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QUARTERLY NEWSLETTER



Winter 2016

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EVENTS

- * **Jan 13-15, Granbury, TX**
[33rd Annual TAHPERD Leadership Conference](#)
- * **Jan 22-24, Orlando, FL**
[SNA's School Nutrition Industry Conference](#)
- * **February 10, Austin, TX**
[2017 Texas Action for Healthy Kids Annual Summit](#)
- * **Feb 15-17, San Antonio**
[2017 Communities Joined in Action Conference](#)
- * **March 14-18, Boston, MA**
[Society of Health and Physical Educators National Convention](#)

LIVE SMART TEXAS NEWS

The 10th Annual **Southern Obesity Summit (SOS)** took place November 13-15, 2016 in Houston, Texas presented by Texas Health Institute and the Live Smart Texas steering committee. Public health advocates from across the South came together to **share effective programs and policies, and strategize next steps to implement initiatives across all 16 southern states.** The goals of the Summit are to promote cross-sector collaboration and partnerships to prevent obesity, provide opportunities for practitioners to share successful policy and community-based intervention strategies, and further define a Southern Strategy to encourage effective inter-state initiatives and collaboration.

The Michael & Susan Dell Center for Healthy Living provided live-streaming for this year's Summit. [The archived videos are available here.](#)

The Summit is more than a typical conference; it is a working event where you leave prepared to take action. Whether you are working on a new policy around food access or helping a school district write a wellness policy, you can find **resources, connections, and models to guide obesity prevention efforts**, focusing on seven key focus areas: early childcare, workplace wellness, schools, physical activity, food access, nutrition policy, and healthcare.

[Read More >>](#)

* **March 27-29, Ft Worth, TX**
[93rd TPHA Annual Education Conference](#)

* **Sept 13-15, St. Paul, MN**
[2017 National Walking Summit](#)



[Walmart Foundation/Community Grant Program](#)
Walmart Foundation
Deadline: Dec 31, 2016

[Bridging the Gap: Reducing Disparities in Diabetes Care](#)
Merck Foundation
Deadline: Jan 24, 2017

[Evidence for Action: Investigator-Initiated Research to Build a Culture of Health](#)
Robert Wood Johnson Foundation
Deadline: Rolling

[Children's Obesity Fund](#)
Children's Obesity Fund
Deadline: Rolling



[Keep Moving! Comprehensive School Physical Activity](#)
Action for Healthy Kids
January 3, 2-3pm (CDT)

[TX: Partnering for Healthy Kids](#)
Action for Healthy Kids
Jan 11, 9:00-9:45am (CDT)

[Wellness Wednesday: Are you ready to take the SuperFit School Challenge?](#)
Action for Healthy Kids
Jan 11, 3:00-3:30pm (CDT)

[Eat Better at School! Creating a Healthier School Food Culture](#)
Action for Healthy Kids
January 25, 12-1pm (CDT)

LATEST RESEARCH

The **Trust for America's Health** has released their report on the **State of Childhood Obesity** . While the national childhood obesity rate has leveled off, it is still high compared to previous generations. **The report provides summaries on obesity prevention policies and programs.** Click [here](#) to access the report and [here](#) to access their interactive website.

Voices for Healthy Kids has released their 2016 progress report on **Building a Culture of Health for all Children**. The report highlights **key progress from the year** including success from communities throughout the US. Click [here](#) to access the full report.

The **FDA** is **currently accepting comments on the use of the term "healthy" for food labeling** . The goal is to provide consumers with information and tools so they can easily and quickly make food choices consistent with public health recommendations. **Comments must be submitted by January 26, 2017** . Click [here](#) for more information or to submit a comment.

REGIONAL UPDATES

The **City of Austin** has **budgeted \$800,000 to improve access to healthy foods** for those in food insecure areas. The funds will be used **to hire a full time Food Access Coordinator, conduct a food environment analysis**, supporting small neighborhood corners stores, and mobile food markets. Click [here](#) for more information about the plan.

The **Department of Design** and **Department of Landscape Architecture** at **Texas Tech University** are **working to give children a safe, innovative and fun place to play** through the **OLE! Texas project**. The focus of the new project is to **create early childhood promotion strategies** by renovating childcare outdoor learning environments (OLE) with the first project taking place in Lubbock. Click [here](#) to learn more about the project.

Richey Elementary partnered with **Harris County Public Health, Healthy Living Matters, Playworks** and the **Pasadena Police Department** for this year's **International Walk to School Day**. **Over 100 students, parents, staff and community volunteers participated** in the event

[Get Recognized as a Health Promoting School: It's Time to Apply!](#)

Action for Healthy Kids

February 7, 2-3pm (CDT)

[Wellness Wednesday: Celebrate National Nutrition Month and School Breakfast Week](#)

Action for Healthy Kids

Feb 8, 3:00-3:30pm (CDT)

[How to Plan the BEST Every Kid Healthy Week Event](#)

Action for Healthy Kids

February 16, 1-2pm (CDT)

[TX: Partnering for Healthy Kids](#)

Action for Healthy Kids

March 8, 9:00-9:45am (CDT)



in which students walked to school via walking school busses. Click [here](#) to learn more about the event.

