

QUARTERLY NEWSLETTER



Spring 2021

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April 22nd, 2021

12:30 - 2:00pm

Michael & Susan Dell Center Lectureship in Child Health

When It Comes to Your Health, Does your Zip Code Matter More Than Your Genetic Code? Register [here!](#)

Keynote Speaker: Anthony B. Iton, MD, JD, MPH

Senior Vice President, Health Communities
The California Endowment

**April 6th, 13th, 20th, 27th &
May 4th, 2021**

Health Literacy - Navigating the Health Care System

A 5-class series examining lifestyle choices & your health, the ABCDs of Medicare, talking with your doctor, medication management, and finding reliable information on the internet. Register [here!](#)

April 8th - May 6th, 2021

Do Well, Be Well with Diabetes

A 5-class series covering type 2 diabetes self-care management. The program will provide the tools to manage blood sugar, enjoy your favorite foods (sensibly), and live a rich, healthy life despite diabetes. Register

Live Smart Texas News

Approximately a year after work-from-home orders were implemented in many states, we continue to adapt to the COVID-19 world. As a result, this year's World Obesity Day was held virtually. Tom Farrey, Executive Director of the Sports & Society Program at the Aspen Institute gave the keynote speech and discussed how to improve the world through sports. His work with the Sports & Society Program is to convene leaders, facilitate dialogue and inspire solutions that can help sports serve the public interest.

Following Tom Farrey's keynote presentation, LST Regional and Organizational Representatives gave quick presentations about what is happening across Texas. It was wonderful to learn about the different nutrition and physical activity programs occurring from El Paso to Houston, Lubbock to Brownsville, and everywhere in between!

The Partnership for Healthy Texas assembled a panel of Texas leaders who shared highlights from the "State of Obesity in Texas" report and discussed issues and policy solutions for addressing the obesity crisis. The panelists included: Dr. David Lakey (UT System), Dr. Alma Allen (TX State Representative), Jaime Wesolowski (CEO for Texas Methodist Healthcare Ministries), and Patricia Garza (Principal, Solomon Ortiz Elementary) .

To wrap up the event, Dr. Deanna Hoelscher, Regional Dean at the UTHealth School of Public Health in Austin presented data from the Texas School Physical Activity and Nutrition (Texas SPAN) Survey, a surveillance system to monitor the prevalence of overweight/obesity in school-aged children in Texas. Her presentation included updated SPAN data from the 2019-2020 school year.

To watch the event, or view a specific part of the event, visit the Michael and Susan Dell Center for Healthy Living website, [here](#).

In health,

[here!](#)

Leah & Emily
Co-Chairs

Ongoing

Walk Across Texas!

An eight-week program designed to help Texans establish the habit of regular physical activity. Each adult team may include up to 8 team members, all working to reach the 832-mile goal. The Walk Through Texas History is a four-week program where 8 team members work together to follow legendary historical Texas paths. Find a team and register [here!](#)

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REGIONAL UPDATES

HSR 4/5N

[UTHealth East Texas Launches Vaccine Call Center](#)
Athens Daily Review

HSR 6/5S

[Houston Health Department, Harris County Public Health Partnering To Serve Most Vulnerable and Underserved at NRG Mass Vaccination Site](#)
City of Houston

HSR 11

[United Against Hunger Distributes Mass Meals Fridays in March](#)
Valley Central

FUNDING

[Healthy Choices Grant](#)

The Oliver Foundation
Deadline: Rolling

[Evidence in Action: Investigator-Initiated Research to Build a Culture of Health](#)

Robert Wood Johnson Foundation
Deadline: Open

CATCH has a grant finder to narrow the grant search by state and keyword. To find additional grants, visit the CATCH site, [here](#).

RESOURCES

Since the 2013 Legislative session, the Michael and Susan Dell Center for Healthy Living has hosted a legislative bill tracker that identifies proposed bills related to child and adolescent health, and to research taking place at the Center along with expertise of Center faculty. The 2021 legislative tracker is segmented into general categories, including early childhood education, food policy, school/after-school care, tobacco/e-cigarettes, and more. To view the 87th Texas Legislative Bill Tracker, click [here](#).

