

QUARTERLY NEWSLETTER



Summer 2022

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## 1 EVENTS

**October 20-21, 2022**

**It's Time Texas' 6th annual community and population health conference, the Healthier Texas Summit**

It's Time Texas and The University of Texas System will host It's Time Texas' sixth annual community and population health conference, the Healthier Texas Summit, in-person at the AT&T Hotel and Conference Center

Content at the 2022 Healthier Texas Summit will focus on:

- Addressing social factors for better health outcomes
- Advancing racial equity
- Advancing quality primary care through innovative strategies
- Effective health communication
- Fostering health where Texans live, work, and play
- Harnessing data

Get your Early Bird Discount to the It's Time Texas Healthier Texas Summit and learn more about our keynote speakers [here!](#)

## Live Smart Texas Quarterly Overview

The Live Smart Texas Steering Committee welcomed two new Health Service Regional Members:

**Region 1:** Martin Binks, Ph.D., Director, Nutrition & Metabolic Health Initiative (NMHI) at Texas Tech University

**Region 4/5N:** Claudann Jones, M.S., Smith County Extension Agent

We look forward to working with Martin and Claudann, and hearing more about the work being done in their regions to combat obesity and improve the health of Texans.

We are still looking for a representative for the HSR Region 6/5S (Houston-area). If you are interested in joining, please email Amelia at [Amelia.G.McClellan@uth.tmc.edu](mailto:Amelia.G.McClellan@uth.tmc.edu).

In health,  
Leah & Emily  
Co-Chairs

## RESOURCES

The Michael & Susan Dell Center has released a series of Child Health status reports that can be found [here](#). As well as the most recent release of the Child Sleep Quality Report:

[Child Health Status Report - Child Sleep Quality](#)

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### **The TX SHAC Network is Growing!**

We are excited that the TX School Health Advisory Council (SHAC) Network is growing! We now have over 250 members from 130 different districts across the state! If you are a SHAC member, or are considering joining a SHAC, please consider joining the TX SHAC Network. [Click here to join!](#)

And check out our new website to find out more about SHACs, the laws, state and national resources and more! [www.txshacnetwork.com](http://www.txshacnetwork.com)

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### **The Michael & Susan Dell Center is hosting a workshop series to help create a plan for Active Texas 2030**

The US National Physical Activity Plan provides a societal sector road map for improving physical activity in the US. The goal of this webinar series is to highlight each societal sector's recommended strategies and tactics and to provide contexts for adapting the US National Physical Activity Plan to create Active Texas 2030 - a state plan for all Texans. See below for the available workshops:

#### **Active Texas 2030: Military Populations Sectors**

July 20, 2022 | 1-2pm

Dan Bornstein

[Register today!](#)

#### **Active Texas 2030: Healthcare Sector**

July 22, 2022 | 2-3pm

Liz Joy

[Register today!](#)

#### **Active Texas 2030: Education Sector**

July 26, 2022 | 1-2pm

Jayne Greenberg

[Register today!](#)

#### **Active Texas 2030: Sports Sector**

August 2, 2022 | 1-2pm

Amy Eyer

[Register today!](#)

#### **Active Texas 2030: Business and Industry Sector**

August 3, 2022 | 2-3pm

Laurie Whitsel/Elizabeth Ablah

[Register today!](#)

#### **Active Texas 2030: Faith-based**

August 4, 2022 | 2-3pm

Elva Arrendondo

[Register today!](#)



**The Michael & Susan Dell Center for Health Living has a few upcoming webinars to check out!**

#### **A Return to School Health: Opportunities for Prioritizing Student Health in the Upcoming School Year**

**July 26, 2022 | 11:30am – 12:30pm (CT)**

[Register here.](#)

Student development of and participation in healthy behaviors such as physical activity, healthy eating, and mental health programs are important components of comprehensive school programming. Engagement in these activities can also be predictive of academic and health outcomes. Schools and school districts can prioritize health behaviors in a variety of ways, including in their policies and in their district wide health agendas.

This presentation will share some recent research about how school districts in Texas are prioritizing health and offer suggestions on ways districts and schools can improve their school health environment. Specifically, Dr. Szeszulski will talk about comprehensive school health programs and share information

about the types of health topics included in schools' campus improvement plans. Ms. Iyer will discuss urban-rural differences in district level school wellness policies and resources for implementing those policies. Dr. Rolke will present information about the types of individuals involved in assessing district health policies and how that relates to the comprehensiveness of the policy. Finally, Mrs. Smith will share new resources for School Health Advisory Councils that can be used in developing better comprehensive school health programs.

