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QUARTERLY NEWSLETTER



Fall 2018

## Live Smart Texas News

We would like to welcome Dr. Leah Whigham as the new co-chair for LST! Dr. Whigham has a BS degree in biochemistry from Iowa State University and a PhD in Nutritional Sciences from University of Wisconsin-Madison. Dr. Whigham's career has focused on obesity, nutrition and weight loss. As Executive Director of the Paso del Norte Institute for Healthy Living, she oversees a mission to provide leadership through innovative and sustainable approaches to promote healthy eating and active living in the Paso del Norte Region.

Dr. Whigham previously served as the LST Regional Representative for PHS 9/10 and will serve alongside Dr. Diane Dowdy through May 2020. Please join us in welcoming Dr. Whigham into her new role at LST.

In health,  
Diane (Co-Chair)

### In This Issue

[Events](#)  
[Local Spotlight: Region 7](#)  
[Regional Updates](#)  
[Funding](#)  
[Resources](#)  
[Publications](#)  
[Regional Representatives](#)

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**Nov 17, Austin, TX**  
[Community Coalition for Health City-wide Health Fair](#)



In collaboration with The University of Texas System and Texas Health Improvement Network (THIN), It's Time Texas hosted the second annual [Healthier Texas Summit](#) at the AT&T Education and Conference Center, October 25-26, 2018. A record number of attendees, 1,200 total, enjoyed two full days of keynotes, symposiums, sessions and workshops. Health champions from all over Texas convened with one purpose in mind, to transform the health of Texans. The only event of its kind, the Summit aims to provide health champions the opportunity to share innovative strategies, forge

Come out and enjoy free food and fun wellness activities! Our goal is to help communities and educate communities in the fight against Diabetes.

**Nov 28-Dec 1, Galveston, TX**

**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.

**Dec 6-7, Corpus Christi, TX**

**Texas Children in Nature Summit**

The Summit will bring together leaders from the conservation, education, health, faith and built-environments to share best practices and new innovations that will inspire others to take action.

**Dec 6-8, Frisco, TX**

**Region 16 2018 Statewide Parental Involvement Conference**

Educators, parents, and community leaders will join together to learn strategies that empower stakeholders to work cohesively - "One Team One Dream" - to pursue a sustainable and systematic parent and family engagement program with the ultimate goal to increase student achievement.

**Jan 7-Mar 3**

**2019 Community Challenge**

Pre-registration is officially open. The IT'S TIME TEXAS Community Challenge, presented by HEB, unites and mobilizes schools, businesses, organizations, community members, and mayors toward the common goal of transforming your community's health. Rally the troops in your community, at your workplace/organization, or from your school and sign up early to earn 200 bonus points.

**Jan 13-15, Austin, TX**

powerful connections, and explore proven solutions that will help reduce preventable chronic disease in Texas and contribute to a healthier state. This year, the Summit hosted the 20th US Surgeon General, Vice Admiral Jerome Adams, MD, MPH, who delivered the opening keynote address, *Better Health Through Better Partnerships*.

On opening day of the Summit, the first Symposium hosted three key Texas State Representatives in *Health and the 86th Legislature*, which included a conversation on top priorities sure to be on the agenda come January when session starts. Day two of the Summit included a Symposium entitled, *Funding Health: Current Priorities and Future Directions*, and a Luncheon Keynote featuring Dr. Karen DeSalvo of UT Austin, Dell Medical School called *Public Health 3.0*.

Both the opening and closing keynote addresses as well as the two Symposiums can be seen in their entirety at [www.healthiertexasummit.com](http://www.healthiertexasummit.com)

# REGIONAL UPDATES

**HSR 4/10: The Northeast Texas Health District has received several grants** from the Texas

Department of State Health Services, including an Obesity-related grant for Smith County and a Heart Disease and Cholesterol grant for the region.

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**HSR 6/5S: Choose Healthier launched in Baytown on Nov 3**

. The App is designed to empower people to lead healthier lives and build healthier communities by presenting them with hyper-localized opportunities to take healthy action and the ability to share and promote these opportunities with their friends and families.

