

Live Smart Texas World Obesity Day Summit



**World  
Obesity  
Day** 4 March  
2022

# ABOUT LIVE SMART TEXAS



Live Smart Texas is a coalition of organizations and individuals who work together to address the state's obesity epidemic, especially in children.

**Connect with Us**

**@LiveSmartTexas**

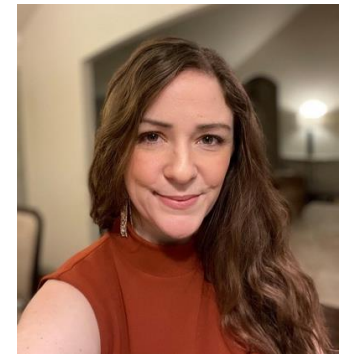
**[www.livesmarttexas.org](http://www.livesmarttexas.org)**

**[LiveSmartTexas@uth.tmc.edu](mailto:LiveSmartTexas@uth.tmc.edu)**

Co-Chairs:



Leah Whigham, PhD, FTOS



Emily Dhurandhar, PhD, FTOS



# What is obesity?

- Complex disease



# What is obesity?

- Complex disease
- **CAUSED** by dysregulation of energy storage



# What is obesity?

- Complex disease
- CAUSED by dysregulation of energy storage
- Many CONTRIBUTORS interact with and exacerbate the CAUSES

For an in-depth overview, see *Key Causes and Contributors of Obesity: A Perspective* by NV Dhurandhar, et al. 2021



**EVERYBODY  
NEEDS TO  
ACT**

# Live Smart Texas World Obesity Day Summit

- 9:00 MST/10:00 CST: Welcome by Leah Whigham, PhD, FTOS, Co-Chair of LST; and Keynote by Ted Kyle, RPh, MBA
- 10:00 MST/11:00 CST: Flash presentations from LST Steering Committee
- 11:00 MST/12:00 CST: State of Obesity in Texas presented by the Partnership for a Healthy Texas
- 12:00 MST/1:00 CST: Presentation and Closing Remarks by Claire Niday, MPH & Deanna Hoelscher, PhD, RDN, LD, CNS, FISBNPA





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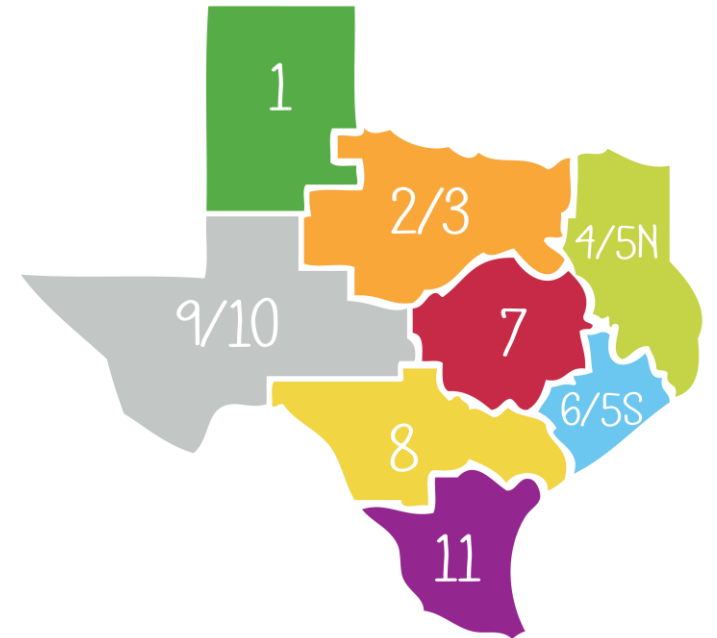




