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QUARTERLY NEWSLETTER



Spring 2017

Welcome!

With a new year, brings new priorities for Live Smart Texas. In February, the LST leadership met and reviewed the feedback from the Texas State meeting at SOS to create the 2017 priorities for our coalition, including:

- Creating a clearinghouse of information, resources and membership
- Developing a communication plan to increase our member reach
- Developing a webinar series to share best practices, regional programming/policy and resources
- Continuing to build Texas Obesity Awareness Week events and the SOS Texas State meeting

We look forward to working with our membership as we focus on these priorities for the next year. If you have suggestions on how to build LST, please feel free to contact our co-chairs, [Diane](#) and [Hoda](#).

In This Issue

[Events](#)

[Funding Opportunities](#)

[Webinars](#)

[Live Smart Texas News](#)

[Resources](#)

[Regional Updates](#)

[Local Spotlight: Region 2/3](#)

[Publications](#)

[Regional Representatives](#)

 [Join Our Mailing List](#)



LIVE SMART TEXAS NEWS

The 85th Texas Legislature is already in gear and LST member organization, The Michael & Susan Dell Center for Healthy Living, has a **tool to help you keep track**. The tracker provides a **rundown of legislation, curated resources, links to legislator profiles and contact information, and notifications of upcoming hearings and events at the capitol**. The tool also provides past bills related to current legislation and their status.

If you are a community member interested in health-related legislation, this is a great place to gather information and resources on these important issues!

* **March 23, Austin, TX**
[American Heart Association
Advocacy Day](#)

* **March 27, Austin, TX**
[Bike Texas Cyclists in Suits](#)

* **March 28, Austin, TX**
[American Cancer
Society/Cancer Action
Network Lobby Day](#)

* **March 27-29, Ft Worth, TX**
[93rd TPHA Annual Education
Conference](#)

* **March 30, Austin, TX**
[2017 St. David's CHPR
Annual Conference](#)

* **April 3, Austin, TX**
Healthy Living Matters
Advocacy Day at the Capitol
For more info contact:
[Mark Solano](#)

* **April 6, Austin, TX**
[Michael & Susan Dell
Lectureship in Child Health](#)

* **April 6-8, Austin, TX**
[Society for Research in Child
Development Biennial
Meeting](#)

* **April 24-28**
[Every Kid Healthy Week](#)

* **April 25**
[WILCO Wellness Alliance
Summit](#)

* **April 29, Dallas, TX**
[Get Kidz Fit Fest 10th
Anniversary](#)

* **May 1-7**
[Healthy Texas Week](#)

* **May 5, Houston, TX**
Healthy Living Matters
Quarterly Collaborative
Meeting. For more
information contact:
info@healthylivingmatters.net

* **May 10-12, Dallas, TX**
[Boys & Girls Clubs of America
2017 National Conference](#)

* **May 12, Houston, TX**
[AWARE for All - Houston](#)

* **May 15-17, San Antonio**

The [2017 Texas Legislature Bill Tracker](#) records bills related to **obesity, including food policy, the built environment, and school/childcare/out of school time nutrition and physical activity policy**. The Center works with the Partnership for a Healthy Texas to make sure the Legislative Bill Tracker **is updated regularly** with new obesity-related bills as they are filed, accompanying resources, and the status of each bill as the session progresses.

If there are any bills not included that you feel the Center should be following, please feel free to let us know by contacting our Center Coordinator, [Heather Atteberry](#).

To receive updates from the Partnership on their priorities you can click [here](#) to join their email list, and be sure to follow them on Twitter [@txlegeobesity](#).

RESOURCES

The **CDC and SHAPE America** have released **new guidelines for schools to incorporate recess** through 19 evidence-based strategies. Recess is one of the suggested methods to help children reach 60 minutes of daily physical activity. Materials include a planning guide for schools and a recess planning template. Click [here](#) to access the strategies.

The **Living Healthier Coach Hotline** was piloted successfully in multiple areas of the state and is now **open for calls in English and Spanish!** The hotline provides free support and **access to information, referrals for healthy resources and opportunities, and motivational coaching, and a health coach** is available Monday-Friday from 9:00-5:00 CT. Click [here](#) to learn more or contact caroline.hilbert@jstimetexas.org about sharing the hotline with organizations that reach SNAP-eligible individuals and families.

The **Food Research and Action Center** released their **2017 School Breakfast Scorecard**, and Texas ranked in the top 10 of states providing breakfast to low income students. The report **found that 100% of Texas schools that offer lunch also provide breakfast programs**, and 63% of students who participate in the free and reduced-price lunch program also participate in the free and reduced price breakfast program. Click [here](#) to read the full report.