* * * * *

The **Michael & Susan Dell Center for Healthy Living** held a ceremony in September to honor this year's **Texas Health Champions: Michelle Smith and Brighter Bites**. The annual award recognizes leaders who have demonstrated **exemplary achievement in reducing the burden and raising awareness of the obesity epidemic in Texas**. Click [here](#) to watch the a recording of the event.



Leadership Encouraging Activity & Nutrition (LEAN)

The **LEAN Coalition's mission** is to inform and **increase awareness among Rusk County citizens** concerning physical activity, nutrition choices, and other behaviors for optimum health.



Our intention is to **lead our community in making wise, informed choices for a healthier life** by partnering with Texas Department of State Health Services, Rusk County Health Department and Texas AgriLife in **conducting nutritional and physical activity programs** such as Step Up and Scale Down, Wisdom Power Control, Si Yo Puedo Controlar mi Diabetes, Learn Grow Eat & Go! and Walk Across Texas.

LEAN uses these programs to **ensure that minority and disadvantaged populations are not left behind**. LEAN intends on leading the whole community in making wise, informed choices for a healthier life.

Rusk County has been **recognized by Texas AgriLife with National and Southern Regional Awards** for both the Step Up Scale Down and the Si Yo Puedo Controlar mi Diabetes programs. To get involved, visit their [Facebook](#) page .

PUBLICATIONS

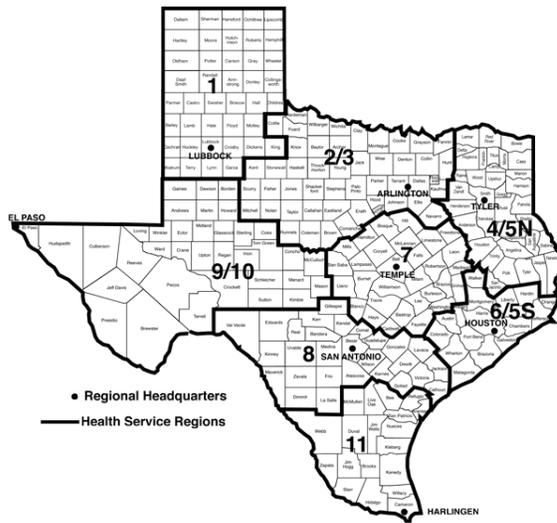
Texas Data

- [Previous gardening experience and gardening enjoyment is related to vegetable preferences and consumption among low-income elementary school children.](#) (Evans A, Ranjit N, Fair CN, Jennings R, Warren JL; J Nutr Educ Behav; Oct 2016)
- [Impact of school-based vegetable garden and physical activity coordinated health interventions on weight status and weight-related behaviors of ethnically diverse, low-income students: Study design and baseline data of the Texas, Grow! Eat! Go! cluster-randomized controlled trial.](#) (Evans A, Ranjit N, Hoelscher DM, Jovanivic C, Lopez M, McIntosh A, Ory M, Whittlesey L, MyKyer L, Kirk A, Smith C, Walton C, Heredia NI, Warren J; BMC Public Health; Sep 2016)

Other Relevant Research

- [Trends in obesity among participants aged 2-4 Years in the Special Supplemental Nutrition Program for Women, Infants, and Children - United States, 2000-2014.](#) (Pan L, Freedman DS, Sharma AJ, Castellanos-Brown K, Park S, Smith RB, Blanck HM; MMWR; Nov 2016)
- [Body Fatness and Cancer - Viewpoint of the IARC Working Group.](#) (Lauby-Secretan B, Scoccianti C, Loomis D, Grosse Y, Bianchini F, Straif K; NEJM; Aug 2016)
- [Assessing environmental assets for health promotion program planning: A practical framework for health promotion practitioners.](#) (Springer AE & Evans SE; Health Promot Perspect; Aug 2016)
- [Common scientific and statistical errors in obesity research.](#) (George BJ, Beasley TM, Brown AW, Dawson J, Dimova R, Divers J, Goldsby TU, Heo M, Kaiser KA, Keither SW, Kim MY, Li P, Mehta T, Oakes JM, Skinner A, Stuart E, Allison DB; Obesity; Mar 2016)

REGIONAL REPRESENTATIVES



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

Region 2/3: Sonia White, Community Council of Greater Dallas (swhite@ccgd.org)

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)