# Texas AgriLife Extension

Mike Lopez

Extension Program Specialist II  
Family and Community Health

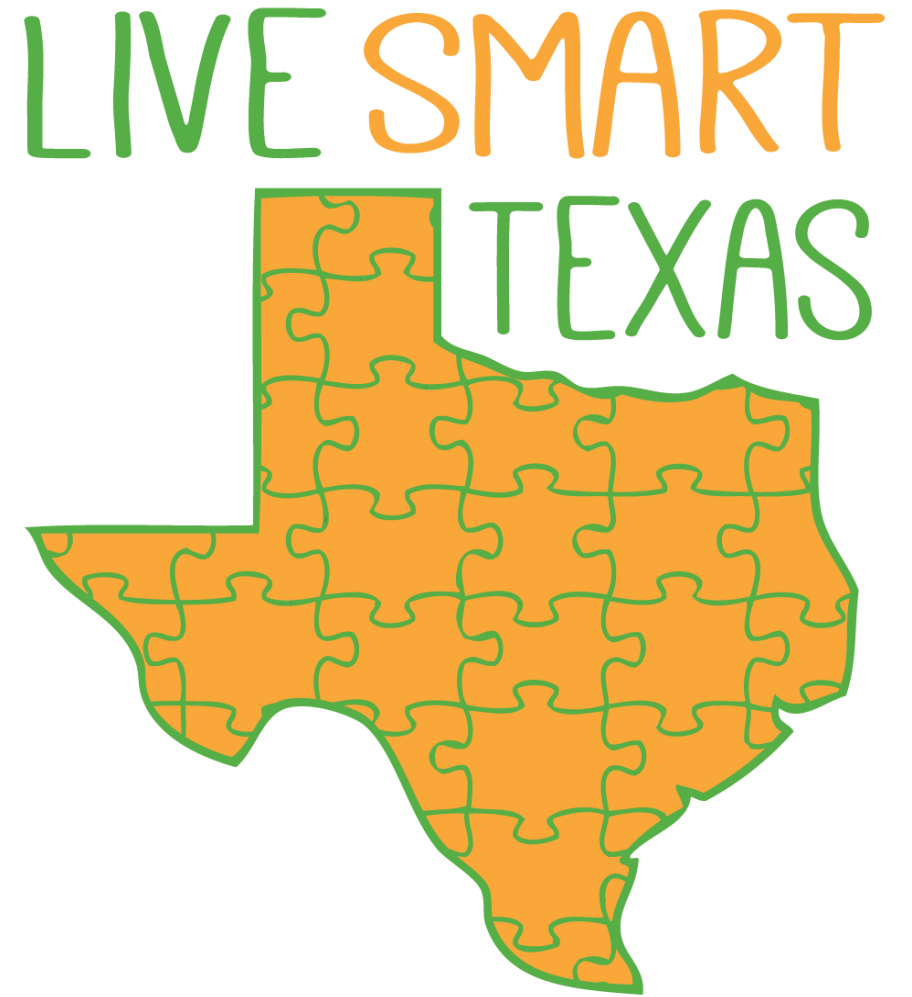


TEXAS A&M  
**A**GRICULTURE  
LIFE  
EXTENSION

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**WALK ACROSS TEXAS!**

Questions?



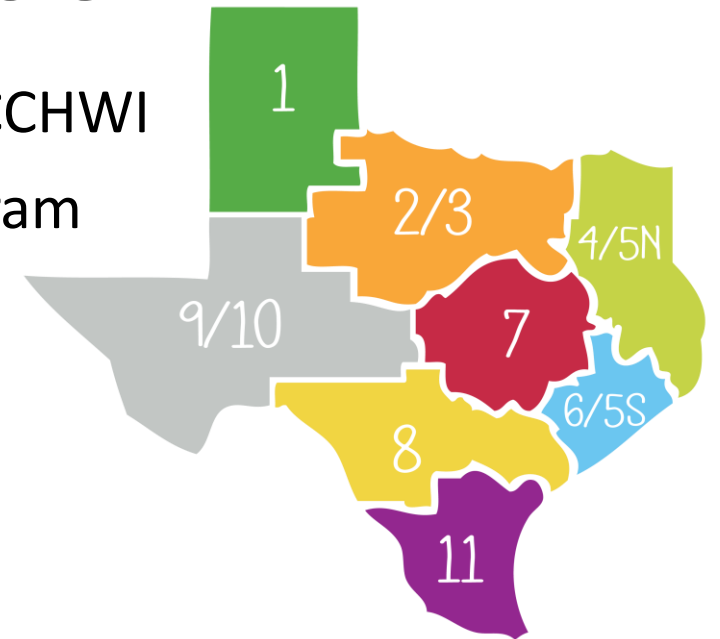


# HSR 9/10 – El Paso

Eufemia (Pema) B. Garcia, MBA, MAOM, CCHWI

Regional Director, TAMU Colonias Program

LST Regional Representative



LIVE SMART  
TEXAS



## HSR 9/10 – El Paso

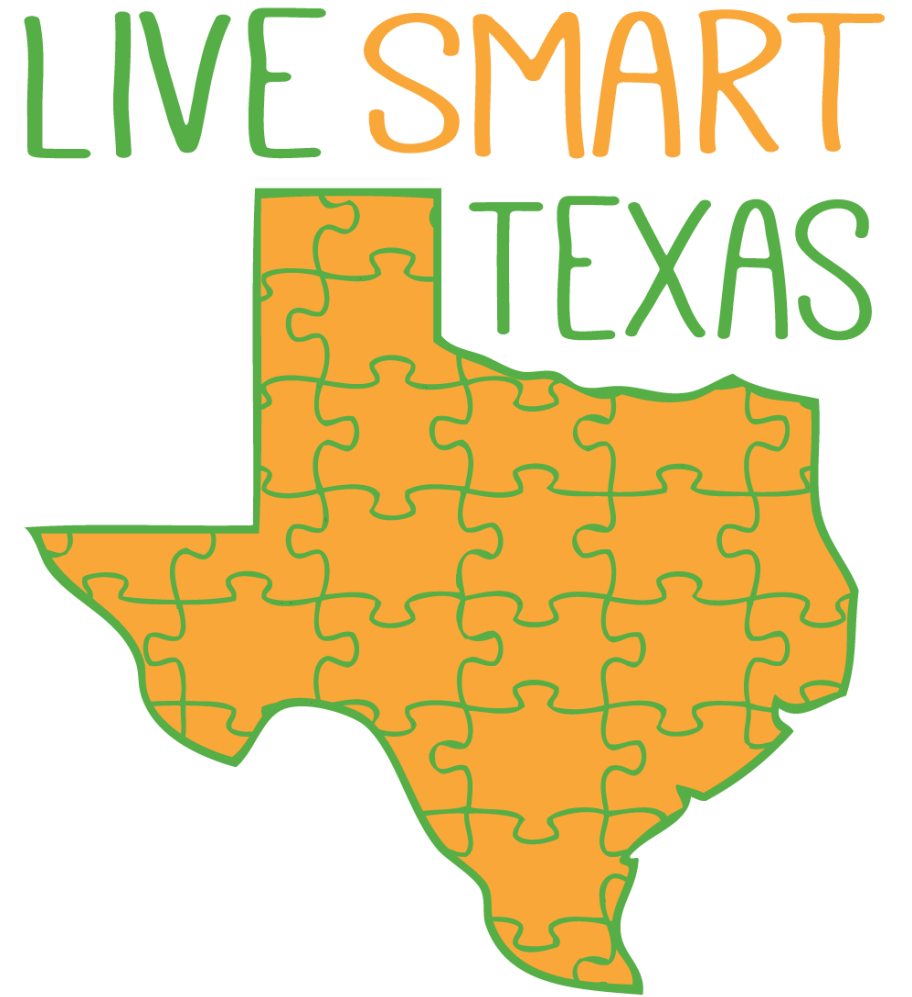
Eufemia (Pema) B. Garcia, MBA, MAOM, CCHWI