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**HSR 8: San Antonio, Texas is one of four communities that received the Robert Wood Johnson Foundation Culture of Health Prize** this

year. This year's winners have made impressive efforts to improve the health and well-being of residents through a myriad of strategies. The residents of San Antonio are focused on health inequities and the connections between education, health, and wealth. [Learn more here.](#)

The City of San Antonio was **one of two cities in Texas to receive a 2018 CDC REACH grant**. The city will expand upon the current areas and strategies in use by the Metro Health's Healthy Neighborhoods program to implement the tobacco,

**School Nutrition Industry Conference**

SNIC is a one-of-a-kind opportunity to network with peers, allowing you to benchmark your current practices, share strategies for success and develop innovative ideas you can apply immediately in the workplace.

**Feb 1, San Antonio, TX Texas Action for Healthy Kids Summit**

Keynote address by Amelie G. Ramirez, Dr.P.H. an internationally recognized cancer and chronic disease health disparities and communications researcher, is a professor of epidemiology and biostatistics at The University of Texas Health Science Center at San Antonio, where she also is founding director of the [Institute for Health Promotion Research](#) , which researches health disparities.



nutrition, and community-clinical linkage strategies to reduce health disparities among African American and Hispanic Americans.

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**HSR 9/10: El Paso, Texas providers are first in nation to receive new medical obesity training .**

Through the efforts of the Paso del Norte Institute for Healthy Living at The University of Texas at El Paso (UTEP), a brand-new training program for healthcare providers aims to revolutionize obesity treatment in the Paso del Norte region. The Institute for Healthy Living partnered with the obesity education company, MetaboLogix, to develop the "Practical Obesity Management Course," funded by the Paso del Norte Health Foundation through its Healthy Eating Active Living initiative. [Learn more here.](#)

**The American Heart Association received one of two 2018 CDC REACH grants for the state of Texas .**

The AHA/ASA will work collaboratively with health coalitions in the county of El Paso, Texas, to strengthen health systems and accelerate improvements across tobacco, nutrition, and physical activity.

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**HSR 11: Texas AgriLife received a High Obesity grant from the CDC,**

and will be partnering with counties in South Texas to improve access to fresh fruits and vegetables and physical activity.



**Strengthen Systems of Health Episcopal Health Foundation**

Deadline: Dec 8 (LOI)

**Evidence in Action: Investigator-Initiated Research to Build a Culture of Health Robert Wood Johnson Foundation**

Deadline: Open

**Pioneering Ideas Brief Proposals Robert Wood Johnson Foundation**

Deadline: Open

# RESOURCES

It's Time Texas will be offering a **new, free training opportunity for community health collaboratives throughout Texas**. The [Build Healthier Community Lab](#) offers a virtual, hands-on learning environment in which health collaborative members learn from each other to overcome challenges and learn tips from experts in the field. For more information contact Ashley Hearn ( [ashley@itstimetexas.org](mailto:ashley@itstimetexas.org)).

\* \* \* \* \*

Voices for Healthy Kids has developed **resources and toolkits for walking, biking, and rolling** . This toolkit is a nationwide campaign to support and encourage active travel to school. Check out these resources [here](#) .

\* \* \* \* \*

The CDC released the [2018 State Action Guides on Fruits and Vegetables](#). These guides are based on the 2018 Fruit and Vegetable State Indicator Report and **show how states are doing on important measures of access and affordability and highlight ways to increase fruit and vegetable consumption** .

\* \* \* \* \*

The Michael and Susan Dell Center for Healthy Living has developed a downloadable "[Healthy Living Challenge](#)" calendar. These **calendars are filled with physical activity and nutrition challenges to keep your kiddos healthy year-round** . Easily post the calendar on your fridge and encourage your children to complete as many challenges as they can.

## WEBINARS

The Michael & Susan Dell Center for Healthy Living has [archived webinars](#) on their website. Recent webinars include the first of our LST Webinar Series, Misconceptions About Obesity.

### **Power of Collaboration**

**Wednesday, November 15, 2018 12:00 - 1:00 PM CT**

Community Health Collaboratives play an important role in health promotion and chronic disease prevention by bringing together individuals, families, schools, employers, community and business leaders, and elected officials in recognizing the importance of health and providing inspiration, information, and support for healthy living. Join us as we discuss resources for Community Health Collaboratives and provide examples of successful collaboratives.

