



QUARTERLY NEWSLETTER Spring 2018

Welcome!

As we start a new year, we want to thank our Steering Committee and Regional Representatives for their hard work and dedication over the past year! Live Smart Texas wouldn't be able to connect our members with obesity prevention resources and information without their help. We hope that in 2018, we can continue to build a strong coalition of members working to reduce obesity in the state of Texas.

-Diane and Hoda

Live Smart Texas News

The 2017 Southern Obesity Summit in Atlanta was one of our best. The conversation around health equity was positive, panels and speakers were engaging and overall the 50 participants from Texas not only shared successes from our wonderful state but learned best practices and policies from our other southern counterparts.

One comment from a Texas participant: "State team meeting for Texas was great, my big comment would be what happens next...how can we continue the conversation from now until next SOS? A difficult question to answer, but one worth exploring!" And we are working on how to make that happen!

Mark your calendars for October 22-24, 2018 and make plans to join us in West Virginia!

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To combat the growing rates of obesity in Texas, the Texas Department of State Health Services (DSHS) has recently implemented the [OLE! Texas program](#). The program seeks to promote Outdoor Learning



EVENTS

January 6 - May 10, select counties in East Texas

[Lighten Up East Texas](#)

Regional Weight Loss and Community Challenge is open to anyone over the age of 18.

January 8 - March 4, Statewide

[IT'S TIME TEXAS Community Challenge](#)

Participants from all over Texas step up and demonstrate that the health of their communities matter.

Jan 19-20, Cameron County

[Weight Loss Challenge in Cameron County](#)

The goal of The Challenge-RGV is to inspire local residents to increase physical activity, make healthy food choices and when necessary, lose weight in order to improve their overall health.

February 6 - March 16

[Virtual Expo 2018](#)

Join the School Nutrition Association at the Second Annual Virtual Expo. Over 30 vendors and more than 20 educational sessions will be offered.

February 9, Houston

[Texas Action for Healthy Kids 2018 Annual Summit](#)

Marlene Schwartz, PhD, the Director of the Rudd Center for Obesity & Food Policy, will be the keynote speaker. Other sessions will include health equity in schools, grant workshops, youth engagement, and wellness policies and SHACs.

February 21, Austin

[2018 Annual St. David's CHPR Conference](#)

Keynote speaker Dr. Usha Menon will explore "Health Disparities in the Precision Health Era across the Lifespan".

March 4 - 7, Waco

[TPHA Annual Education Conference](#)

Join Texas Public Health Association for their annual conference. Registration ends Feb 4th.

environments (OLE) at childcare centers, schools, and parks throughout the state and is based on the Preventing Obesity by Design (POD) program developed by the Natural Learning Initiative (NLI). These evidence-based, Best Practice Indicators encourage the **design of childcare center** outdoor learning environments that increases physical activity, food awareness, and **healthier life styles in children.**

Dr. Charles Klein with the Department of Landscape Architecture and Dr. Kristi Gaines with Interior Design at Texas Tech University (TTU) have been working with DSHS to implement **OLE principles in West Texas.** In August 2017, they sponsored the first **OLE design workshop** in Texas at TTU for the Covenant Child Development Center. The design team met with the center staff, visited the site to document existing conditions, and conducted an intensive, one-day, interactive design charrette.

The Texas Tech team are now forming a **coalition of local stakeholders** to work to promote OLE Lubbock in the region. At their first meeting they identified several preliminary goals, including continued design and technical assistance, training programs, evidence informing research, and publicity. Read more about OLE! Texas [here.](#)

REGIONAL UPDATES

Statewide: IT'S TIME TEXAS kicked off their annual **Community Challenge** in January and it has been a huge success. There is still time to participate in the competition and earn your community points. Click [here](#) to see how you can participate before the challenge ends on March 4.

HSR 4/5N: The [6th Annual Lighten Up East Texas](#) regional weight loss challenge is currently in full swing! The "weigh-in" period occurs between January 2 and February 28 with the final "weigh-out" period concluding **the last week of April.** Last year, over **1300 participants** "weighed-out" with a total of **10,684.18 lbs lost** (about 7.96 lbs per person).