Regional Director, TAMU Colonias Program

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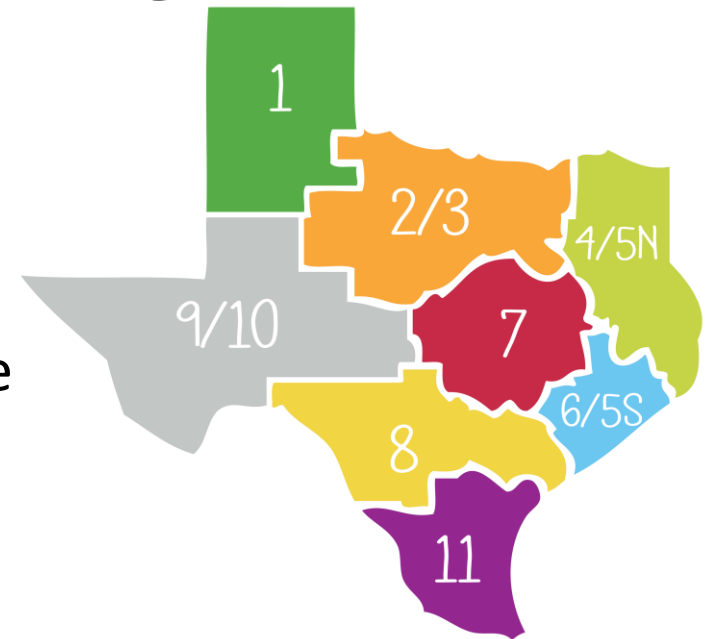
Questions?





# HSR 11 – Brownsville

Belinda Reininger, DrPH  
Live Smart Texas Representative  
Regional Dean, UTHealth  
School of Public Health in Brownsville



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TEXAS



# HSR 11 – Brownsville

Dr. Belinda Reiningger





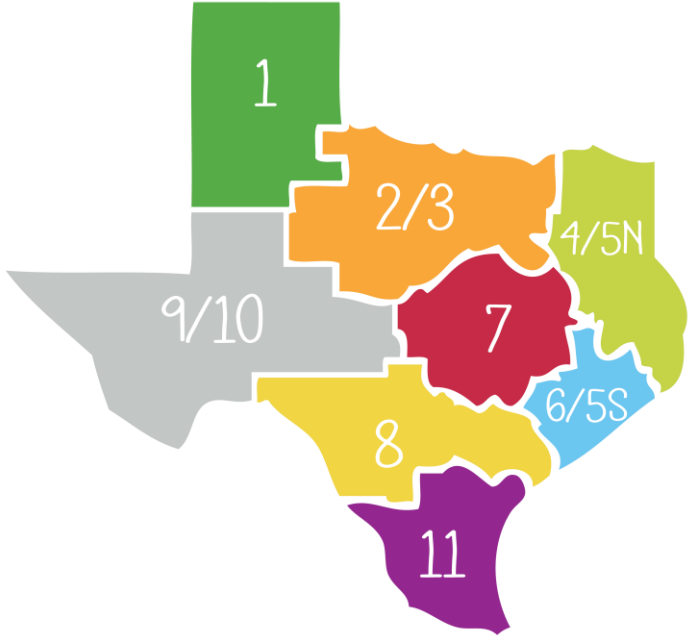
Questions?





# Action for Healthy Kids

Michelle Smith  
Texas State Coordinator



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TEXAS



# Action for Healthy Kids

Michelle Smith

Texas State Coordinator



Questions?





# HSR 1 – Lubbock

Naima Moustaid-Moussa, PhD, FAHA, FTOS

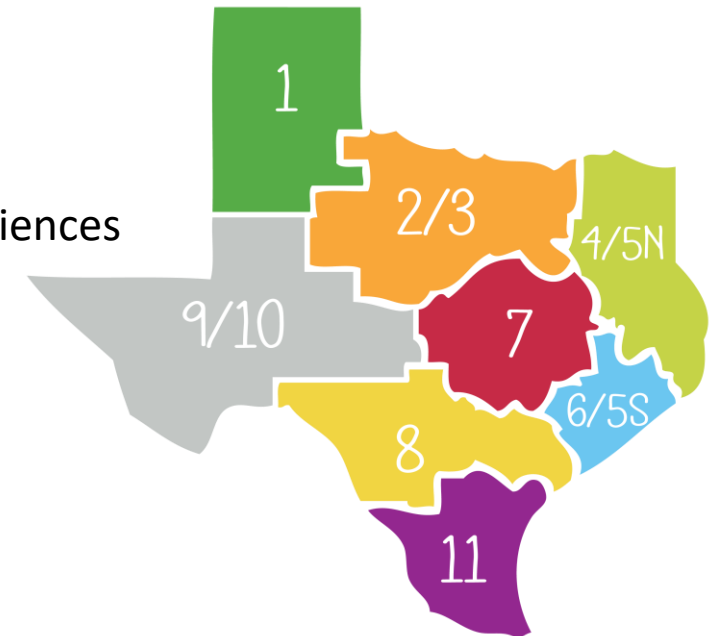
Paul W. Horn Distinguished Professor

Department of Nutritional Sciences, College of Human Sciences

Founding Director, Obesity Research Institute,

Office of Research & Innovation

Texas Tech University



**OLE!**

## The Built Environment as a Design Intervention to Promote Health and Wellness



Texas Tech University  
Child Development  
Research Center



Alpha Academy #3: Pasadena  
Master Plan approved for pre-  
intervention behavior mapping