From the start of the COVID-19 pandemic, Texas legislators have expressed a need to access accurate information in a timely manner from experts in the field. As a result, the [Texas Research-to-Policy Collaboration \(TX-RPC\) Project](#) has created multiple reports/one-pagers related to public health topics of interest expressed by Texas legislators. All of their resources for improving measurable impact reports can be found [here](#). To request additional resources and/or information on a certain public health topic, please complete the COVID-19 Rapid Response Request form [here](#).

The Texas Research-to-Policy (TX-RPC) Project has release a new report on the Impact of COVID-19 on Food Insecurity. Food insecurity among adults and children has increased

during the COVID-19 pandemic due to rising levels of unemployment, poverty, and limited access to school nutrition programs because of school closures. Current models predict that 54 million Americans (16%) will experience food insecurity in 2020 compared to 37 million Americans (11.5%) in 2018, an increase of 17 million food insecure Americans due to COVID-19. To read more, download the report [here](#).

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Texas A&M University AgriLife Extension's website provides information related to [child care during COVID-19](#), online courses about statewide [programs](#) that are available to child care providers, the "[Scrub Up Tune Up](#)" Handwashing Program, and [information and resources](#) about COVID-19.

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Texas Department of Agriculture (TDA) has different programs happening! See below for details:

1. "Blast Off with a Healthy School Breakfast" during School Breakfast Week (SBW) 2021. For materials and other information, visit their [website](#).
2. If you are or know of a 9th, 10th, or 11th grade student who is passionate about healthy eating, apply to the TDA's Health Ambassadors for a Ready Texas (HART) Initiative. Deadline to apply is April 9th. More information can be found [here](#).
3. The [2021 Spring Farm Fresh Challenge](#) is now open to all child nutrition operators that meet the Eat Local, Teach Local, and Be Social parameters. [Register](#) now!
4. You Art What You Eat statewide student art contest is now taking entries. K-12 students can apply and the winner will help inspire designs for materials to celebrate National School Lunch and School Breakfast Week. Visit their [website](#) for more details.
5. Subscribe to [The Summer Breeze](#) to keep up with the TDA's Summer Meal Program



Texas Action for Healthy Kids has [UPCOMING webinars](#) on their website to check out! Click the titles to view the webinar!

[School Health Advisory Councils \(SHACs\) in Action!](#)

Part 1 - March 30th, 2021; 11:00am - 12:30pm CT

- Hosted by TX Action for Healthy Kids! School Health Advisory Councils Part 1 - Why is SHAC so important? What laws should you be aware of? What role does SHAC play with Wellness policies? How do you host a successful SHAC meeting? How do you work with District Administrators? Join us and get answers to these questions and more!

Part 2 - March 31st, 2021; 11:00am - 1:00pm CT

- Hosted by TX Action for Healthy Kids! School Health Advisory Councils Part II - Join us as SHACs from across the state share what has made them successful. Get tips on how to engage parents, how to work with district administration and school boards, and how to be involved remotely!

[Spaces that Inspire: Creating Safe and Supportive Learning Environments through a Trauma-Conscious Approach](#)

April 22nd, 2021; 3:00 - 4:00pm CT

One of the most important pillars of child health and well-being is building safe and supportive learning environments. Whether at home or at school, these environments sit at the foundation of helping kids learn about themselves and others, explore meaningful experiences, and build relationships. In this session, participants will learn what makes a safe and supportive learning environment and how to build and maintain through a trauma-conscious approach.

[How to Develop Strong Family-School-Community Partnerships](#)

May 11th, 2021; 11:00am - 12:00pm CT

Kids are part of families and families are part of communities. School-community partnerships build capacity so that kids, families, and communities can live healthier lives. How do SHACs create partnerships with community members, agencies, and organizations that have the same health goals? How can strong partnerships impact the health of the school and the larger community? Join us and get answers to these questions and more. Hosted by Action for Healthy Kids in collaboration with It's Time Texas.

To view and register for other webinars through Texas Action for Healthy Kids, visit their [website](#)!

The Michael & Susan Dell Center for Healthy Living has [UPCOMING webinars](#) on their website to check out! Click the titles to view the webinar!

