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 >>
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.

* March 27-29, Ft Worth, TX 93rd TPHA Annual Education Conference


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)
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)

LOCAL SPOTLIGHT:

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)

Other Relevant Research

- Assessing environmental assets for health promotion program planning: A practical framework for health promotion practitioners. (Springer AE & Evans SE; Health Promot Perspect; Aug 2016)
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@hcphes.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)