HSR 8: The San Antonio Mayor's Fitness Council [Student Ambassador Program](#) awarded **\$30,000** to conduct 90 projects in schools this year. Student Ambassadors are students in grades 5-12 who participate in a **leadership program** and implement a school project related to healthy eating and physical activity. Additionally, the city of San Antonio is partnering with the YMCA to conduct **free diabetes prevention curriculum,** with the goal of expanding this program to other organizations.

HSR 9/10: The [Paso del Norte Institute for Healthy Living](#) recently released a report, [Food for Every Child](#), which assessed healthy food access and developed a plan for improvement for the region. Through a collaboration with the Food Trust, and additional funding from Healthy Eating Active Living

March 9-10, Houston
[6th Annual Houston Global Health Collaborative Conference](#)

This meeting is an annual gathering of interdisciplinary professionals with a passion for global health innovation and passion.

March 20 - 24, Nashville, TN
[SHAPE America National Convention & Expo](#)

The SHAPE America National Convention & Expo is the only event of its kind! Choose from over 400 sessions featuring world-renowned speakers, honorees, athletes, and researchers.

April 2-8
[National Public Health Week](#)

We're celebrating the power of prevention, advocating for healthy and fair policies, sharing strategies for successful partnerships and championing the role of a strong public health system.

April 13-14, El Paso
[HEALU Research Symposia](#)

Paso Del Norte Institute for Healthy Living will be hosting a research and clinical symposia.

April 19-21, San Antonio
[2018 National Child Nutrition Conference](#)

The National CACFP Conference is a pivotal opportunity to see what "best practices" relating to ending childhood hunger and program expansion other agencies are having success with.

April 28, Dallas
[Get Kidz Fit Fest 2018](#)

The 11th Annual Get Kidz Fit Fest will promote nutrition and exercise through healthy cooking demonstrations and sporting activities.

October 22-24, West Virginia
[2018 Southern Obesity Summit](#)

The Southern Obesity Summit is an exciting and important event that brings together leadership from across the 16 southern states to learn, engage and develop strategies around obesity prevention.

October 25-26, Austin
[2018 Healthier Texas Summit](#)

The Healthier Texas Summit is a two-day event for Texas'

(HEAL), recommendations were made to **comprehensively address food access** in El Paso. Read the full report [here](#).

HSR 7: IT'S TIME TEXAS has a **free, bilingual**, evidence-based health coaching hotline for Texans. The [Living Healthier program](#) uses **Motivational Interviewing** to help individuals make and sustain positive lifestyle changes. This program is funded by a [grant from Blue Cross Blue Shield of Texas](#).

Currently, the program is **seeking a community clinic** or other medical practice in the **Dallas-Fort Worth area** to hire and house a Community Health Worker (CHW) with ITT funds for one year. For more information, please contact Cassie Caravello at cassandra@itsmetexas.org.

[Stronger Austin](#) launched in Austin, TX in October **through a partnership** with the Austin Parks & Recreation Department, the Austin Public Health Department, IT'S TIME TEXAS, the Michael & Susan Dell Center for Healthy Living, and My Brother's Keeper with the mission of increasing access to health services and programs in historically underserved Austin neighborhoods. Stronger Austin aims to engage the community to **improve equitable access to health services** and resources for all Austinites through uniting networks of community residents, agencies, businesses, and nonprofits.

HSR 11: The [Weight Loss Challenge in Cameron County](#) kicked off on Jan 19-20, and continues through April. In addition to the annual Weight Loss Challenge, the Cameron County Health Department is also creating a **coalition to investigate local health issues**. The coalition will create an action plan to address health priorities in the county. Also, the county has:

- Conducted several **community assessments** investigating comprehensive health issues as well as mental health for adults and children.
- Begun implementing a **diabetes prevention program** that will include nearly 40 classes. These classes will be held over the next 6 months through collaboration with multiple organizations.



