

WHAT IS LIVE SMART TEXAS?

Live Smart Texas (LST) is a coalition of organizations and individuals who work together to address the state's obesity epidemic, especially in children. Founded in 2007, LST members represent interdisciplinary sectors including: policy/advocacy, education, government, academia/research, professional associations, and local community groups.

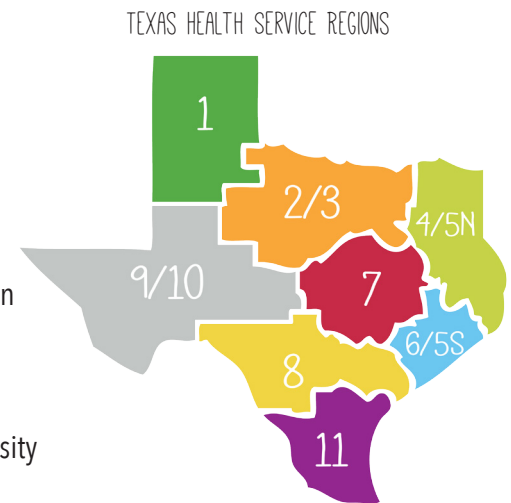
LST has regional representatives from all eight Texas Health Service Regions (*see map*) and is led by Drs. Diane Dowdy and Hoda Sana.

Members of LST work collaboratively to:

- Connect and build relationships with others to reduce obesity rates in Texas
- Access opportunities to engage in collaborative research and community partnerships
- Share best practices with and learn from the experience of other coalition members
- Create a united obesity prevention policy agenda
- Share and bring resources to address concerns that affect every region of Texas

In 2017, four subcommittees were created:

- **Clearinghouse** - create and maintain a clearinghouse of Texas-related obesity information and resources
- **Communications** - increase communication between LST members through different communication channels
- **Special Events** - coordinate Texas Obesity Awareness Week events and the Southern Obesity Summit Texas State Team meeting
- **Webinar** - develop and implement webinar series to share best practices, regional programming, policy and resources



PARTNERSHIPS AND COLLABORATIONS

Meetings and trainings (sponsored by LST member organizations):

- Texas Obesity Awareness Week & Health Champion Award Ceremony (*see reverse*)
- Southern Obesity Summit Texas State Team Meeting
- Healthy Farms Healthy People Texas State Meeting
- Shaping Policy for Health Workshop™

Research partnerships:

- **Texas CORD**: CDC-funded grant that assessed a systems approach to child obesity (2011-2016)
- **Texas Grow! Eat! Go!**: USDA AFRI grant to assess the impact of three intervention strategies on children's BMI status (2011-2016)
- **Transforming Texas: Healthy People in Healthy Communities**: CDC-funded community transformation projects aimed at reducing chronic disease, lowering the cost of care, and promoting a lifetime of health for every Texas resident (2011-2014)
- **2013 Texas Health Perception Survey**: RWJF grant to assess knowledge and perceptions about obesity prevention and control measures of Texas Legislators (2012-2013)
- **Texas Childhood Obesity Prevention Policy Evaluation Project**: RWJF grant to assess the impact of the Safe Routes to School program and an important rule revision to the federal food allocation package administered by the Texas WIC program (2008-2013)

TEXAS HEALTH CHAMPION AWARD

This award is given annually to an individual and/or organization that has demonstrated exemplary achievement in reducing the burden and raising awareness of the obesity epidemic in Texas. An external advisory committee of state partners established under LST reviews applications each year to select the individual and/or organization to honor during Texas Obesity Awareness Week.



PAST ORGANIZATION AWARDEES

- Harris County Public Health (2017)
- Brighter Bites (2016)
- Tu Salud ¡Si Cuenta! (2015)
- Recipe for Success Foundation (2014)
- H-E-B (2013)
- Sustainable Food Center (2011)
- Partnership for a Healthy Texas (2009)
- Texas Health Institute (2009)

PAST INDIVIDUAL AWARDEES

- Stephen J Pont, MD (2017)
- Michelle Smith (2016)
- Peter Cribb (2015)
- Alice Kirk (2014)
- William (Bill) Squires, PhD (2013)
- Kay Morris (2012)
- Barbara Storz (2011)
- Richard Middleton, PhD (2010)
- Susan Combs (2008)

TEXAS RISING STAR AWARD

As part of the annual Texas Health Champion Award Ceremony, young Texans who have demonstrated exceptional leadership in reducing the burden of obesity in their community are recognized with the Rising Star Award. Since 2013, nine young Texans from ages 11 to 18 have received the award for work including: initiating community service groups; partnering with non-profit, education, and governmental agencies to address local health disparities; coaching and mentoring; authoring children's books; and, being an ambassador for health policies.

LEARN MORE AT TEXASOBESITYWEEK.ORG

LEGISLATIVE ACCOMPLISHMENTS

The [Partnership for a Healthy Texas](#), in collaboration with LST, collectively promotes and assists in the implementation of policies and programs to reduce obesity and its impact on the health and economic well-being of Texans. Over the past decade, Texas has enacted significant legislation to improve child nutrition, increase opportunities for physical education in our schools, and create healthy communities. The success of obesity-prevention policies in Texas demonstrates that government can and should play a role in improving the nutrition and health of its citizens.



Select legislative accomplishments in Texas:

- [Senate Bill 1873 \(2017\)](#) – requires TEA to create a report on school districts' PE progra, and physical activity opportunities
- [House Bill 1018 \(2013\)](#) – requires Campus Improvement Plans to include goals to increase physical activity and improve fitness among students
- [Senate Bill 226 \(2011\)](#) – requires school districts to provide de-identified individual student physical fitness assessment results to the Texas Education Agency (TEA), similar to what is done with academic test results
- [Senate Bill 19 \(2001\)](#) – requires elementary school children to participate in 30 minutes of daily physical activity and requires elementary schools to implement a coordinated school health plan
- [Creating a Tipping Point: Texas Obesity Policy Action in Review, 2000-2010](#) (Ory MG, et al., 2013)