[**Breaking Down Silos: Collaborative Research to Inform City of Austin Food System Response During COVID-19**](#)

April 6th, 2021; 12:00 - 1:00pm

Early in the COVID-19 pandemic, City of Austin's Office of Sustainability called upon partners to investigate the anticipated growing food needs and how these needs exist at the local level. Two Austin-based institutions stepped in to fill gaps in understanding utilizing their experience with existing data systems and methodology: UTHealth School of Public Health, and Dell Medical School. UTHealth School of Public Health researchers built upon their experience with 211 call data to analyze trends in food need calls during the pandemic to identify areas with unmet food needs. Dell Medical School's Division of Community Engagement and Health Equity modified its Household Level Assessment to follow up with COVID positive patients and other Travis County residents to connect them to the resources they need. This panel will cover the partnership between the City, UTHealth School of Public Health, and Dell Medical School, the methodological approaches, analyses and the benefits of collaborative research across institutions and sectors.

Panelists:

Amanda Rohlich, MPAff City of Austin, Office of Sustainability

Kathryn Janda, PhD, MPH UTHealth School of Public Health

Kacey Hanson, MPH Dell Medical School, Division of Community Engagement and Health Equity

Moderator: **Alexandra van den Berg**, PhD, MPH UTHealth School of Public Health

[**Texas KIDS COUNT: Health Equity for Every Texas Child**](#)

April 8th, 2021; 12:00 - 1:00pm

All children deserve the opportunity for a healthy life. In Texas, not all children have the health insurance, food security, and economic security needed for a healthy childhood, due to disparities rooted in systemic racism. Public policy can improve health equity for all Texas children. Policymakers should make practical changes this Legislative Session to ensure all Texas children have the opportunity to thrive. Every Texan shares data findings and policy recommendations from their new report sponsored by Methodist Healthcare Ministries of South Texas, Inc.

Panelist: **Amy Knop-Narbutis**, Every Texan Research and Data Director

PUBLICATIONS

[**Expanding implementation research to prevent chronic diseases in community settings**](#)

Mazzucca S, Arredondo EM, **Hoelscher DM**, Haire-Joshu D, Tabak RG, Kumanyika SK, & Brownson RC, 2021)

[**Eat Well El Paso!: Lessons Learned From a Community-Level Restaurant Initiative to Increase Availability of Healthy Options While Celebrating Local Cuisine**](#)

(Redelfs AH, Leos JD, Mata H, Ruiz SL, **Whigham LD**, 2021)

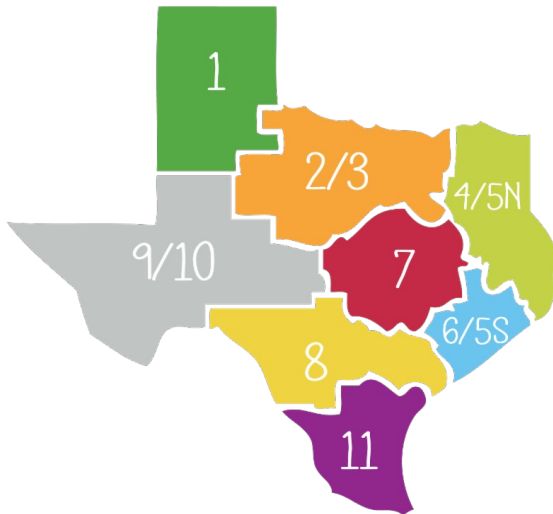
[**A short, attribution theory-based video intervention does not reduce weight bias in a nationally representative sample of registered dietitians: a randomized trial**](#)

(Wijayatunga NN, Bailey D, Klobodu SS, Dawson JA, Knight K, **Dhurandhar EJ**, 2021)

[**A Chronic Care Management Framework Bridging Clinic, Home, and Community Care in a Mexican American Population**](#)

(Zolezzi M, Lopez J, Mitchell-Bennet L, Payne LY, McCormick JB, **Reininger B**, 2021)

REGIONAL REPRESENTATIVES



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

Region 2/3: Victoria Nelson, Children's Health - Dallas (Victoria.Nelson@Childrens.com)

Region 4/5N:
Paula Butler, MAg, RDN, LD, Texas A&M AgriLife Extension Service (pibutler@ag.tamu.edu)

Region 6/5S: LaPorcha Carter, Harris County Public Health (LaPorcha.Carter@phs.hctx.net)

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

Region 8: Denise Benoit-Moctezuma, City of San Antonio Metropolitan Health District (Denise.Benoit-Moctezuma@sanantonio.gov)

Region 9/10: Pema Garcia, Texas A&M University (pgarcia@arch.tamu.edu)

Region 11: Dr. Belinda Reininger, UTSPH Brownsville (Belinda.M.Reininger@uth.tmc.edu)