

PUBLIC HEALTH NEWS & UPDATES

TEXAS RESEARCH-TO-POLICY COLLABORATION PROJECT

August 2024



Stay hydrated and enjoy the summer!



August Healthy Summer Challenge

Wrap up the summer with the Michael & Susan Dell Center for Healthy Living's Healthy Summer Challenge. If you took any photos of your Healthy Summer Challenge, please [email them to us](#).



AUGUST HEALTHY SUMMER CHALLENGE						
For the first half of the month, we encourage you to repeat activities to build healthy habits, and for the second half, we encourage you to create your own ideas!						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Repeat June 9 or July 21.	Repeat June 17 or July 15.	Repeat June 11 or July 16.	Repeat June 17 or July 12.	Repeat June 6 or July 11.	Repeat June 28 or July 26.	Repeat June 5 or July 13.
4	5	6	7	8	9	10
Repeat June 16 or July 28.	Repeat June 3 or July 22.	Repeat June 4 or July 9.	Repeat June 12 or July 10.	Repeat June 27 or July 25.	Create, and do, a snack or activity with fruits and veggies.	Engage in self-care because you're important!
11	12	13	14	15	16	17
Engage in an activity that will make you smile!	Get moving, whatever that means to you!	Create, and do, a snack or activity with your best friend!	Do something that will relax you.	Engage in a free write to flex your creative skills!	Fruit and veggie time!	You matter! Practice self-care.
18	19	20	21	22	23	24
Make yourself smile!	Time to move! Dance, run, wiggle!	Enjoy time with your friends.	Do something to support your wellness.	Come up with a fun topic for you and your adults at home to discuss!	You pick: Is today a fruit or veggie day?	Give yourself a hug for making healthy choices this summer!
25	26	27	28	29	30	31

TX RPC Project Health Policy Resources

NEW!

[Milk: Raw versus Pasteurized](#)

Released August 21, 2024

This report discusses:

- Viruses, bacteria, and/or parasites found in raw milk can cause serious disease, particularly in infants, young children, and pregnant women
- The pasteurization process and the importance of the removal of bacteria strains from raw milk products before consumption
- The health and safety of pasteurized

- milk compared to raw milk
- How farms can sell raw milk from their farms with appropriate licenses and by ensuring the quality of milk products

Milk: Raw versus Pasteurized

August 21, 2024

KEY TAKEAWAYS

1. Raw milk contains viruses, bacteria, and/or parasites that can cause serious disease, particularly in infants, young children, and pregnant women.¹
2. The pasteurization process helps remove the bacteria strains from raw milk products, making them safe for consumption.^{2,3}
3. There is little evidence to support the claims that raw milk is healthier than pasteurized milk.^{2,3}
4. Farmers can sell raw milk from their farms with the appropriate licenses and inspections to ensure the quality of milk products.^{4,5}

Raw Milk

The risk of illness from raw milk is on the rise compared to pasteurized milk.

- Little evidence supports the claims that raw milk has more health benefits than pasteurized milk.^{2,3}
- Raw milk consumption can increase the risk of illness — especially for young children, pregnant women, and older adults — as the product commonly contains bacteria, viruses, and infections.^{1,4}
 - Brucellosis, Listeria, Salmonella, and E. Coli infections are bacterial illnesses that can be spread to humans through the consumption of raw or unpasteurized dairy products and undercooked meats.⁶⁻⁸

People who drink unpasteurized raw milk are

840x

more likely to contract a foodborne illness than those who drink pasteurized milk.⁹

Pasteurization

Pasteurization of cow milk in the United States began after the discovery of *Mycobacterium bovis*, a bovine tuberculosis carried in raw milk.¹⁰

- Most infections by mycobacterium bovid come from consumption (eating or drinking) of contaminated, unpasteurized milk products.¹¹
 - *Mycobacterium bovis* can cause tuberculosis in humans, affecting their lungs, lymph nodes, and other body parts.¹¹

Pasteurization^{2,3}

involves the process of heating dairy beverages and foods to high temperatures in order to kill:



UTHealth Houston
School of Public Health

The Research-Policy
Collaborative Paper

TX RPC Project Researcher Publications

Featured Publication

[Use of cigarettes and e-cigarettes, impulsivity and anxiety: Influences on suicidal ideation among youth and young adults in Texas](#)

Suicide is the second-leading cause of death in the United States for youth and young adults (10-34 years). Nicotine use is a common and readily available source of addictive stimuli, the use of which increases the risk of suicidal ideation in youth and young adults.

