



QUARTERLY NEWSLETTER  Fall 2017

Welcome!

Our thoughts are with our partners and their families in Southeast Texas as they begin the process of rebuilding after Hurricane and Tropical Storm Harvey. Many of our partners are working to provide the support and resources for those in need. For those that are able, the [Texas Tribune](#) has a list of ways you can help those in need.

Live Smart Texas News



On September 16th, friends and coworkers gathered to celebrate **Camille Miller's 70th birthday and retirement** from over 40 years of public service. For more than 22 years, Camille has served as the President and CEO of Texas Health Institute. As one of the original co-chairs of Live Smart Texas, we are thankful for her continuous dedication to improving the health of communities across Texas. She has been a champion for Live Smart Texas and served as an advocate for obesity prevention and control in Texas for more than 15 years. We thank her for all she has done to improve the health of all in Texas.

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September 28, El Paso, TX
[2017 Texas Legislative](#)



Texas Obesity Awareness Week was September 10-16, and Live Smart Texas co-hosted the **10th Annual Texas Health Champion Award Ceremony** with the Michael & Susan Dell Center for Healthy Living on September 14 at Dell Children's Medical Center in Austin, TX.

This year's ceremony recognized **Dr. Stephen J Pont** (Texas Center for the Prevention and Treatment of Childhood Obesity, Dell Children's Medical Center)

Update

Join the Paso del Norte Health Foundation in partnership with the Institute for Healthy Living for a legislative update, presented by Texans Care for Children.

October 1-3, Atlanta, GA
11th Annual Southern Obesity Summit

The purpose of the 11th Annual Southern Obesity Summit is to assist stakeholders across all 16 states who are preparing to implement policy and program initiatives to support obesity prevention initiatives and policies.

October 4

Walk to School Day

International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day.

October 20

Texas Walks

For ten minutes at 10:00 am, IT'S TIME TEXAS is encouraging Texans across the state to get up and walk. Stay connected with the movement through social media by using the hashtag, #TexasWalks on Twitter and Instagram.

November 6-7, Austin, TX
Healthier Texas Summit

IT'S TIME TEXAS, in collaboration with The University of Texas Systems, is hosting a joint initiative to actively reduce preventable chronic diseases throughout Texas. The conference will focus on empowering Texans to cultivate healthier lives and communities.

November 29- December 2, Fort Worth, 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.

January 8 - March 4

IT'S TIME TEXAS Community Challenge

Participants from all over

and **Harris County Public Health** as the 2017 Texas Health Champions, and **Hannah Diaz** (Weslaco) and **Ian McKenna** (Austin) as the 2017 Rising Star Awardees.

Dr. Jay Maddock, Dean & Professor, School of Public Health, Texas A&M University, provided the keynote presentation, and **Vibhu and Shreela Sharma** were recognized for their donation to UTHealth School of Public Health to establish the Shreela and Vibhu Sharma Endowed Fund for Excellence in Community Nutrition, Health and Wellness.

Thank you to our partners and attendees for making the 10th ceremony a great event. For more information about the awardees and this year's event go to www.texasobesityweek.org.

REGIONAL UPDATES

HSR 8: The City of San Antonio was one of four communities selected to receive a one-year **Technical Assistance grant** from CHOICES at **Harvard School of Public Health**. They will conduct cost-benefit modeling of different childhood obesity prevention programs focused on early childhood and after-school programs. The information gathered during this time frame will help establish the **best strategies** for the city of San Antonio as it continues to **address childhood obesity**.

HSR 9/10: The Paso del Norte Institute for Healthy Living (Health Foundation) has had a productive summer as they continue their work to improve health outcomes for El Paso residents. Here are a few updates:

- A **training workshop** on **healthy food financing** initiatives was held in conjunction with the American Heart Association in Austin. The goal was to revitalize and facilitate methods that the El Paso Food Policy Council's Healthy Food Incentive Taskforce can provide feedback to the county groups and food retailers to **address food insecurity**.
- In collaboration with the Institute for Healthy Living (IHL), a **county-wide trail plan** is working to be developed in El Paso. So far, they have held several meetings to receive input from the community and provide an overview of project goals.
- A **legislative debrief** by IHL and Children at Risk highlighted the **effects of the 85th Legislative Session** on the health of El Paso's children. Additionally, a second debrief by Texans Care for Children was held in August.

HSR 1: Drs. Charles Klein and Kristi Gaines at TTU have been working with DSHS to implement and

Texas step up and demonstrate that the health of their communities matter.

April 28, Dallas, TX
[Get Kidz Fit Fest 2018](#)

Fun activities for kids and families to build physical activity and healthy eating into their daily lives.



promote **OLE principles in West Texas**. In August 2017, they sponsored the first OLE design workshop in Texas. The design team met with the center staff, visited the site to document existing conditions, and **conducted an interactive design charrette** that produced a schematic plan guided by **NLI's Best Practice Indicators**. Graduate students and faculty then completed a master plan that will guide the incremental implementation of the design.

Check out the **[DSHS website](#)** to learn more about other Health Service Regions.

RESOURCES

The **Surgeon General's** Call to Action to Promote Walking and Walkable Communities, a "**Status Report for Step It Up!**" was released this summer. This report provides a comprehensive assessment of the state of walking and walkability since the release of the original report in June 2015. Read more updates **[here](#)**.

SHAPE America has **free back-to-school resources** for teachers to promote **health and physical literacy** within the classroom. Resources include bi-lingual posters, lesson plans, and activities for varying grade levels. Resources can be found in the SHAPE America **[online library](#)**.

