



QUARTERLY NEWSLETTER Summer 2018

Live Smart Texas News

It's been about two years since Live Smart Texas rebooted the coalition to include a stronger regional focus. As Chairs, we would like to thank the Steering Committee for their leadership and support over the past two years, as it has led to a more robust coalition. Looking forward, we will provide our members with access to the programs and policies that are working to reduce the obesity epidemic in Texas. Of interest, we will be beta testing an Obesity Clearinghouse on the LST website. The clearinghouse will provide regional and state information that is relevant and timely, and we will be looking to our members and partners to help provide that information. We know many of you represent all key sectors of obesity prevention work in Texas. We want to tap your expertise as we disseminate best practices and policies to others. So stay tuned for more information to come.

Together we can make a big difference.

-Diane and Hoda (LST Co-Chairs)

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EVENTS

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.

LOCAL SPOTLIGHT: REGION 7

The **12th Annual Michael & Susan Dell Lectureship in Child Health** was April 17th at the Blanton Museum of Art in Austin, TX. This year's keynote speaker was **Dr. Dianne Ward**, Professor of Nutrition in the Gillings School of Global Public Health at the University of North Carolina at Chapel Hill. Dr. Ward is committed to preventing childhood obesity through home, school, and community interventions that promote healthy eating and regular physical activity in children and families. Her team developed **Nutrition and Physical Activity Self-Assessment for Child Care** (NAP SACC), the highly regarded policy and environmental intervention for child care which has been recognized as a model program and adopted by many states and communities. To date, Dr. Ward has published more than 200 papers and a book on physical activity intervention for children.

April 30-May 23, Statewide
IT'S TIME TEXAS Work
Healthier Challenge

A team-based health improvement competition free to the employer, proven to reduce health risks that drive up medical care costs related to type II diabetes and metabolic syndrome.

May 7-13, Statewide
Healthy Texas Week

During this week-long celebration, Texans are encouraged to **Shop** for healthy items, **Sweat** by getting physically active, and **Share** photos and videos of their healthy activities on social media using the hashtag #HealthyTexasWeek.

June 17-20, San Antonio, TX
Texas Association for School
Nutrition Annual Conference

Join TASN and over 2100 ISD foodservice professionals and industry partners as we shape, build, and support K-12 child nutrition programs in Texas.

June 19-22, Austin, TX
Health Communication
Leadership Institute

In this engaging three-day advanced workshop, current and aspiring health communication leaders will learn strategies and best practices for leadership, management, and innovation.

July 9-12, Las Vegas, NV
School Nutrition
Association's 72nd Annual
Nutrition Conference

Join us for SNA's Annual National Conference (ANC)! Nearly 7,000 strong will unite for four days to share bright ideas, learn best practices and illuminate a bold vision for foodservice in K12 schools.

July 15-17, Frisco, TX
TAHPERD Annual Summer
Conference

Professional educators for health, physical education, recreation, and dance from all points in Texas and from grade levels kindergarten through university, gathered to exchange innovative teaching ideas, recent research, and to discuss important issues facing Texas children.

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,

Discover more information about the keynote speaker and this year's event [here](#).

REGIONAL UPDATES

HSR 4/5N: The [6th Annual Lighten Up East Texas](#) regional weight loss challenge is coming to a close! The final "weigh-out" period will occur the **last week of April**. All entrants who **lose at least 5%** of their registered starting weight before the end of April will be entered into Grand Prize drawings. In May, two participants will be randomly selected to each receive a \$5,000 cash prize. The **winners will be announced** at the Fit City Tyler Celebration event. Additionally, winners from the TylerISD Kids Marathon Challenge and "Fit For Life" Youth Art Contest will be recognized.

HSR 8: In January, San Antonio became the first city in Texas to raise the [legal purchasing age of tobacco](#) from 18 to 21 years old. There are currently almost 300 cities across 19 states that have made initiatives to **raise the age for tobacco sales**. This new measure will take effect October 1, 2018. Raising the legal purchasing age can also have an impact on obesity prevention efforts. Individuals who smoke and are also overweight or obese have an [increased likelihood of cardiovascular disease](#).

HSR 11: The [Weight Loss Challenge in Cameron County](#) is wrapping up at the end of April. The City of Brownsville and the UTHealth School of Public Health in Brownsville sponsored this event with the help of many community partnerships. To date, more than **7,000 individuals have participated with over 14,000 pounds lost**.



[Breakfast in the Classroom Grant](#)

The Partners for Breakfast in the Classroom

Deadline: Varies

[Funds for Fuel up to Play 60](#)

Fuel up to Play 60

Deadline: Opens Spring 2018

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' 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.

November 28 - December 1, Galveston, TX

TAHPERD Annual Convention

Join the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD) at their 94th annual convention in Galveston, TX.

Safe Spaces to Play

U.S. Soccer Foundation

Deadline: June 1, 2018

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

Robert Wood Johnson Foundation

Deadline: Open



RESOURCES

National Recreation and Park Association (NRPA) created a campaign to implement **Healthy Eating, Physical Activity (HEPA) standards** in recreational sites across America. This initiative is currently in its fourth year out of the five-year campaign. Stay updated with their progress [here](#).