The **National Collaborative on Childhood Obesity Research** has release four **measure guides for childhood obesity researchers**. The guides focus on four areas of childhood obesity

[CATCH Kids Club Open Academy](#)

* **June 5-9, Austin, TX**
[CATCH In-School Academy and PE Training](#)

* **June 18-21, Houston, TX**
[Texas Association for School Nutrition and Physical Activity](#)

* **July 16-18, San Marcos**
[TAHPERD Annual Summer Conference](#)

* **July 24-15, Houston, TX**
[CATCH In-School Implementation Training & PE Training](#)

* **Sept 13-15, St. Paul, MN**
[2017 National Walking Summit](#)

* **Oct 1-3, Atlanta, GA**
[11th Annual Southern Obesity Summit](#)

* **Nov 6-7, Austin, TX**
[Healthier Texas Summit](#)

* **Nov 29-Dec 2, Fort Worth**
[TAHPERD Annual Convention](#)

research: **individual diet, food environment, individual physical activity, and physical activity environment.** The guides compliment the NCCOR'S free. online repository of scientific measure articles, and can be accessed by clicking [here](#) .

REGIONAL UPDATES

HSR 9/10: The **YMCA of El Paso** is striving to influence families to comprehend the severity of childhood obesity and lower rates through **improved eating habits and increased physical activity.** The YMCA of El Paso programs will include **youth sports, swim lesson, swim team, gymnastics, dance, PASS Program, and many other great programs.** Additionally, they will implement healthier after school programs that will emphasize the importance of alternative snack choices and daily exercise. Click [here](#) to learn more.

Statewide: IT'S TIME TEXAS kicked off their annual **Community Challenge** in January and it has been a huge success. More than 15,000 Texans were participating at the halfway point, and 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 31.

HSR 4/5N: Fit City Tyler has been working on numerous obesity prevention projects in East Texas including the following initiatives:

- [Lighten Up East Texas](#) is a free regional weight loss challenge which offers a \$5,000 cash prize available through a lottery for any East Texan over the age of 18 who loses at least 5% of their starting weight. At the end of February, nearly 2,900 people had registered for the challenge.
- [Fit for Life Youth Art Contest](#) is open to K-12 students in East Texas to draw their idea(s) of living a healthy lifestyle. Cash prizes will be offered and the youth prize winners will be recognized in May.
- [Fit Bite Menu recognition program](#) highlights restaurant meals and offerings that are prepared with healthier-cooking methods, as defined by the Glossary provided within the Texas Nutritional Environment Assessment of Restaurants.

HSR 1: Dr. Oak Hee Park spoke at the **Texas Tech University 2017 Regional Academic Engagement Symposium** in February to share the

FUNDING

[Healthy Policy Research Scholars 2017 Call for Applications](#)
Robert Wood Johnson Foundation
Deadline: March 29, 2pm CT

[Raising Places: Building Child-Centered Communities](#)
Robert Wood Johnson Foundation
Deadline: March 31, 2pm CT

[Strategic Campaign Fund Incubator](#)
Voices for Healthy Kids
Deadline: March 31, 4pm CT

[School Breakfast grants or Game on Grants](#)
Action for Healthy Kids
Deadline: April 7

[RWJF Sports Award](#)

Robert Wood Johnson
Foundation

Deadline: April 7

**[2017 Cultivating Health
Communities Grant
Program](#)**

Aetna Foundation

Deadline: April 14, 2pm CT

**[2017 Awards for Excellence
in Texas School Health](#)**

Texas Department of State
Health Services

Deadline: August 31

[Cancer Moonshot](#)

National Cancer Institute

Deadline: Varies

**[Evidence in Action:
Investigator-Initiated
Research to Build a Culture
of Health](#)**

Robert Wood Johnson
Foundation

Deadline: Open



**[TX: SHACs in Action-
Partnering for School
Health- A Healthy School
Food Culture](#)**

Action for Healthy Kids

Tuesday, March 28, 2017

60 min | 11:30 AM (CT)

**[Innovative Bicycling
Programs for Youth](#)**

Safe Routes to School

National Partnership

Wednesday, March 29, 2017

60 min | 12 PM (CT)

**[Wellness Wednesday: Turn
It Off! Promoting Screen-
Free Activities at School](#)**

Action for Healthy Kids

Wednesday, April 12, 2017

30 min | 3 PM (CT)

**[TX: SHACs in Action-
Partnering for School
Health- SHACs- What does
the Law Say?](#)**

Action for Healthy Kids

Tuesday, April 25, 2017

60 min | 11:30 AM (CT)

**[Exploring Community-Wide
Interventions That Have
Health Impact in Years \(HI-](#)**

Let's Cook, Eat, and Talk (LCET) community-based family nutrition and cooking program. The 8-week program for underserved families in East Lubbock **explores nutrition, cooking and communication topics, and includes an interactive nutrition lesson**. After a successful pilot, the LCET team is hoping to expand and sustain the program through community partnerships. Click [here](#) to learn more about the program.

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HSR 2/3: This year is the 10th Anniversary of the **Get Kidz Fit Fest in Dallas**. This event is a free, fun-filled extravaganza **designed to educate children and their families about wellness and nutrition while engaging them in a range of healthy lifestyle activities**. Click [here](#) to learn how your organization can be a sponsor or contact Sonia White at swhite@ccdg.org.



[Health & Wellness Alliance for Children](#) of Dallas and Collin County is a group using the collective impact model to address two critical issues around children's health: Asthma and Obesity.

