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 your 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)

In This Issue

Events
Local Spotlight: Region 1
Regional Updates
Funding
Resources
Publications
Regional Representatives

Join Our Mailing List

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-July 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.

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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.

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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.

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FUNDING

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.

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**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](#).

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- **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](#).

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- 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.

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- **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.

WEBINARS

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
(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

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

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

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Region 7: Michael Lopez, Texas AgriLife Extension (MLopez@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)