Small Grants

CLIF Bar Family Foundation
Deadline: February 1, 2018

Breakfast in the Classroom Grant

The Partners for Breakfast in the Classroom

thought leaders and health champions to share best practices, discuss current trends and innovations in population and community health, and make connections that will catalyze their work.

 Join Our Mailing List

Deadline: Varies

Funds for Fuel up to Play 60

Fuel up to Play 60
Deadline: Opens Spring 2018

Safe Spaces to Play

U.S. Soccer Foundation

Deadline: June 1, 2018

RESOURCES

The **Robert Wood Johnson Foundation** released a new [State of Obesity Report](#). This **interactive website** provides analyses of obesity-related policy and data trends at the state level, stratified by age groups. Click [here](#) to see how **obesity rates in Texas** compare to other states.

IT'S TIME TEXAS [Choose Healthier](#) mobile app has **expanded to San Antonio** through a partnership with [FitCitySA](#). If you are in the Austin or San Antonio areas and would like to become a partner, go to [choosehealthier.org](#) to register today! The Choose Healthier app **connects individuals and families to free and/or low cost health opportunities**.

Voices for Healthy Kids has developed **several toolkits** and collaborative resources to promote physical activity and healthy food access in schools. Some of the topics include **sugary beverages**, restaurant kids' meals, and healthy food options and availability. Check out these resources [here](#).

The **Healthy Food Policy Project** seeks to **identify local laws** that promote access to healthy food, in addition to improving local economies, environments, and health equity. Their [website](#) contains a **food policy database**, healthy food system crosswalk, and case studies.

SHAPE America has begun hosting **monthly podcasts** that cover relevant health and physical education topics. These podcasts provide listeners with tips from health leaders, innovative ideas for teachers, and discuss **key health issues**. Download the podcasts [here](#).



The Michael & Susan Dell Center for Healthy Living has [archived webinars](#) on their website. These include a 4-part series on the Texas Child Obesity Research Demonstration (CORD) project, and updates from GO! Austin / ¡VAMOS! Austin (GAVA) and Brighter Bites.

[Surprising Results of LunchBag's Efficacy Trial](#)

Tuesday, January 30, 12:00 - 1:00 pm (CT)

The results of LunchBag reveal what parents pack in their child's lunches, what children eat, and how a theory-based intervention can make changes in parent packing behavior. Tune in to this webinar to get an overview of the study, along with many of our surprising findings.

[TX: SHACs in Action - Award Winning SHAC Models](#)

Wednesday, February 28, 11:30 - 12:30 pm (CT)

Learn what makes a great SHAC from the people who know. We have award winning SHACs ready to share their secrets to success. Find out how to get a recess policy passed, or how to improve the school nutrition environment.

[Wellness Wednesday: Yoga in the Classroom](#)

Wednesday, March 14, 3:00 - 3:30 pm (CT)

Learn how to use simple yoga-based movements and practices to increase physical fitness, student focus and academic performance! This webinar is recommended for teachers and champions for active kids.

[Helping Kids Learn Better with Healthy School Meals](#)

Thursday, March 22, 1:00 - 2:00 pm (CT)

Learn how national school meal programs work and how parents and community members can deepen support, trust and meaningful collaboration with nutrition services staff to create healthier school food environments. Hear how parents are making a difference, and learn about resources to help you become a healthy school meals champion!

PUBLICATIONS

Texas Data

[Adequacy of Parent-Packed Lunches and Preschooler's Consumption Compared to Dietary Reference Intake Recommendations](#)

(Romo-Palafox, M. J., Ranjit, N., Sweitzer, S. J., Roberts-Gray, C., Byrd-Williams, C. E., Briley, M. E., & Hoelscher, D. M.; Journal of the American College of Nutrition; Apr 2017)

[IT'S TIME TEXAS Health Coaching Pilot Study \(2014-2015\): Promoting energy-balance behaviors via the Choose Healthier Coach Hotline.](#)