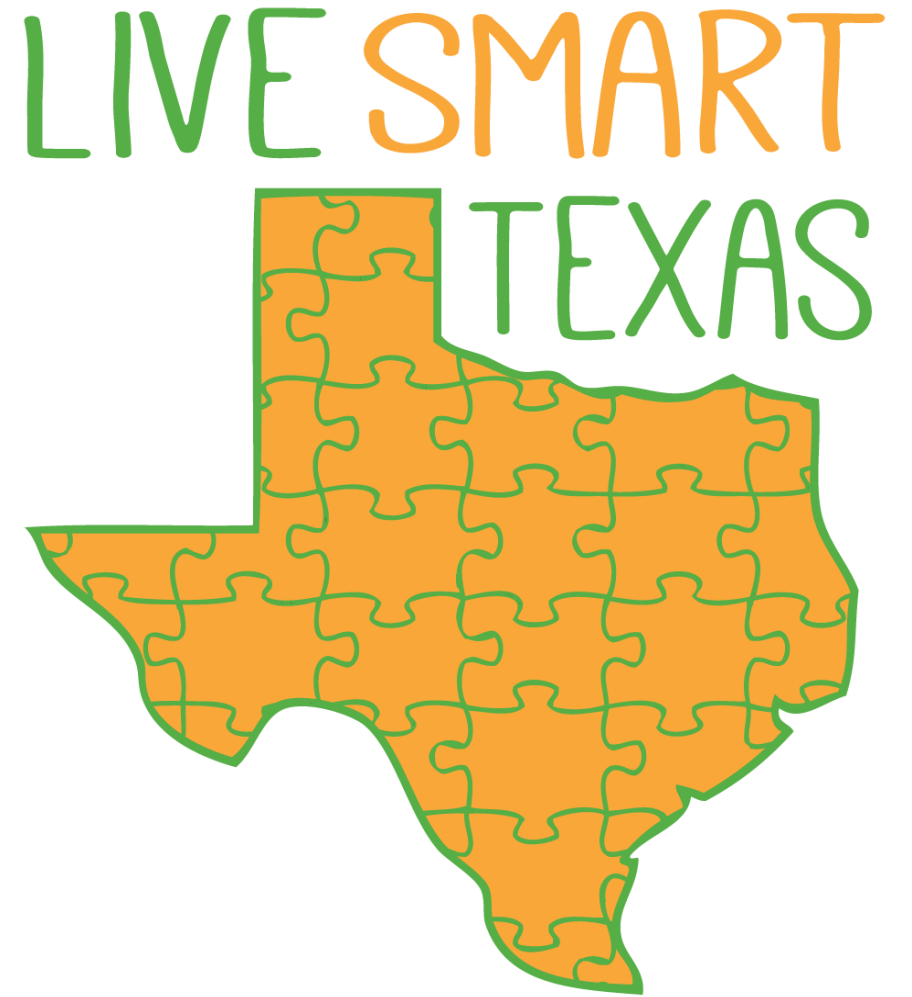
YWCA Lubbock  
Design Workshop



*OLE! Texas is an initiative of the Texas Department of State Health Services [dshs.texas.gov/ole](http://dshs.texas.gov/ole)*



Questions?





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**TEXAS**  
Health and Human  
Services

**Texas Department of State  
Health Services**

# State of Obesity in Texas

Manda Hall, MD

Associate Commissioner

Community Health Improvement Division

Texas Department of State Health Services



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

# Overview

- Prevalence Data
- Obesity Prevention Initiatives
  - Health Promotion and Chronic Disease Prevention
  - Maternal and Child Health
- Future Plans



# Prevalence Data

Texas Behavioral Risk Factor Surveillance System (BRFSS)

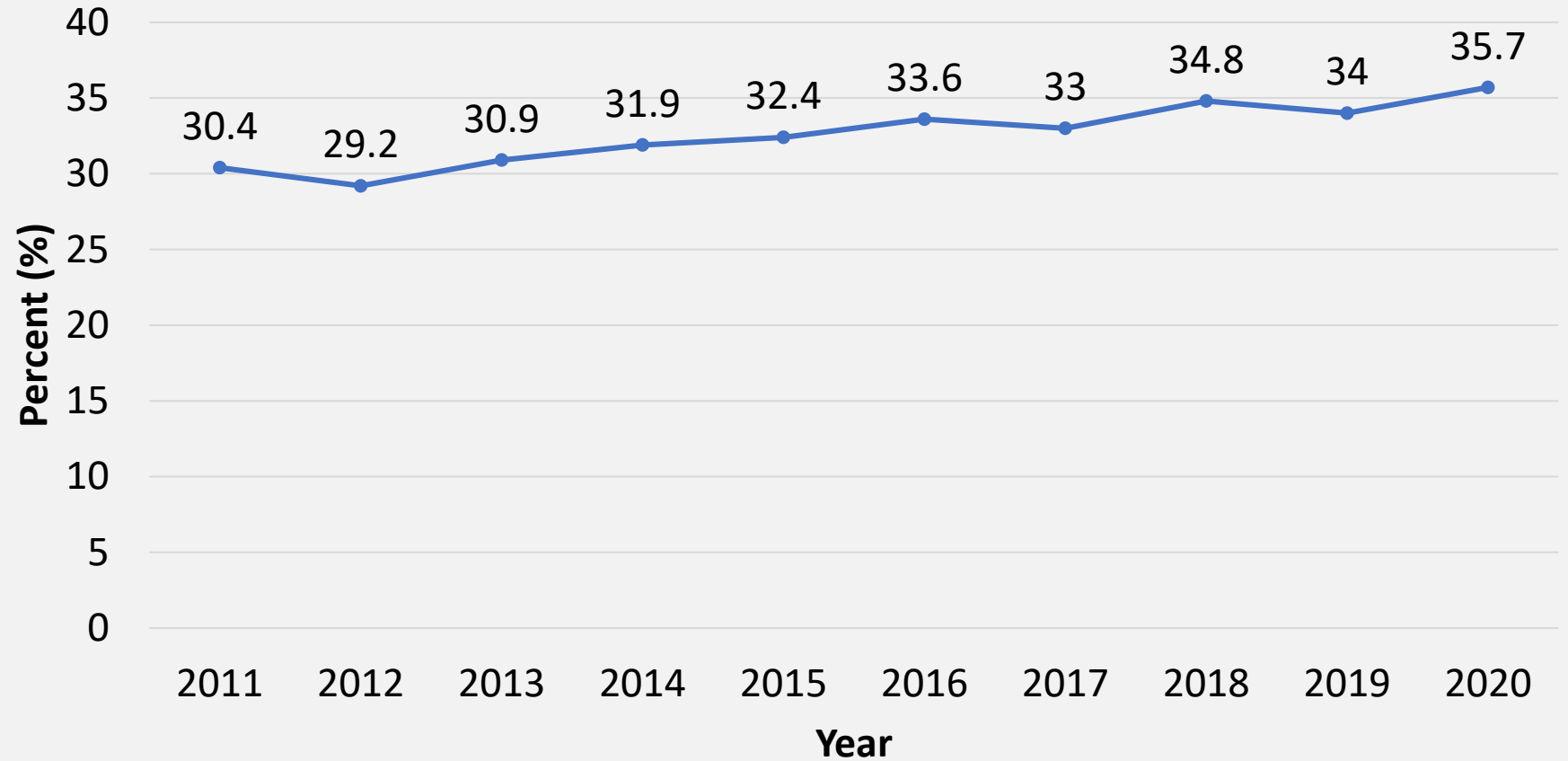
Texas Youth Risk Behavioral Survey (YRBS)



