

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 <a href="mailth:emailto:emailth:emailto:emailth:emailto:emailth:emailto:emailth:emailto:emailth



For the	first half	HEALT	onth, we	MMER	CHALL	.ENGE
encourage you to repeat activities to build healthy habits, and for the second half, we encourage you to create your own ideas! © emsdcenter				Repeat June	Repeat June 28 or July 26.	Repeat Juni
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 20 or July 16.	Repeat June 7 or July 5.	Repeat Jun 15 or July 27.
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!
Engage in an activity that will make you smile!		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.
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 29	You pick: Is today a fruit or veggie day?	Give yourse a hug for making healthy choices this summer!

TX RPC Project Health Policy Resources

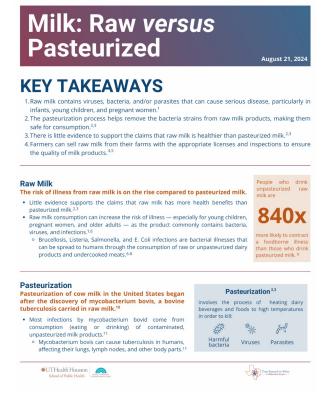
NEW!

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



TX RPC Project Researcher Publications

Featured Publication

<u>Use of cigarettes and e-cigarettes, impulsivity and anxiety: Influences on suicidal ideation among</u> 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

<u>Psychosocial stressors of adolescents with E-cigarette, or vaping, product-use associated lunginjury: a qualitative study</u>

<u>Barriers to and facilitators of implementing colorectal cancer screening evidence-based interventions</u> in federally qualified health centers: a qualitative study

General

Financial incentives for smoking cessation among socioeconomically disadvantaged adults

<u>Urban heatwave, green spaces, and mental health: A review based on environmental health risk</u> assessment framework

Center for Healthy Living Webinar Highlight

<u>Food is the Best Medicine: A hospital-based food access initiative for new mothers</u> *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!



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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

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.



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 CEs 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 <u>Texas Research-to-Policy Collaboration (TX RPC) Project</u> 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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