

April 2020

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A round-up of COVID-19 resources.

About the TX RPC

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.

[Learn more online.](#)

The purpose of the TX RPC Newsletter is to provide relevant, data-driven health information to Texas policymakers. This newsletter will facilitate communication about the recent COVID-19 pandemic implications related to public health, as well as provide communication about other current health issues.

COVID-19 Webinar Series

from the Michael & Susan Dell Center for Healthy Living at the UTHealth School of Public Health in Austin

WEBINAR

COVID-19: Fighting a Fire Blindfolded

Key Webinar Takeaways:

- Current treatment to coronavirus is supportive care
- Clinical trials are ongoing using human serum from recovered patients
- **MYTHS Corrected:**
 - COVID-19 CAN be transmitted in hot and cold climates
 - The new coronavirus CANNOT be transmitted through mosquito bites
 - Spraying chlorine or alcohol will NOT kill the virus that has already entered your body
 - There is NO evidence of consuming certain foods will protect you against the new coronavirus.
- **URGENT:** What needs to be done?
 - Community testing to identify hot spots
 - Contact tracing for people who need to be tested
 - Dissemination of accurate information and recommendations to people in hot spots and the population
 - Prioritize PPE for health care facilities, first responders, police etc.
- Other webinar highlights included:
 - Examples of how one incident such as a birthday party, or one individual infection can spread the virus quickly
 - The effectiveness of early and comprehensive testing and case tracking
 - Importance Shelter-In-Place policies.

[CLICK HERE TO VIEW THE 1-HOUR WEBINAR](#)

WEBINAR

A Citizen's Science Approach to Surveillance of COVID 19 Symptoms in Texas: A Call To Action

Key Webinar Takeaways:

- Tracking rates of COVID-19 can help inform the impact the disease is having in Texas, throughout the US, and the UK.
- Getting as much information as possible is important, so even if you feel well, downloading the app and logging that you have no symptoms will help.
- The information gathered through the app is confidential and de-identified, and will be used to better understand the symptoms of COVID-19 and track the spread of the virus.

[CLICK HERE TO VIEW THE 1-HOUR WEBINAR](#)

WEBINAR

Contaminated Air: The Invisible Threat to Patients and Healthcare Workers

Key Webinar Takeaways:

- Surface cleaning is not enough to control the spread of bacteria, viruses, and fungi
- Portable medical carts, mobile disinfection, UV air and surface disinfection, and integrated technology should all be used in hospitals/clinics to combat the spread of diseases
- Hospital air samples, on average, are up to 8 times more contaminated than surfaces
- UV-C is proven to reduce Coronavirus by elimination up to 99.99%

[CLICK HERE TO VIEW THE 1-HOUR WEBINAR](#)

WEBINAR

Early Implications of COVID-19 on Changes in Injury Patterns in Austin and Across Texas

Key Webinar Takeaways:

- How injury patterns have begun to change in our community as a result of COVID-19
- Areas that will become essential focus to reduce injuries in our communities

[CLICK HERE TO VIEW THE 1-HOUR WEBINAR](#)

COVID-19 Public Health Resources

FREE HOME LEARNING RESOURCES CATCH Health @ Home

CATCH Health @ Home is trying to keep kids healthy and active in the midst of Coronavirus-related school closures.

- CATCH Health @ Homes is a Google Classroom that provides free and easy access to several CATCH evidence-based health, nutrition, and physical education materials.

- These activities require limited space and supervision.
- Sessions include:
 - TIPS for Parents (5 sessions)
 - Youth Vaping Prevention (4 sessions)
 - Physical Activity (28 sessions)
 - Activity Breaks (3 sessions)
 - Health and Nutrition (15 sessions)

LEARN MORE

Evidence-Based Public Health Reports and Resources

TEXAS CHILD HEALTH STATUS REPORT The Child Health Crisis in Texas

The Center developed a series of user-friendly reports to highlight the status of child health in Texas and to raise awareness of child health risk factors in order to develop new programs and actions, and to build on current initiatives in Texas.

- [Child Obesity](#)
- [Nutrition](#)
- [Physical Activity](#)
- [Screen Time](#)
- [Sleep Quality](#)
- Sugar-Sweetened Beverage and E-Cigarette Reports are currently under development.

LEARN MORE AND DOWNLOAD THE REPORTS

TEXAS SCHOOL PHYSICAL ACTIVITY AND NUTRITION SURVEY Online Data Explorer

- The goal of the Texas School Physical Activity and Nutrition (Texas SPAN) survey is to monitor the prevalence of overweight/obesity and related health factors in school-aged children.
- The Texas SPAN data explorer provides representative student data from 2015- 2016 for diet, physical activity, oral health, e-cigarette use, and other health behaviors.
 - These data can be examined at the state, public health region, and Texas-Mexico border regions.

SEE THE DATA

Contact Us

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