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!

Lunch & Learn: Texas SPAN Survey Data
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*
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 nicotine 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

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**Sweet Summer Habits Olympics**

[Image of Sweet Summer Habits Olympics]

- 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](#)!

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**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

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**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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