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

## Obesity Prevalence Among Adults Ages 18 and Older, Texas, 2011-2020



Data Source: 2011-2020 Texas Behavioral Risk Factor Surveillance System

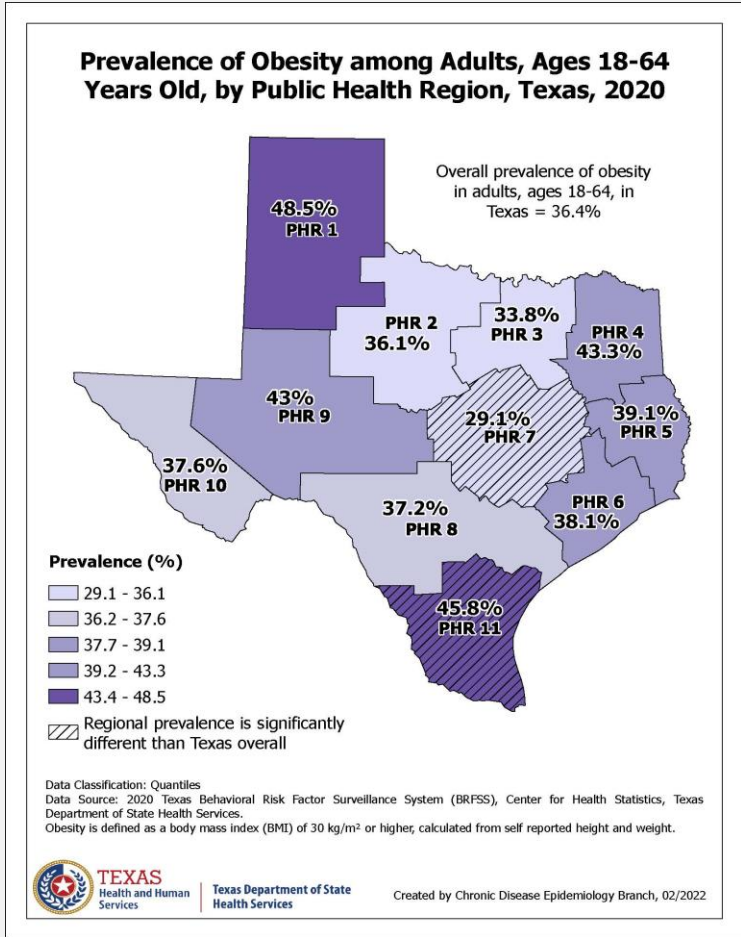


Texas Department of State  
Health Services

# Obesity Among Adults Ages 18-64, 2020

Demographic Characteristics	Prevalence (%)	95% Confidence Interval (CI)
Overall	36.4	34.2 – 38.7
Sex		
Male	36.2	33.1 - 39.3
Female	36.7	33.6 - 39.9
Race/Ethnicity*		
White	32.6	29.8 – 35.6
Black	43.4	36.7 – 50.4
Hispanic	40.7	36.8 - 44.7
Other	20.8	14.4 - 29.1

\*Association is statistically significance at  $p < 0.05$   
 Data Source: 2020 Texas Behavioral Risk Factor Surveillance System



Texas Department of State Health Services

# Obesity Among Texas Teens, 2019

Demographic Characteristics	Prevalence (%)	95% Confidence Interval (CI)
Overall	16.9	(14.6 - 19.1)
Age (years)		
<=15	17.1	(12.8 - 22.4)
16-17	16.8	(14.2 - 19.7)
18 +	16.6	(12.5 - 21.7)
Sex*		
Male	20.6	(17.2 - 24.4)
Female	13.0	(10.6 - 15.8)
Race/Ethnicity*		
White	12.9	(9.2 - 17.8)
Black	17.8	(13.0 - 23.8)
Hispanic	18.9	(16.2 - 22.0)
Other	11.2	(6.5 - 18.5)

\*Association is statistically significant at  $p < 0.05$

Data Source: 2019 Texas Youth Risk Behavioral Survey



# Obesity Prevention Initiatives

## Health Promotion and Chronic Disease Prevention





# Priority Strategies 2016-2021

Healthy Eating

Active Living

Preventive Services

Worksites

Childcare Settings



Texas Department of State  
Health Services

The cover of the report "Department of State Health Services Obesity Prevention Program Priority Objectives 2016 - 2021". It features the Texas Health and Human Services logo and the text "Prepared by Obesity Prevention Program Health Promotion and Chronic Disease Prevention Section".