**Speakers:**

Jacob Szeszulski, PhD – Assistant Professor at the Institute for Advancing Health Through Agriculture at Texas A&M AgriLife Research

Swati Iyer – Medical Student at Texas A&M University

Laura Rolke, PhD – Post-doctoral Researcher at the Institute for Advancing Health Through Agriculture at Texas A&M AgriLife Research

Michelle Smith – Texas State Coordinator for Action for Healthy Kids and Chair of the Texas SHAC Network

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**How Extreme Heat Impacts Physical Activity and What to do About it**  
**July 26, 2022|12:00pm – 1:00pm (CT)**

[Register here.](#)

Extreme heat is a major public health concern, leading to more deaths annually in the United States than all other natural disasters. Less is known about the relationship between extreme heat and physical activity, a health behavior that lowers risk of chronic disease. In this webinar, Dr. Kevin Lanza will share his work in Central Texas to determine the association between outdoor temperatures and physical activity, and to evaluate different strategies to promote safe physical activity in warm climates. The webinar will highlight the health inequity of extreme heat wherein all are affected, yet certain populations unfairly feel the effects more than others. Topics covered include the impact of climate change on urban trail use, climate change adaptation strategies for public transit, and results and recommendations from the Green Schoolyards Project.

**Speaker:** Kevin Lanza, PhD, Assistant Professor, Department of Epidemiology, Human Genetics, and Environmental Sciences, UTHealth School of Public Health Austin Campus

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To view other past webinars, visit The Michael & Susan Dell Center for Healthy Living [website!](#)

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**Action for Healthy Kids has a few upcoming webinars to check out!**

**Implementing new TEKS and new SHAC rules**  
**September 20, 2022|11:30am – 12:30pm (CT)**

[Register here.](#)

New rules for SHACs and new TEKS were introduced during 2021-22 school year. Learn how different districts have implemented these new rules and what process they went through to approve new curriculum for health and physical education.

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**Navigating Mental Health in the School Environment**  
**October 10, 2022|11:30am – 12:30pm (CT)**

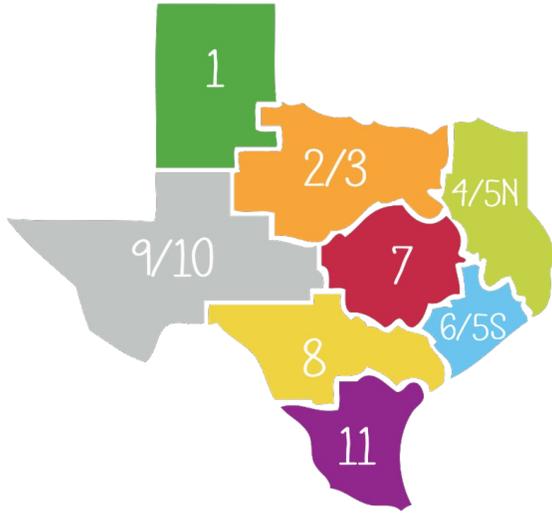
[Register here!](#)

Many times educators are the first to notice mental health issues. Mental and behavioral health services in schools are traditionally focused on individual students. But, creating a positive school environment that supports the "whole child" is an important component that can contribute to a culture of positivity and support for students. Join us as we share how you can make your school/district one that supports mental and physical wellbeing.

To view other past webinars, visit The Action for Healthy Kids [website!](#)

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# REGIONAL REPRESENTATIVES



Nutrition & Metabolic Health Initiative  
(NMHI), Texas Tech University  
([M.Binks@ttu.edu](mailto:M.Binks@ttu.edu))

**Region 2/3:** Victoria Nelson, Children's  
Health - Dallas  
([Victoria.Nelson@Childrens.com](mailto:Victoria.Nelson@Childrens.com))

**Region 4/5N:**  
Claudann Jones, M.S., Smith County  
Extension Agent  
([cmjones@ag.tamu.edu](mailto:cmjones@ag.tamu.edu))

**Region 6/5S:** TBD

**Region 7:** Kara Prior Hanaoka, IT'S TIME  
TEXAS ([kara@itstimetexas.org](mailto:kara@itstimetexas.org))

**Region 8:** Denise Benoit-Moctezuma, City  
of San Antonio Metropolitan Health District  
([Denise.Benoit-Moctezuma@sanantonio.gov](mailto:Denise.Benoit-Moctezuma@sanantonio.gov))

**Region 9/10:** Pema Garcia, Texas A&M  
University ([pgarcia@arch.tamu.edu](mailto:pgarcia@arch.tamu.edu))

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