Presenters:

Ashley Hearn, Build Healthier Program Coordinator, It's Time Texas

Jennifer Cofer, Director, EndTobacco Program, The University of Texas MD Anderson Cancer Center

### **10 Things to Know About Adverse Childhood Experiences**

**Tuesday, January 15, 2019 12:00 PM - 1:00 PM CT**

Early childhood experiences are an important public health issue since both positive and negative childhood experiences have an impact on future violence victimization and perpetration, and lifelong health and opportunity. Referred to as Adverse Childhood Experiences (ACEs), ACEs have been linked to: risky health behaviors; chronic health conditions; low life potential; and, early death.

## PUBLICATIONS

[Impact of the Coordinated Approach to Child Health Early Childhood Program for Obesity Prevention among Preschool Children: The Texas Childhood Obesity Research Demonstration Study.](#)

(Sharma SV, Vandewater E, Chuang RJ, Byrd-Williams C, Kelder S, Butte N, Hoelscher DM; Child Obes., September, 2018)

[Improvement in Primary Care Provider Self-Efficacy and Use of Patient-Centered Counseling To Address Child Overweight and Obesity after Practice-Based Changes: Texas Childhood Obesity Research Demonstration Study.](#)

(Barlow SE, Salahuddin M, Butte NF, Hoelscher DM, Pont SJ; Child Obes., August 2018)

[Behavior Modification of Diet and Parent Feeding Practices in a Community- Vs Primary Care-Centered Intervention for Childhood Obesity.](#)

(Wilson TA, Liu Y, Adolph AL, Sacher PM, Barlow SE, Pont S, Sharma S, Byrd-Williams C, Hoelscher DM, Butte NF; J Nutri Educ Behav., August 2018)

[Using the 13C/12C carbon isotope ratio to characterise the emission sources of airborne particulate matter: a review of literature.](#)

(Aguilera J, Whigham LD; Isotopes Environ Health Stud.; October 2018)

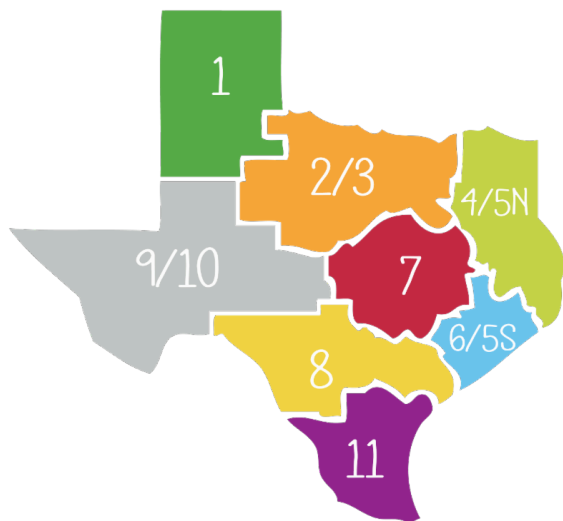
[Depletion and repletion of fruit and vegetable intake alters serum bone turnover markers: a 28-week single-arm experimental feeding intervention.](#)

(Cao JJ, Whigham LD, Jahns L.; Br J Nutr.; September 2018)

[Recognizing and eliminating bias in those with elevated body mass index in women's health care.](#)

(Lindheim SR, Glenn TL, Whigham LD; Fertil Steril.; May 2018)

## REGIONAL REPRESENTATIVES



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

**Region 2/3:** Daniel Bouton, Community Council ([dbouton@ccadvance.org](mailto:dbouton@ccadvance.org))

**Region 4/5N:** Terrence Ates, Northeast Texas Public Health District ([tates@netphd.org](mailto:tates@netphd.org))

**Region 6/5S:** OPEN

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

**Region 8:** Kathy Shields, San Antonio Metropolitan Health District

([kathleen.shields@sanantonio.gov](mailto:kathleen.shields@sanantonio.gov))

**Region 9/10:** OPEN

**Region 11:** Dr. Belinda Reininger, UTSPH Brownsville

([Belinda.M.Reininger@uth.tmc.edu](mailto:Belinda.M.Reininger@uth.tmc.edu))

*Please contact Donna Nichols ( [Donna.C.Nichols@uth.tmc.edu](mailto:Donna.C.Nichols@uth.tmc.edu) ) if you are interested in serving as a regional representative in an open region.*

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