Department of State  
Health Services  
Obesity Prevention  
Program  
Priority Objectives  
2016 - 2021

Prepared by  
Obesity Prevention Program  
Health Promotion and Chronic  
Disease Prevention Section

<https://dshs.texas.gov/Obesity/OPPPriorityStrategies/>

# Healthy Child Initiatives

- OLE! Texas
- CACFP Central Kitchen
- Texas Healthy Building Blocks Recognition



# Healthy Child Collaborations

- Early Care Obesity Prevention Work Group
  - Senate Bill 952
    - 86<sup>th</sup> Regular, 2019
    - Caring for Our Children, 4<sup>th</sup> Edition
    - Child and Adult Food Program (CACFP) Nutrition Standards



- OLE! Texas Leadership Team
- Collaboration with Maternal and Child Health Section providing lactation support for mothers



# Healthy Adult Initiatives

- Bidirectional referrals between clinical and community sites
- Promoting food service guidelines
- Connecting people to everyday destinations
- Direct to consumer nutrition education
- Model worksite wellness – Get Fit Texas!



# Healthy Adult Collaborations

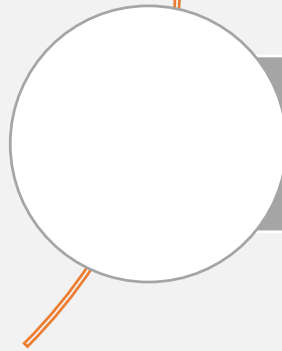
- Texas Food Service Guidelines Partner Coalition
- American Planning Association - Texas Chapter



# Healthy Aging Initiatives



Social connectedness for older adults through physical activity



Expanded access to emergency food resources

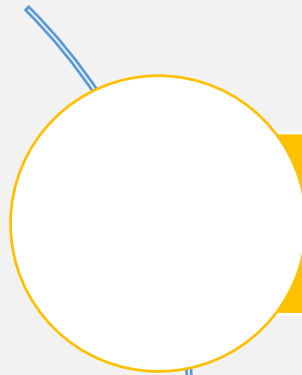


# Obesity Prevention Initiatives

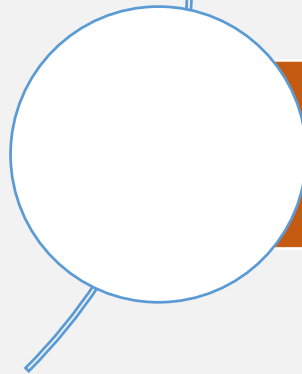
## Maternal and Child Health



# Maternal and Child Health Obesity Prevention



Healthy Texas Mothers and Babies



Child and Adolescent Health



Texas Department of State  
Health Services



# Healthy Texas Mothers and Babies

- Right from the Start Hospital Awareness Campaign
- Texas Mother-Friendly Worksite Program
- Lactation Support Center Services
- Texas Lactation Support After Hours Hotline
- Peer Dad
- Hear Her Texas Campaign



Texas Department of State  
Health Services

# Child and Adolescent Health

Texas School Physical Activity & Nutrition (SPAN) Project

Maternal and Child Health Nutrition Toolkit

Stronger Than Yesterday

*A Parent's Resource Guide to Raising Healthy, Happy Children*



# Future Plans



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

# Ongoing Expansion

Texas Healthy  
Building Blocks  
Recognition

OLE! Texas  
Quality Seal

CACFP Central  
Kitchen  
Enrollment



# Initiative Development



Updating obesity prevention priority objectives for 2022-2026



*Ears to the ground:*  
Next iteration of CDC  
5-year funding



# Thank you!

To connect with the DSHS Obesity Prevention Program:

<https://dshs.texas.gov/obesity>

-or-

[bringinghealthyback@dshs.texas.gov](mailto:bringinghealthyback@dshs.texas.gov)



**PARTNERSHIP FOR  
A HEALTHY TEXAS**

**CONQUERING OBESITY**

## Mission:

To develop and promote state policies  
that prevent and reduce obesity



Find what works  
for Texans



Set priorities for  
the Legislature



Follow through  
and track success



*The work of the Partnership for a Healthy Texas is generously sponsored by Methodist Healthcare Ministries of South Texas, Inc.*

[www.PartnershipforaHealthyTexas.org](http://www.PartnershipforaHealthyTexas.org) • @txlegeobesity





**PARTNERSHIP FOR  
A HEALTHY TEXAS**  
CONQUERING OBESITY

## Get involved with the Partnership

PFHT will begin the process of crafting our policies for 2023 at our Full Membership meeting in late Spring.

Get involved and receive additional details for our June meeting by signing up for coalition emails at [www.PartnershipforaHealthyTexas.org](http://www.PartnershipforaHealthyTexas.org).

Follow us on Twitter for updates on obesity policy in Texas [@TxLegeObesity](https://twitter.com/TxLegeObesity).

[www.PartnershipforaHealthyTexas.org](http://www.PartnershipforaHealthyTexas.org) • [@txlegeobesity](https://twitter.com/txlegeobesity)

# Title V History

- As part of the Social Security Act of 1935, Title V is the nation's longest running public health program.
- Title V is a partnership between the federal government and states/territories where funding implements programs and systems to meet MCH challenges including, but not limited to:
  - Providing comprehensive care to women before, during, and after pregnancy and childbirth;
  - Providing preventive and primary care services for children and adolescents with special health care needs;
  - Preventing injury and violence; and
  - Meeting the nutritional and developmental needs of mothers, children, and families.



# Title V Structure

- Each state and jurisdiction conducts a comprehensive, statewide needs assessment every five years that helps states:
  - Determine priorities;
  - Direct funds to address priorities; and
  - Set annual report progress benchmarks.
- States also develop a five-year state action plan that describes proven methods and measures to address priorities and meet unique needs.



# Obesity Prevention in Title V

- In the last needs assessment, stakeholders across the state identified obesity prevention as a priority.
- To address this priority, Title V created a state performance measure to reduce the prevalence of overweight and obesity in Texas children ages 2-21.
- Funding was provided to UTHealth to administer the School Physical Activity and Nutrition (SPAN) Survey as one of Title V's main initiatives to address obesity prevention.



# Title V and SPAN

- SPAN data is a representative snapshot of weight status and related behaviors used by DSHS to track trends, identify emerging issues, and generate benchmarks.
- Having a clear image of the childhood obesity landscape is a critical component in Title V's work to focus impacts.