Voices for Healthy Kids has developed a **Junk Food Marketing in Schools toolkit**. This toolkit allows students and parents to advocate against the advertising of unhealthy foods in schools. Check out these resources [here](#).

The **Robert Wood Johnson Foundation** released a new **2018 County Health Ranking**. This interactive website provides a revealing snapshot of how health is influenced by where we live, learn, work and play. Each **county is measured** by different health outcomes and factors, such as quality of life and education level.

Alliance for a Healthier Generation released their **Annual Impact Report**. Their work seeks to encourage children to establish lifelong healthy habits by creating supportive environments that promote good health. Their endeavors have affected **more than 25 million children**.

The **Living Healthier Program** has several videos that provide more information about their program. The [Provider Webinar](#) explains to healthcare providers how referring to Living Healthier might benefit their patients, while [this video](#) provides more information about the **free hotline and how its coaches help callers reach their health goals.**



The Michael & Susan Dell Center for Healthy Living has [archived webinars](#) on their website. Recent webinars include results from Lunch is in the Bag efficacy trial.

[Building Healthier Communities by Action for Healthy Kids](#)

Tuesday, May 1, 9:00 - 10:00 AM (CT)

If you want to learn more about Michigan's Building Healthy Communities: Step Up for School Wellness Program, including program overview, goals, requirements, eligibility, timeline, and how to customize the program for your school and apply, please join this informative webinar!

[Wellness Wednesday: How to Show Your Volunteers They're Valued](#)

Wednesday, May 9, 3:00 - 3:30 PM (CT)

Join Action for Healthy Kids for this Wellness Wednesday Webinar and hear some creative ways other schools have thanked their volunteers and engaged them to become even more active in the future.

[Rural-Urban Differences in Delivery Systems for Population Health Activities](#)

Wednesday, May 9, 12:00 - 1:00 PM (CT)

Researchers formed a three-tiered measure of public health system quality from the 2016 National Longitudinal Survey of Public Health Systems (NLSPHS). Initial findings indicate that differences between rural and urban systems persist even when accounting for variables known to drive system quality. Join Systems for Action to find out more.

PUBLICATIONS

Texas Data

[Parent Packs, Child Eats: Surprising Results of Lunch is in the Bag's Efficacy Trial](#)

(Roberts-Gray, C., Ranjit, N., Sweitzer, S. J., Byrd-Williams, C. E., Romo-Palafox, M. J., Briley, M. E., & Hoelscher, D. M.; *Appetite*, Feb 2018) Predictors of Severe Obesity in Low-Income,

[Predictors of Severe Obesity in Low-Income, Predominantly Hispanic/Latino Children: The Texas Childhood Obesity Research Demonstration Study](#)

(Salahuddin, M., Pérez, A., Ranjit, N., Kelder, S. H., Barlow, S. E., Pont, S. J., ... & Hoelscher, D. M.; *Preventing Chronic Disease*, Dec 2017)

[Transit Use and Physical Activity: Findings from the Houston Travel-related Activity in Neighborhoods \(TRAIN\) Study](#)

(Knell, G., Durand, C. P., Shuval, K., Kohl III, H. W., Salvo, D., Sener, I., & Gabriel, K. P.; *Prev Med Rep*, Mar 2018)

[Best Practices and Barriers to Obesity Prevention in Head Start: Differences Between Director and Teacher Perceptions](#)

(Byrd-Williams, C., Dooley, E. E., Sharma, S. V., Chuang, R. J., Butte, N., & Hoelscher, D. M.; *Preventing Chronic Disease*, Dec 2017)

Other Relevant Research

[The Effect of Prenatal Maternal Cigarette Smoking on Children's BMI z-score with SGA as a Mediator.](#)

(Slahuddin, M., Perez, A., Ranjit, N., Hoelscher, D.M., & Kelder, S.; Int J Obes; Feb 2018)

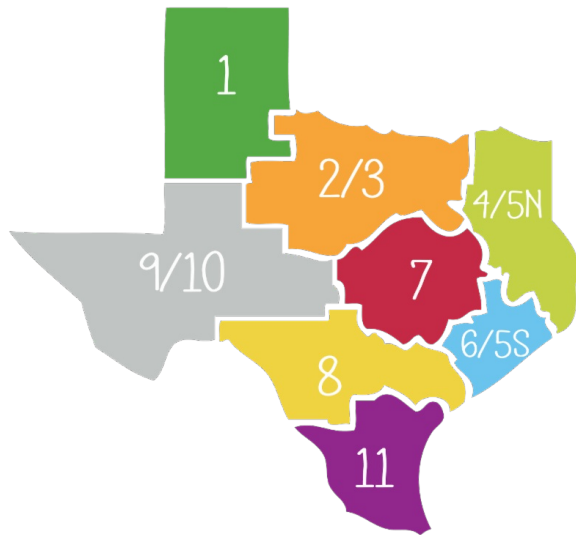
Intrapersonal and Environmental Correlates of Bicycling in U.S. Adults

(Porter, A. K., Salvo, D., Perez, A., Reininger, B., & Kohl, H. W.; Am J Prev Med, Mar 2018)

Neighborhood Environments and Physical Activity: A Longitudinal Study of Adolescents in a Natural Experiment

(Nicosia, N., & Datar, A.; Am J Prev Med, Mar 2018)

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)
