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QUARTERLY NEWSLETTER



Spring 2019

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**July 14-16, San Marcos****TAHPERD 35th Annual Summer Conference**

Annual summer conference for TAHPERD members, including professional development and PE Teachers of the Year award presentation.

September 5, McAllen**September 12, Garland Building Healthier Communities Workshop**

Free one-day workshops, led by expert facilitators, for those looking to improve health in their school, workplace, or community. Focus will be on leading effective collaborations, while aligning efforts to develop purposeful and actionable plans.

LIVE SMART TEXAS NEWS

It was a successful 2019 Legislative Session for child health, thanks to the hard work by our partners at the **Partnership for a Healthy Texas**. Several of their legislative priorities passed, and will become law September 1st:

- Governor Abbott signed **SB 1834** on June 10. This creates a pilot program to study SNAP incentives to purchase Texas-grown fruits and vegetables.
- **SB 952** requires minimum standards for child-care facilities to comply with those suggested by the American Academy of Pediatrics (screen time and physical activity) and the Child and Adult Care Food Program (nutrition).

When Governor Abbott signed **SB 21** on June 7, Texas became the 14th state to raise the legal age to purchase tobacco products to 21 years (including cigarettes and e-cigarettes). The legislation excludes military members and goes into effect September 1.

The second half of 2019 will be just as busy, as we continue to focus on creating a healthier Texas.

Later this summer, Live Smart Texas will host a webinar with the Partnership that will review the 86th Legislature, and provide next steps for the interim session. Look for an email from LST soon, with the date and more details.

Then in the fall, be sure to save the date for the **2019 Texas Health Champion Award Ceremony** scheduled for Thursday, September 12 in Austin. This annual event celebrates public leaders working to reduce the obesity epidemic in Texas, including youth.

There is still a little time to [nominate a champion](#) (applications due June 28)!

In Health,
Diane and Leah

September 14, Austin **Stronger Austin Day**

Brings the citizens of Austin together by increasing recreational opportunities within the Greater Austin Area.

October 17-18, Austin **Healthier Texas Summit**

Offers informative sessions, interactive workshops, and networking focused on transforming health in Texas. Early Bird Registration ends June 30.

October 28-30, Oklahoma City

13th Annual Southern Obesity Summit

The largest regional obesity prevention event in the US, this year's focus is on improving systems to promote healthy people and resilient communities. Early Bird Registration ends August 14.

November 18, Austin **Texas Action for Healthy Kids Summit**

Save the date for the next Summit! In the meantime, [nominate an individual](#) for his/her outstanding volunteerism, dedication, and passion in helping schools become healthier places for Texas' kids to learn and grow. Selected nominees will be recognized at the Summit.

November 20-23, Ft Worth **2019 National Council on Family Relations Annual Conference**

International annual conference of juried, cutting-edge research papers, methods, and practices, including research updates for practitioners sessions, and presentations of best practices in the field.

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REGIONAL UPDATES

HSR 4/5N

Fit City Tyler hosts 7th Annual 'Lighten up East Texas' Challenge

CBS19

HSR 7

Program aims to keep your kids healthy and active this summer

KXXV

HSR 8

Summer camp aims to teach children skills to avoid Type 2 diabetes

KSAT

FUNDING

Research in Transforming Health and Health Care Systems

Robert Wood Johnson Foundation

Deadline: July 2

Build the Foundation for a Healthy Life by Investing in Early Childhood Brain Development

Episcopal Health Foundation

Deadline: July 10 (LOI)

Healthy Choices Grants and Teen Advisory Board Grant

Oliver Foundation

Deadline: July 15

Equity-Focused Policy Research

Robert Wood Johnson Foundation

Deadline: July 25

Grand Challenge: Precision Health and Precision Medicine

American Heart Association

Deadline: July 31

Healthy Eating Research

Robert Wood Johnson Foundation

Deadline: July 31

Salad Bar Grant

Salad Bars to Schools

Deadline: Open

Evidence in Action: Investigator-Initiated Research to Build a Culture of Health

Robert Wood Johnson Foundation

Deadline: Open

RESOURCES

The Michael & Susan Dell Center for Healthy Living has developed a series of reports, [*Healthy Children*](#), [*Healthy State*](#), to raise awareness of child health risk factors. Check out the latest one-pagers on the [Child Nutrition](#) and [Child Physical Activity](#).

The World Health Organization released a [report](#) with recommendations for data collection, analysis and reporting on anthropometric indicators under 5 years old.

A new [report](#) from the Harvard TH Chan School of Public Health provides evidence that sufficiently investing in pedestrian and cycling programs can encourage more active modes of transportation.

Nature Rocks Texas has a [clearinghouse](#) of nature-based activities for kids this summer on their website. It is a one-stop-shopping website to find all the parks, nature centers, and events offered in your community.

WEBINARS

The Potential Role of Nutrition in the First 2 Years of Life in the Prevention of Child Overweight and Obesity

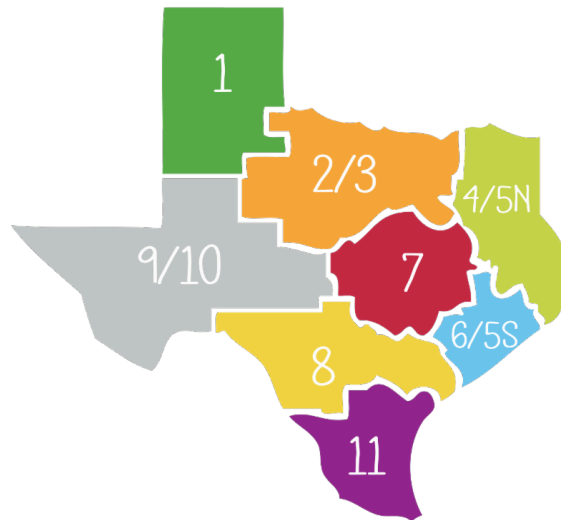
National Academies

Thursday, July 18 at 11:00 AM CDT

The Roundtable on Obesity Solutions is hosting a 75-minute webinar that will explore the role of infant and early childhood nutrition (birth to <2 years of age) related to healthy growth and the prevention of overweight and obesity later in childhood. Presentations will feature the current prevalence and trends of high weight-for-length in infants and young children, the state of the science on nutrition-related modifiable risk factors, and obesity prevention interventions that address healthy growth, with a special emphasis on reducing disparities in populations with above-average obesity risk.

The Michael & Susan Dell Center for Healthy Living has [archived webinars](#) on their website. Check out the most recent webinar from LST Webinar Series - [10 Things to Know about Adverse Childhood Experiences](#).

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: Gwen Sims, Harris County Public Health (Gwen.Sims@phs.hctx.net)

Region 7: Kristen Nussa, IT'S TIME TEXAS (kristen@itstimetexas.org)

Region 8: Gabe Aguilar, San Antonio Metropolitan Health District (Gabriel.Aguilar@sanantonio.gov)

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

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