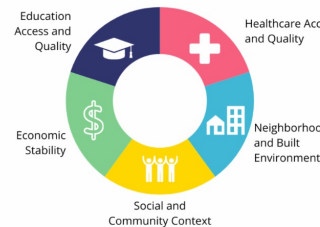


Figure 1. Non-Medical Drivers of Health Factors

Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion¹

Examples: Non-Medical Drivers of Health*

- Safe housing
- Transportation
- Food security and access to healthy foods
- Opportunities for physical activity
- Income level
- Educational Opportunities
- Early childhood experiences
- Social support
- Neighborhood crime rates and exposure to violence
- Access to safe drinking water
- Air quality
- Language and literacy skills

*References 5 & 6

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TX RPC Project Researcher Publications

Featured Publication

[Prevalence and socio-demographic correlates of multi-modal cannabis use among young adults who currently use cannabis](#)

Young adults have the highest prevalence of cannabis use compared to other age groups. There has been an increasing variety of cannabis products and availability of modes (smoking, vaping, eating/drinking, dabbing) of cannabis use; concurrent use of two or more modes of cannabis is associated with an increased risk for adverse health effects.

- This study explored the status of cannabis use during the past 30 days in a sample of young adults (18-29 years old) recruited from 24 Texas colleges across 5 counties.
- This study found that smoking was the most common mode of use, followed by vaping and edible. More than half of the young adults reported concurrent multiple modes of cannabis use. Males and non-heterosexual individuals were more likely to have multiple modes of cannabis use than their counterparts.
- Prevention programs and efforts should be tailored to young adults with greater risk of multiple modes of cannabis use. The impact of cannabis legislation policies in surrounding states on young adults requires further investigation.

Texas

[Reasons for multiple tobacco product and cannabis co-use among Texas young adults](#)

[Most commonly used vaping brands by 18–25 year old young adults in Texas—Spring 2023](#)

[A microcosting approach for planning and implementing community-based mental health prevention program: what does it cost?](#)

[Project Phoenix: pilot randomized controlled trial of a smartphone-delivered intervention for people who are not ready to quit smoking](#)

[The association of cancer-preventive lifestyle with colonoscopy screening use in border Hispanic adults along the Texas-Mexico border.](#)

General

[Does the time to tobacco dependence vary by internalizing symptoms for young people who use e-cigarettes? An analysis of the Population Assessment of Tobacco and Health \(PATH\) study, \(Waves 1–5; 2013–2019\)](#)

[Use of electronic nicotine delivery systems and age of asthma onset among US adults and youths](#)

[Utilizing an intersectional approach to examine experiences of hunger among adolescents during COVID-19: considering race/ethnicity, sexual identity, and employment disparities in a nationally representative sample](#)

[Assessing the role of asthma on the relationship between neurodevelopmental disabilities and adverse birth outcomes](#)

Sweet Summer Habits Olympics



Sweet Summer Habits
Mis Hábitos de Verano

IT'S TIME TEXAS

Free Summer Healthy Habit Programs

Olympic themed fun ALL Summer Long!
Health Education, Interactive Printables, Blogs
Social Media Content, and more!

Phase 1: Exploring Healthy Habits
June 1st - July 25th

Families will embark on an 8-week journey exploring weekly themes and practicing healthy habits together.

Phase 2: Implementing Healthy Habits
July 26th - August 11th*

Each day, families will be challenged with a new healthy habit, earning medals as they achieve their wellness goals.
*Coincides with Olympic Schedule

ITSTIMETEXAS.ORG/SSH

Make health a priority this summer!
Families, sign up for FREE today!
Curriculum download available to community organizations.

This material is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP signs a service mark of the U.S. Department of Agriculture. USDA does not endorse any goods, services, or enterprises.

Join It's Time Texas for Sweet Summer Habits - Olympics!

Looking for a fun and free health initiative for the summer? Look no further! Sweet Summer Habits is here to inspire healthy habits in children and families. From June 1 to August 11, we'll explore and implement healthy habits with engaging activities inspired by the Olympics. Sign up now to learn more and get involved! It's not a commitment, just an opportunity to join the movement for healthier communities.

Learn more and sign up [here!](#)

Resource Corner

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

[Access the Request Form](#)

See below for links to specific resource categories on our website:

- [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](#)

About TX RPC Project

The [Texas Research-to-Policy Collaboration \(TX RPC\) Project](#) is a nonpartisan network that aims to bridge research and policy by supporting partnerships between child health researchers and legislators.

The TX RPC Project team and overall network are available to support Texas legislators with informational requests or resources related to health during the interim and in preparation for the 2025 Legislative Session.

If you and your legislative office are interested in collaborating with our team to receive data-driven information at state, district, and local levels, please reach out to TXRPCNetwork@uth.tmc.edu.

Contact Our Team

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

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Texas Research-to-Policy
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