- This study investigated the influences of cigarette versus e-cigarette use on suicidal ideation among 2,329 16–23-year-old Texans.
- Current cigarette users were 50% more likely to have suicidal ideation, while current e-cigarette users were 30% more likely to have suicidal ideation compared to non-current nicotine product users.
- Students with anxiety and a higher impulsivity had increased risks for suicidal ideation. Racial and ethnic minority students were more likely to have suicidal ideation relative to their non-Hispanic peers. Students with lower socioeconomic status (SES) were related to higher suicidal ideation compared to those with higher SES.
- Culturally appropriate support is needed for ethnic and racial minorities. Preventive interventions need to address both the individual- and structural-level risk factors, ensuring equity should enhance suicide prevention efforts.

Texas

[Psychosocial stressors of adolescents with E-cigarette, or vaping, product-use associated lung injury: a qualitative study](#)

[Barriers to and facilitators of implementing colorectal cancer screening evidence-based interventions in federally qualified health centers: a qualitative study](#)

General

[Financial incentives for smoking cessation among socioeconomically disadvantaged adults](#)

[Urban heatwave, green spaces, and mental health: A review based on environmental health risk assessment framework](#)

Center for Healthy Living Webinar Highlight

[Food is the Best Medicine: A hospital-based food access initiative for new mothers](#)

August 22, 2024

The webinar focused on a Food is the Best Medicine program for food insecure postpartum mothers in Central Texas. Drs. van den Berg and Polinard discussed the Food is the Best Medicine program, its origins, the need for this type of intervention for post-partum mothers, and preliminary findings and lessons learned from the initiative.

[View Recording!](#)



Alexandra van den Berg, PhD, MPH
Professor, Health Promotion & Behavioral Sciences
Associate Director, Michael & Susan Dell Center for Healthy Living
UTHealth Houston School of Public Health in Austin



Elizabeth Polinard, PhD, RN
Nursing Professional Development Practitioner for Perinatal Services
Ascension Texas

Lunch & Learn: Save the Date



[Non-Medical Drivers of Health: A Solution to Healthcare Cost and Quality](#)

September 30, 2024

11:30 AM-12:30 PM CT


Legislative Conference Center

Save the date to join TX RPC Project for a free lunch and presentation on non-medical drivers of health. More details to follow!

Partner Resources and Events


[Travis County Poverty Brief](#)

This resource examines poverty rates using five-year estimates from the American Community Survey, interactive maps, and summaries of geographic and socio-economic comparisons. The resource can be used to provide policy recommendations to support local communities.



Registration is Now Open!

Congenital Syphilis Summit
September 20, 2024 | Houston, Texas



This event is open to all maternal and pediatric health care partners such as:


- Health care providers
- Hospitals
- Health centers
- Public health professionals
- State agencies
- Community organizations
- Others working to improve the health of women and infants in Texas

The theme for this conference is “What Can I Do Today” with the goal that every attendee leave with ideas on how they can impact Congenital Syphilis in their communities. Registration for this event is free but the total number of in-person attendees will be limited. A virtual option will be available for the sessions in the afternoon starting at 12:45 pm.

There will be 2-DSHS Certified CEUs provided for Community Health Workers and Instructors who attend the in-person Congenital Syphilis training from 8:30am-11:00am. There will not be a virtual option for this training.

Continuing Education for multiple disciplines will be provided for the events starting at 12:45 PM.

[Register Now](#)



The Westin Oaks Houston at the Galleria
 5011 Westheimer at Post Oak
 Houston, Texas 77056
 Innovation Event Management
 5508 Hwy 290 W, Suite 208
 Austin, Texas 78735
 DSHS@iemshows.com
 (512) 358-1000

Congenital Syphilis Summit

September 20, 2024

Registration is open for this action-focused event that will leave attendees with ideas about how to impact congenital syphilis in their communities. The event will take place in Houston on September 20, 2024, and will be hosted by our partner, Texas Department of State Health Services.

- Limited in-person spots are available, with CEUs for Community Health Workers/instructors available
- Virtual option in the afternoon provides CE for multiple disciplines

Register Today!

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.

[Deanna M. Hoelscher, PhD, RDN, LD, CNS, FISBNPA](#), Principal Investigator

[Alexandra van den Berg, PhD, MPH](#), Co-Investigator

[Tiffni Menendez, MPH](#), Project Director

[Rachel Linton, MPH](#), Project Manager

[Yuzi Zhang, PhD, MS](#), Postdoctoral Research Fellow, Editor

[Shelby Flores-Thorpe, PhD, MEd, CHES](#), Postdoctoral Research Fellow, Editor

[Kirsten Handler](#), Communication Specialist, Editor



Michael & Susan Dell Center for Healthy Living | 1836 San Jacinto Blvd, Suite 510 | Austin, TX 78701
US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!