# How Title V uses SPAN data

- SPAN is the data source to track prevalence of overweight and obesity progress in Texas children.
- SPAN data is the state-level source for obesity metrics to identify gaps and opportunities.
- This data informs application-based opportunities that require health issue evidence such as grant proposals and applications to Collaborative Improvement and Innovation Network (COIIN) programs.
- This data is used in numerous reports and publications.
- Shared data with public regional health staff as a supplemental aid to inform obesity prevention work conducted regionally.



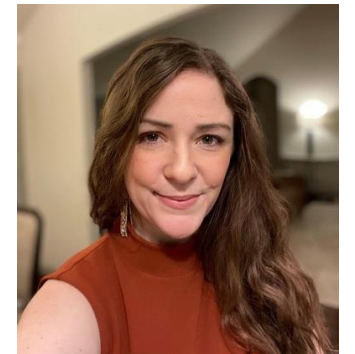


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**Texas School Physical Activity and  
Nutrition (Texas SPAN) : Translating  
state-level data into public health  
impact**

**World Obesity Day Summit  
March 4, 2022**

**Deanna M. Hoelscher, PhD, RDN, LD, CNS, FISBNPA**  
UTHealth School of Public Health – Austin Campus  
Michael & Susan Dell Center for Healthy Living



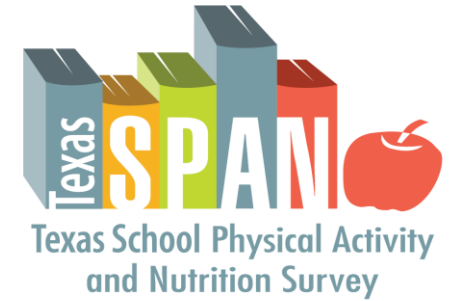


**“Things get done only if the data we gather can inform and inspire those in a position to make [a] difference.”**

**[Mike Schmoker](#), former school administrator, English teacher and football coach, author.**



# What is Texas SPAN?



- Texas School Physical Activity and Nutrition (Texas SPAN) – a partnership between the Texas Department of State Health Services and the Michael & Susan Dell Center for Healthy Living
- SPAN monitors the prevalence of and secular trends in health-related factors in school children in Texas, including body size, diet, and physical activity.
- SPAN 2019–2020 was the fifth time the state-wide project has been conducted.
- SPAN 2019-2020 was interrupted by the COVID-19 pandemic in March, 2020, which resulted in a smaller sample than in previous years; however, state-wide and Texas-Mexico border/non-border sampling weights were able to be calculated.
- SPAN 2022-2023 is currently underway

# SPAN Research Team



## UTHealth SPH

- Investigators:
  - Deanna Hoelscher, PhD, RDN, PI
  - Nalini Ranjit, PhD, Co-I
  - Adriana Pérez, PhD, Co-I
- Project Director:
  - Carolyn Smith
- Research Assistants:
  - Kyna Farmer
  - Raja Malkani
  - David Jacob (DJ) Badillo, MPH
  - Richard Tandaju
  - Tracy Howar

## – Post-doctoral Fellow:

- Ethan Hunt

## – Staff

- Alejandra Gonzales
- Martha Diaz
- Pablo Martinez
- Robyn Dunkin
- Sarah Macias
- Danielle Gartner
- Celina Moore
- Julie Monroe
- Jerri Berry

## DSHS Staff

- DSHS Region 6/5S Community & Family Health Services
- DSHS Office of Border Public Health
- Drue Evans
- PHR 4/5N Volunteers

## AHEC Staff

- Stefanie West
- Stephanie Loya
- Tommy Sweat



# Acknowledgements



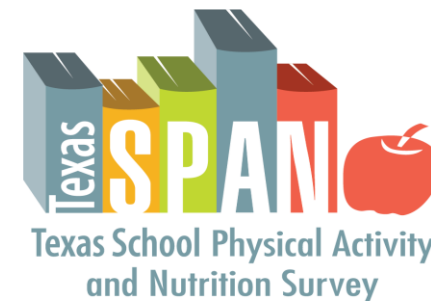
- We would like to acknowledge and offer our sincere gratitude to all the participating school districts, schools, families, research staff, and state-wide partners who contributed to the success of Texas SPAN. This study was funded by the Texas Department of State Health Services with funds from the Title-V Maternal and Child Health Block Grant to Texas, Centers for Disease Control and Prevention Health and Human Services Block Grant, and the Michael and Susan Dell Foundation through the Michael and Susan Dell Center for Healthy Living. The Texas Department of State Health Services collaborated with the Michael and Susan Dell Center for Healthy Living to design the study, and this article was written with a coauthor from the Texas Department of State Health Services. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by Texas DSHS, HRSA, HHS, or the U.S. Government.'
- Partners
  - UTHealth SPH campuses (Austin, Brownsville, Dallas, El Paso, Houston, San Antonio)
  - DSHS Region 4/5 Community Outreach Division
  - Area Health Education Centers (AHEC): Desert Mountain, Greater Houston, Lower Rio Grande, Panhandle, and West Texas
  - UTHealth School of Nursing
  - Texas Tech University

# SPAN by the Numbers (2000-2022)



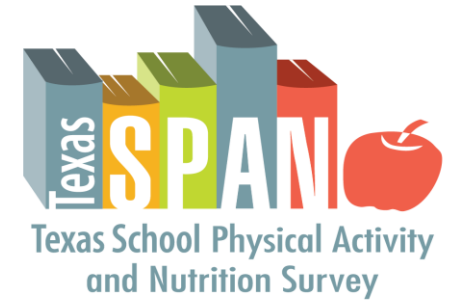
- Number of students who have participated to date: 79,951
- Number of schools that have participated to date: 1,560
- Number of individual schools that have participated: 1,250
- Number of SPAN publications: 41
- Number of students participating in 2019-2020: 8,546