(Springer, A., Nussa, K., Atteberry, H., Heritage, S., Greene-Cramer, B., Drenner, K., Ranjit, N., Gonzalez, A., Hilbert, C., Valentin, C., Kretzschmar, P., & Harrell, M.B.; Health Behavior & Policy Review; Nov 2017)

[Efficacy of a Community- Versus Primary Care-Centered Program for Childhood Obesity: TX CORD RCT.](#)

(Butte, N., Hoelscher, D., Barlow, S., Pont, S., Durand, C., Vandewater, E., Liu, Y., Adolph, A., Pérez, A., Wilson, T., Gonzalez, A., Puvau, M., Sharma, S., Byrd-Williams, C., Oluyomi, A., Huang, T., Finkelstein, E., Sacher, P., Kelder, S.; Obesity (Silver Spring); Sept 2017)

Other Relevant Research

[Transdisciplinary research on energetics and cancer: From adipose tissue to the American Society of Clinical Oncology \(ASCO\) Summit Recommendations.](#)

(Schmitz, K.H., Ochoa, A., Salcedo-Price, R., Hegde, V., Hoelscher, D.M., & Demark-Wahnefried, W.; Obesity; Nov 2017)

[Health by Design: Interweaving Health Promotion into Environments and Settings](#)

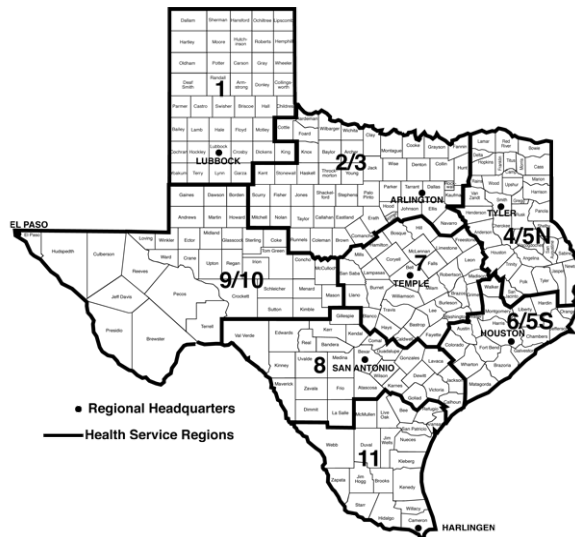
(Springer, A.E., Evans, A., Ortuño, J., Salvo, D., Arévalo, M.; Frontiers in Public Health 5; Sept 2017)

[Associations of Physical Activity, Sedentary Time, and Screen Time With Cardiovascular Fitness in United States Adolescents: Results From the NHANES National Youth Fitness Survey.](#)

The associations of large-for-gestational-age and infant feeding practices with children's body mass index z-score trajectories: the Early Childhood Longitudinal Study, Birth Cohort

(Salahuddin, M., Perez, A., Ranjit, N., Hoelscher, D., Kelder, S.; Clinical Obesity; Sept 2017)

REGIONAL REPRESENTATIVES



Region 1: Dr. Naima Moustaid-Moussa, Texas Tech University (naima.moustaid-moussa@ttu.edu)

Region 2/3: Daniel Bouton, Community Council (dbouton@ccadvance.org)

Region 4/5N: Terrence Ates, Northeast Texas Public Health District (tates@netphd.org)

Region 6/5S: Katie Chennisi, Harris County Public Health (cchennisi@hcphe.org)

Region 7: Michael Lopez, Texas AgriLife Extension (MLLopez@ag.tamu.edu) and Kristen Nussa, IT'S TIME TEXAS (kristen@itstimetexas.org)

Region 8: Kathy Shields, San Antonio Metropolitan Health District (kathleen.shields@sanantonio.gov)

Region 9/10: Dr. Leah Whigham, Paso del Norte Institute for Healthy Living

(ldwhigham@utep.edu)

Region 11: Dr. Belinda Reininger, UTSPH Brownsville (Belinda.M.Reininger@uth.tmc.edu)