The **Alliance for a Healthier Generation** has released the list of **America's Healthiest Schools 2017**, which includes over a **dozen Texas schools**. Schools were chosen based on **[rigorous criteria](#)**, such as serving healthy meals, implementing physical activity initiatives, and empowering healthy role models. Check out the full list **[here](#)**.

The **Trust for America's Health** and the **Robert Wood Johnson Foundation** have released the **14th Annual State of Obesity: Better Policies for a Healthier America** report. This report details long-term changes in preventing and stabilizing obesity rates. The website includes policy analyses, obesity trends, and resources. Explore the **interactive maps** **[here](#)**.



Listed below are a few upcoming [webinars](#) Action for Healthy Kids is offering this fall.

[Wellness Wednesday: Healthy Celebrations are More Fun](#)

Wednesday, October 11, 3 - 4 pm (CT)

Learn how to have fun with healthy classroom parties and school celebrations. Join this webinar for ideas and resources for parents, teachers and students to incorporate into your next party.

[Family and Community Engagement 101: Maximizing Volunteers for School Health](#)

Thursday, November 16, 2 - 3 pm (CT)

It's essential to make the most out of your family and community volunteers and partners to make the most out of your school health programs. This webinar will prepare you on how to best use the parent and community volunteers you already have, and how to find the best volunteers to meet your school health needs.

[Wellness Wednesday: Integrating Nutrition Education into a Well-Rounded Education](#)

Wednesday, December 13, 3 - 3:30 pm (CT)

Learn how your school can integrate nutrition education into core subjects. Strategies, tips and lesson ideas can be used at all levels and in multiple subjects.

PUBLICATIONS

Texas Data

[Self-reported use of nutrition labels to make food choices is associated with healthier dietary behaviours in adolescents](#)

(Haidar, A., Carey, F. R., Ranjit, N., Archer, N., & Hoelscher, D.; Public Health Nutrition; Sept 2017)

[Adequacy of parent-packed lunches and preschooler's consumption compared to dietary reference intake recommendations](#)

(Romo-Palafox, M. J., Ranjit, N., Sweitzer, S. J., Roberts-Gray, C., Byrd-Williams, C. E., Briley, M. E., & Hoelscher, D. M.; Journal of the American College of Nutrition; Apr 2017)

[The longitudinal relation between self-reported physical activity and presenteeism](#)

(Walker, T. J., Tullar, J. M., Diamond, P. M., Kohl, H. W. 3rd, & Amick, B. C.; Preventive Medicine; Sep 2017)

[Association of self-reported aerobic physical activity, muscle-strengthening physical activity, and stretching behavior with presenteeism](#)

(Walker, T. J., Tullar, J. M., Diamond, P. M., Kohl, H. W. 3rd, & Amick, B. C. 3rd; Journal of Occupational and Environmental Medicine; May 2017)

[Examining the impact of a school-based fruit and vegetable co-op in the Hispanic community through documentary photography](#)

(Alcazar, L., Raber, M., Lopez, K., Markham, C., & Sharma, S. V.; Appetite; Sep 2017)

[Lessons learned from the implementation of Brighter Bites: A food co-op to increase access to fruits and vegetables and nutrition education among low-income children and their families](#)

(Sharma, S. V., Chow, J., Pomeroy, M., Raber, M., Salako, D. O., & Markham, C.; Journal of School Health; Apr 2017)

Other Relevant Research

[Effect Of neighborhood-unit definition on the relationship between physical activity and the built environment: 3667 Board# 114](#)

(Salvo, D., Durand, C. P., Evans, A. E., Perez, A., & Kohl, H. W.; Medicine & Science in Sports & Exercise; June 2017)

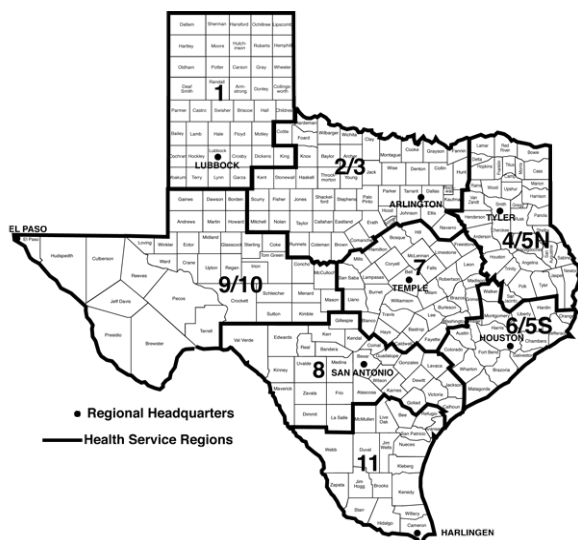
[Associations of physical activity, sedentary time, and screen time with cardiovascular fitness in United States adolescents: Results from the NHANES National Youth Fitness Survey \(NNYFS\)](#)

(Porter, A. K., Matthews, K. J., Salvo, D., & Kohl III, H. W.; Journal of Physical Activity and Health; Jul 2017).

Impacts of a temporary urban pop-up park on physical activity and other individual-and community-level outcomes

(Salvo, D., Banda, J. A., Sheats, J. L., Winter, S. J., dos Santos, D. L., & King, A. C.; Journal of Urban Health ; Aug 2017)

REGIONAL REPRESENTATIVES



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

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

Region 4/5N: TBD (Contact Donna Nichols if interested at donna.c.nichols@uth.tmc.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@itsmetexas.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)
