

SHARE:

[Join Our Email List](#)



Welcome!

We are almost half-way through 2017, and the LST Communications team has created a communication plan that will focus on increasing interaction between LST members. The plan has 3 goals:

1. Increase the number of LST members following the [@LiveSmartTexas](#) twitter account by 10%
2. Connect the LST membership with experts through twitter
3. Continue to send quarterly newsletters with high quality content.

We hope to achieve these goals by using our twitter account to hold tweet conversations with experts from the Steering Committee, making sure that we are following all LST member organizations, using twitter to sharing resources and funding opportunities, and using the newsletter to share content that LST members want.

Please be sure to follow us [@LiveSmartTexas](#) for updates and to network with your fellow LST members.

In This Issue

- [Events](#)
- [Local Spotlight: Region 6/5S](#)
- [Regional Updates](#)
- [Publications](#)
- [Regional Representatives](#)

 [Join Our Mailing List](#)



July 16-18, San Marcos, TX

Healthy Living Matters (HLM) is a public-private partnership of over 80 organizations and 110 individuals in Harris County with the mission to mobilize policy action to curb childhood obesity in Harris County. HLM hosts various events throughout the year to encourage healthy living.

[TAHPERD Annual Summer Conference](#)

The Texas Association for Health, Physical Education, Recreation and Dance is dedicated to promoting active, healthy lifestyles and enhance skilled, such as aesthetic motor performance.

[July 24-25, Houston, TX CATCH In-School Implementation Training & PE Training](#)

Attendees will receive training in successfully implementing CATCH P.E. in their physical education classes or other school environments. Training will cover an outline of the CATCH program and resource materials, specifically the CATCH Coordination Kit.

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

The purpose of the 11th Annual Southern Obesity Summit is to assist stakeholders across all 16 states who are preparing to implement policy and program initiatives to support obesity prevention initiatives and policies.

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

IT'S TIME TEXAS, in collaboration with The University of Texas Systems, is hosting a joint initiative to actively reduce preventable chronic diseases throughout Texas. The conference will focus on empowering Texans to cultivate healthier lives and communities.

[November 7-8, San Antonio, TX](#)

[Texas Children in Nature Summit](#)

Explore the latest research and share ideas to strengthen the connection between children, communities and nature.

[November 29- December 2, Fort Worth, TX](#)

Continue reading below to learn more about just a few of the events that occurred in May and June.

To celebrate National Bike Month, students at Red Bluff Elementary school participated in **Bike to School Day**. On May 19th, over 100 students cycled to school to promote physical activity within their community. **75 of those children received donated bicycles and helmets**. The event was successful due to the support of HLM, Pasadena Police Department, Pasadena ISD, and the volunteers who ensured safety was prioritized. HLM and Pasadena ISD plan to partner again for next year's Bike to School day and expand participation to other neighboring schools. Check out a video highlighting the event [here](#).

The Gulf Coast Association for the Education of Young Children, in conjunction with HLM, held their **yearly conference, "Healthy Beginnings"**. The event was held at the University of Houston-Clear Lake on May 20th and over 170 professionals attended. Katie Chennisi presented during a Lunch & Learn over the mission and current projects of HLM, in regards to early care and education. Attendees received hands-on activities, examples, and resources to be **implemented at their child care facilities**. To learn more about Healthy Living Matters, click [here](#) or email Katie Chennisi at cchennisi@hcphes.org.

On June 6th, OLE! Texas held a community presentation on "Naturalized Outdoor Learning Environments in Child Care Centers". Outdoor Learning Environment (OLE) Texas is a built environment child care center project designed to **promote physical activity in preschoolers**. Check out their website [here](#).

REGIONAL UPDATES

HSR 7: The WilCo Wellness Alliance's Healthy Eating Work Group began partnering with the [Junior Master Gardener \(JMG\) program](#) to promote and improve nutrition throughout Williamson County. The JMG provides **children with hands-on gardening experience** to develop critical thinking skills, community involvement, and a love for the environment.

HSR 8: The City of San Antonio has developed a **new nutrition education campaign** called Viva Health. The three core messages include:

- ½ of plate should include fruits & vegetables, every meal, every day
- Drink water, not sugary drinks
- For portion control, use a smaller plate

TAHPERD Annual Convention

The Texas Association for Health, Physical Education, Recreation and Dance is dedicated to promoting active, healthy lifestyles and enhance skilled, such as aesthetic motor performance.



Resources found on the **Viva Health website** can be used to promote healthy eating among children and families.

HSR 9/10: Paso del Norte Foundation held its annual **HEAL week activities** which included:

- **HEAL U mini course on obesity:** Over 120 professionals participated in a continuing education course discussing **obesity, nutrition, and physical activity**. In addition to presentations, providers could undergo mock patient consultations to simulate dialog regarding obesity management.
- **HEAL Unite: A community wellness fair,** open to the public, showcased HEAL-related programs and projects. Attendees were offered free health screenings which included blood pressure checks, blood glucose testing, and body composition analysis.

RESOURCES

The **Episcopal Health Foundation** has released its **2016 Annual Report** regarding **health data** for 57 Texas counties. Data consists of statistics concerning outcomes, healthcare access, health behaviors, mental health, social needs and children. Click [here](#) to access the interactive report.

Voices for Healthy Kids has added new **Safe Routes to School resource toolkit** designed to promote healthy neighborhoods. These resources will aid in helping kids have access to safer areas to walk, bike, and play. Want to encourage healthier spaces in your neighborhood? Check it out [here](#).

Digital CATCH has updated to a **new web-based version** allowing ready access to **CATCH programs and resources**. Sample nutrition and physical activity lessons are available online for free downloading using either a computer or other device (such as mobile/tablet). Browse lessons by subject and grade-level [here](#).

The **Robert Wood Johnson Foundation** has released the **2017 County Health Rankings and Roadmaps**, which comprises of data collected at the county level for all 50 states. Measurements include health outcomes, health behaviors, clinical care, social/economic factors, and physical environment. To learn more, explore the interactive [map](#).

PUBLICATIONS

Texas Data

Texas Legislator Survey: Lessons learned from interviewing state politicians about obesity policies

(Nichols D, et al., Texas Public Health Journal, Spring 2017).

Other Relevant Research

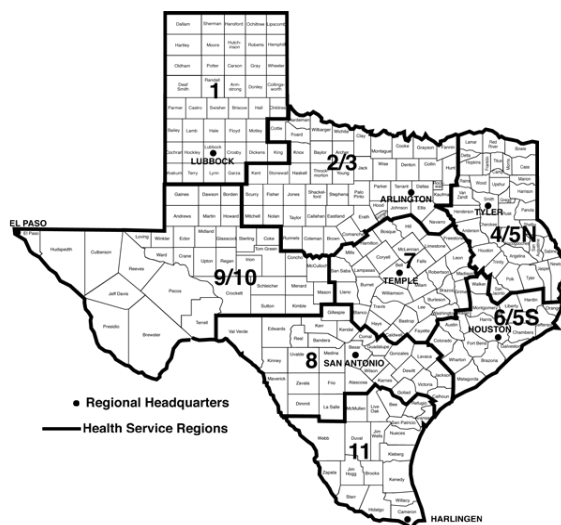
Reducing US cardiovascular disease burden and disparities through national and targeted dietary policies: A modelling study

(Pearson-Stuttard J, et al., PLOS Medicine, Jun 2017).

Health Effects of Overweight and Obesity in 195 Countries over 25 years

(GBD 2015 Obesity Collaborators, New England Journal of Medicine, Jun 2017).

REGIONAL REPRESENTATIVES



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

Region 2/3: TBD

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)