

CHILD OBESITY TOOLKIT

How can **communities** make a difference?

LEARN ABOUT THE CHILD OBESITY CRISIS:

The School Physical Activity & Nutrition Survey from the Michael & Susan Dell Center for Healthy Living published their 2015-2016 Child Obesity in Texas results online in an interactive database.

[See the results here.](#)

Salud America! wrote a report covering the discrepancy between Latino and Black youth obesity rates in comparison to white obesity rates nationwide.

[See the report here.](#)

The State of Obesity is an annual report that includes a list of current state policies to prevent obesity and promote health. The interactive report showcases more than 20 state policies and can be viewed by state or used to compare states.

[See the data here.](#)

PROMOTE HEALTHY CHOICES:

The *Let's Move!* initiative has 5 simple steps for community leaders and organizations to encourage healthy living. Leaders in the community can empower families and community members to make better choices to improve health.

[See the 5 steps here.](#)

The Community for Advancing Discovery Research in Education compiled a writing and publishing toolkit. This resource contains advice on publishing, blogging, policy briefs, press releases and other dissemination practices. You can use this knowledge to craft your own health messaging in your community.

[See the toolkit here.](#)

ASK FOR CHANGE IN YOUR COMMUNITY:

Follow the 2019 Texas Legislative Session and learn about proposed bills related to healthy living. The Michael & Susan Dell Center for Healthy Living Legislative Tracker is used to follow health related bills, including obesity, school health, and food policy among others.

[See the tracker here.](#)

The Partnership for a Healthy Texas hosted a webinar discussing how community members can support good legislative policy and be involved in local politics.

[Watch the webinar here.](#)

These resources are provided in conjunction with the Michael & Susan Dell Center for Healthy Living's Texas Child Health Status Report project. This project is funded by the Michael & Susan Dell Foundation.

Learn more at go.uth.edu/TexasChildHealth