This year’s theme is “Beyond the Table,” which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets, and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, and at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.

**Upcoming Events**

**The Founder's Award Luncheon**

*March 22, 2024*

12 PM – 1:30 PM | Austin Marriott Downtown

Texans Care for Children is hosting its annual luncheon to bring together community-minded Texans who share the common belief that every child deserves to live in a safe environment, have an enriching early education, and access the health coverage and care they need.

**Upcoming Center for Healthy Living Webinars**
How to Make Your Own Biodegradable Plant Pots and Sow Seeds Successfully
March 21, 2024
12:00 PM - 1:00 PM CT

March is National Nutrition Month®, with the 2024 theme as "Beyond the Table." Dolores Woods will demonstrate how to make compostable plant pots from repurposed items and teach attendees the basics on how to start vegetables from seed.

Understanding Youth Movement Behaviors: Texas School Physical Activity and Nutrition (Texas SPAN) Survey Insights
March 26, 2024
12:00 PM - 1:00 PM CT

Dr. Pfledderer will address the importance of context when exploring adolescent movement behaviors. Using examples from the Texas School Physical Activity and Nutrition (Texas SPAN) survey, he will present and discuss findings from two recent studies, one that examines the associations between physical activity context and children meeting daily physical activity guidelines, and another that explores the differential effects of electronic media on sleep among 8th and 11th grade Texas adolescents.

Texas SPAN is funded by the Texas Department of State Health Services.

Nutrition Intervention among Formerly Chronically Homeless Adults in Permanent Supportive Housing
March 28, 2024
1:00 PM - 2:00 PM CT

Dr. Hamilton will present findings from a pilot implementation of a nutrition-focused community health worker intervention in permanent supportive housing to reduce food insecurity and improve nutrition outcomes. The pilot study utilized human-centered design, and project outcomes include improved food security and expanded preferences for healthy, easy-to-prepare foods. Participants reported positive experiences from participation in group activities including nutrition education, cooking classes, grocery store field trips and community gardening.
This report provides recommendations on mitigating congenital syphilis (CS) in Texas.

- CS is a severe condition affecting infants born to mothers with untreated syphilis during pregnancy, leading to significant health risks such as disability and mortality.
- The number of CS cases in Texas began increasing annually over a decade ago, but the rates have increased more rapidly since 2018. There were 922 Texas CS cases in 2022 compared to 372 in 2018.
- Treatment for active syphilis in pregnant women can reduce the risk of stillbirth by 80%.

This report provides recommendations on current and future work around Food is Medicine (FIM) initiatives in Texas.

- Food insecurity (FI) is the lack of consistent access to adequate food for people to live an active and healthy lifestyle. Texas (15.5%) has a higher FI rate than the national average (11.2%).
- FIM initiatives include a wide range of supportive programs and services that bridge the critical link between nutrition and health.
- FIM programs help individuals and families increase access to nutritious food and manage diet-related chronic diseases.
Pilot Implementation of a Nutrition-Focused Community-Health-Worker Intervention among Formerly Chronically Homeless Adults in Permanent Supportive Housing

- People experiencing chronic homelessness have a higher risk of being food insecure, and they often struggle with continued food insecurity and poor diet quality even after transitioning to stable housing because of functional limitations, lack of life skills, and economic resources.
- This pilot program was implemented in permanent supportive housing in Houston, Texas, among 140 residents with the aim of increasing access to healthy food and improving nutrition literacy, healthy cooking & eating, and community connectedness.
- The study innovatively used a human-centered design to engage all stakeholders in prioritizing project goals and activities and incorporating adjustments and improvements based on participants' feedback. Findings highlight the need to address food insecurity along with housing difficulties to enhance nutritional outcomes for formerly chronically homeless people given limited access to resources.

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 Newsletters Archive
- Texas Legislative Bill Tracker
- Texas Child Health Status Reports and Toolkits
- Newsletter Resource Sharing Form for Publication

About

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