Alliance has identified multiple opportunities to align the organization's work with the framework of the Robert Wood Johnson Foundation (RWJF) County Health Rankings and Roadmap. At its annual retreat in January, Dallas Steering Committee thought leaders focused on ways to move forward with that alignment. Led by Co-Chairs Eduardo Sanchez, M.D., Chief Medical Officer for Prevention for the American Heart Association, and Amy Johnson, Chief Development Officer for the Cooper Institute, Steering Committee members participated in The Alliance Café, four break-out sessions where representatives from each Working Group laid out their group's goals for 2017.

The Asthma Working Groups are building on synergy with the County Healthy Rankings health factors of Housing and Transit, and Access to Care and Quality of Care:

- The Healthy Physical Environments Working Group will move forward with a home rehabilitation loan/grant program through the 1,000 Communities Campaign. The program will target health-related poor housing

[5\): An In-Depth Look At Public Transportation Expansion](#)

Dialogue4Health

Wednesday, April 26, 2017
60 min | 12 PM (CT)

[TX: Partnering for Healthy Kids](#)

Action for Healthy Kids

Wednesday, May 10, 2017
45 min | 9 AM (CT)

[Offering Healthy Snacks at School](#)

Action for Healthy Kids

Wednesday, May 10, 2017
30 min | 3 PM (CT)



conditions in the Lancaster-Keist corridor of Dallas, with the goals of prioritizing available funding for families that include children with asthma, and improving families' ability to manage their children's asthma.

- The Equipping Children and Families Working Group committed to training more community health champions, including promotoras and health professionals, on Healthy Housing assessment standards. These health champions can help families in areas with high-health care utilization make evidence-based changes to their home environments that will reduce children's risk for asthma attacks.
- The Improved Access to High-Quality Care Working Group will implement Cultural Competency education opportunities to health care providers throughout the DFW area. Culturally competent care has been shown to effectively eliminate health disparities in the healthcare setting.

[Read more >>](#)

PUBLICATIONS

Texas Data

[Evaluating a school-based fruit and vegetable co-op in low-income children: A quasi-experimental study](#) (Sharma SV, Markham C, Chow J, Ranjit N, Pomeroy M, Raber M; Prev Med; Oct 2016)

[Brighter Sights: Using Photovoice for a process evaluation of a food co-op style nutrition intervention](#) (Raber M, Lopez KK, Pomeroy M, Mody V, Markham C, Sharma SV; J Health Disparities Res Pract; Oct 2016)

[Healthy eating patterns associated with acculturation, sex, and BMI among Mexican Americans](#) (Reininger B, Lee M, Jennings R, Evans A, Vidoni M; Public Health Nutri; Dec 2016)

[Correlates of physical activity differ by sex and country of birth among Mexican-heritage youth](#) (Wilkinson AV, Miller EE, Koehly LM, Daniel CR, Forman MR; J Immigr Minor Health; Apr 2017)

Other Relevant Research

[Strategic priorities for physical activity surveillance in the United States](#) (Fulton JE, Carlson SA, Ainsworth BE, Berrigan D, Carlson C, Dorn JM, ... Wendel A; Med Sci Sports Exerc; Oct 2016)

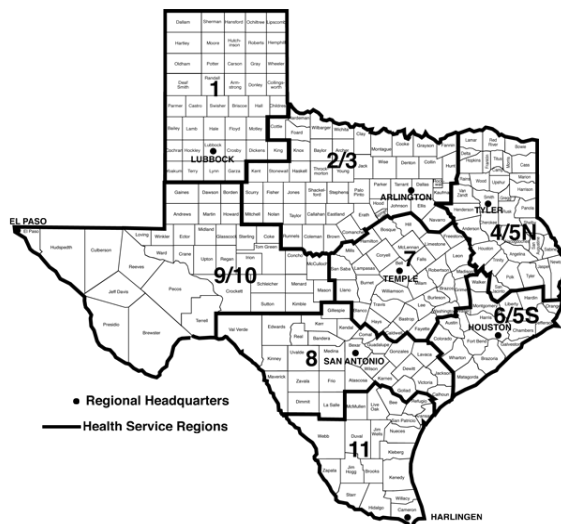
[Surveillance methods to track and evaluate obesity efforts](#) (Hoelscher DM, Ranjit N, Perez A; Annu Rev Public Health; Jan 2017)

Water load test in children with chronic abdominal pain or obesity compared with nonobese controls. (Arrouk R, Karpinski A, Lavenbarg T, Belmont J, McCallum RW, Hyman P; South Med J; Mar 2017)

Obese adolescents show reduced cognitive processing speed compared with healthy weight peers. (Sweat V, Yates KF, Migliaccio R, Convit A; Child Obes; Mar 2017)

Relationship between prenatal growth, postnatal growth and childhood obesity: A review. (Matthews EK, Wei J, Cunningham SA; Eur J Clin Nutr; Mar 2017)

REGIONAL REPRESENTATIVES



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

Region 2/3: Sonia White, Community Council of Greater Dallas (swhite@ccgd.org)

Region 4/5N: Marshall Kratz, East Texas Area Health Education Center (Marshall.Kratz@uthct.edu)

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)