

Nutrition

We study dietary behaviors and train dietitians in order to help people and institutions understand, plan, purchase, and prepare healthy foods.



Research Spotlight



Coordinated Approach to Child Health (CATCH)

CATCH is a school-based health program designed to promote physical activity and healthy food choices. CATCH transforms a child's environment, culture, and society by coordinating child health efforts across all aspects of the educational experience: classroom, food services, physical education, and family. Proven to reverse childhood obesity in El Paso and Austin schools, and adopted by more than 9,000 schools in the United States and abroad, it is the most widespread and researched coordinated school health program in the world.

<https://go.uth.edu/CATCH>



Brighter Bites

Brighter Bites aims to impact eating behavior among predominantly low-income families by introducing them to a routine distribution of fresh produce, along with corresponding education, ultimately helping to curb the childhood obesity epidemic in Houston. Brighter Bites is an opportunity to provide fresh fruits and vegetables to children and their families through weekly recyclable bags of 50 servings of produce sent home with families in areas identified as food deserts, combined with nutrition education for children and their families over a 16-week program.

<https://go.uth.edu/BrighterBites>



Texas Grow! Eat! Go!

In collaboration with Texas AgriLife Extension Service and Texas A&M University, we will implement and evaluate the impact of 2 intervention programs (the Junior Master Gardner Program, and Walk Across Texas Program) designed to improve physical activity and eating behaviors of children at thirty-two CATCH elementary schools in Texas.

<https://go.uth.edu/TexasGrowEatGo>



School Physical Activity and Nutrition Survey (SPAN)

The overall goal of SPAN is to establish a surveillance system to monitor the prevalence of overweight/obesity in school-aged children in Texas. This surveillance system allows researchers to identify and track trends in childhood obesity. In addition, SPAN identifies factors in Texas students that may underlie obesity, including dietary behaviors, nutrition knowledge and attitudes, and physical activity.

<https://go.uth.edu/SPAN>

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Texas Childhood Obesity Research Demonstration Project (Texas CORD)

Texas CORD is a CDC funded project designed to evaluate community-based obesity prevention and treatment programs in Austin and Houston. Texas CORD connects the dots between families, pediatricians, schools, and local youth organizations to support children's healthy eating and active living. If successful, Texas CORD will become a national model for medical and community practice.

<https://go.uth.edu/TexasCORD>



Lunch is in the Bag

The purpose of this intervention is to encourage parents to increase the availability of fruits, vegetables, and whole grains in sack lunches for their preschool children in childcare centers. The goal for this research is the development of new strategies for the promotion of healthy eating practices in children through childcare centers.

<https://go.uth.edu/LunchIsInTheBag>



Go Austin / Vamos Austin (GAVA)

GO! Austin / VAMOS! Austin (GAVA) is a coalition of residents, community leaders, and nonprofits that share a common interest in improving the health of the Dove Springs and 78745 communities through increased access to and participation in physical activity and improved nutrition. GAVA supporters have agreed to align their resources and expertise for greater positive impact, especially as it relates to the health of children.

<https://go.uth.edu/GAVA>



Texas Health Perception Survey

The 2013 Texas Health Perception Survey was conducted as a collaborative effort between the Michael & Susan Dell Center for Healthy Living at The University of Texas School of Public Health and the Texas A&M Health Science Center School of Rural Public Health. Eighty-three Texas legislators were surveyed to identify knowledge and perceptions about obesity prevention and control measures. Legislators from both political parties and legislative chambers responded to the survey. Sixteen legislators provided additional information through interviews administered in-person with the legislator or with an aide speaking on their behalf.

<https://go.uth.edu/TCOPPE>