# Overview of SPAN Surveys

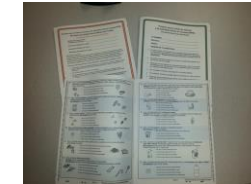


Survey	Grades	PHR's	Other
<b>SPAN 2000-2002</b>	4, 8, 11	1, 3, 5, 7, 11, 2, 4, 6, 8, 9/10	
<b>SPAN 2004-2005</b>	4, 8, 11	1, 2/3, 4/5N, 6/5S, 7, 8, 9/10, 11	9 counties
<b>SPAN 2009-2011</b>	4, 8, 11, 4 <sup>th</sup> parents	1, 2/3, 4/5N, 6/5S, 7, 8, 9/10, 11, border/non-border	School health policy survey, CIP
<b>SPAN 2015-2016</b>	2, 4, 8, 11	1-9/10, 2/3, 4/5N, 6/5S, 7, 8-11, border/non-border for grades 4, 8, 11	School health policy survey, CIP, vending machine audits, healthy signage observation
<b>SPAN 2019-2020</b>	2, 4, 8, 11	1, 2/3, 4/5N, 6/5S, 7, 8, 9/10, 11, border/non-border for grades 4, 8, 11	School health policy survey, CIP, vending machine audits, healthy signage observation

# Data Collected During SPAN

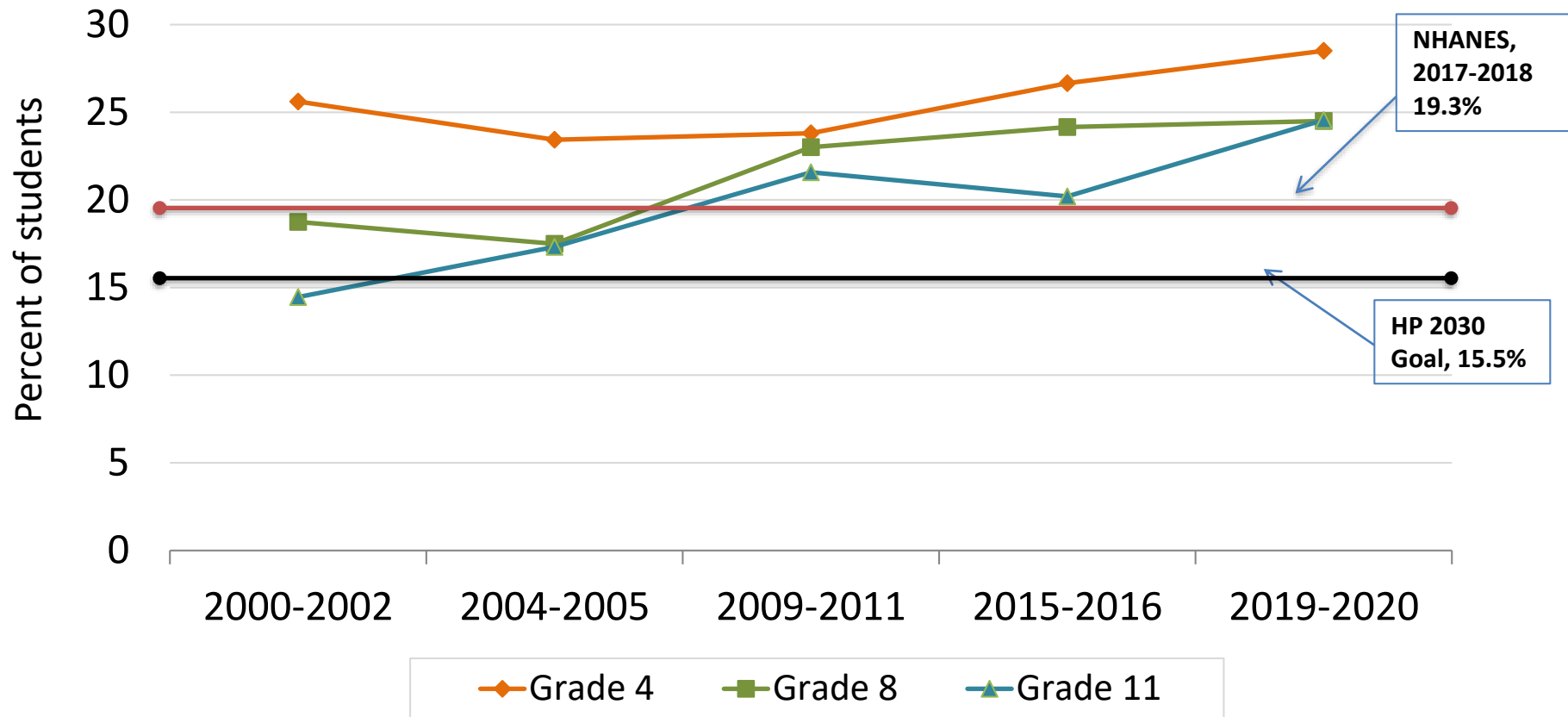
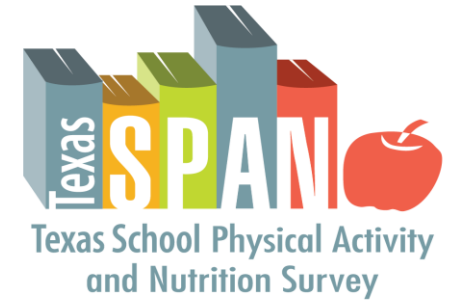


- Directly measured height and weight for students from 2<sup>nd</sup>, 4<sup>th</sup>, 8<sup>th</sup>, and 11<sup>th</sup> grades
- A self-report questionnaire administered to students of 4<sup>th</sup>, 8<sup>th</sup>, and 11<sup>th</sup> grades, validated
  - Demographics, diet, physical activity practices, knowledge, oral health
- A take-home survey for parents of 2<sup>nd</sup> grade students
  - Information on the child's diet, activity, and oral health behaviors, as well as related constructs
- School policies and practices
  - School Health Policy Questionnaire (HPQ), Campus Improvement Plans (CIP), Vending Machine Inventory, Signage Observations



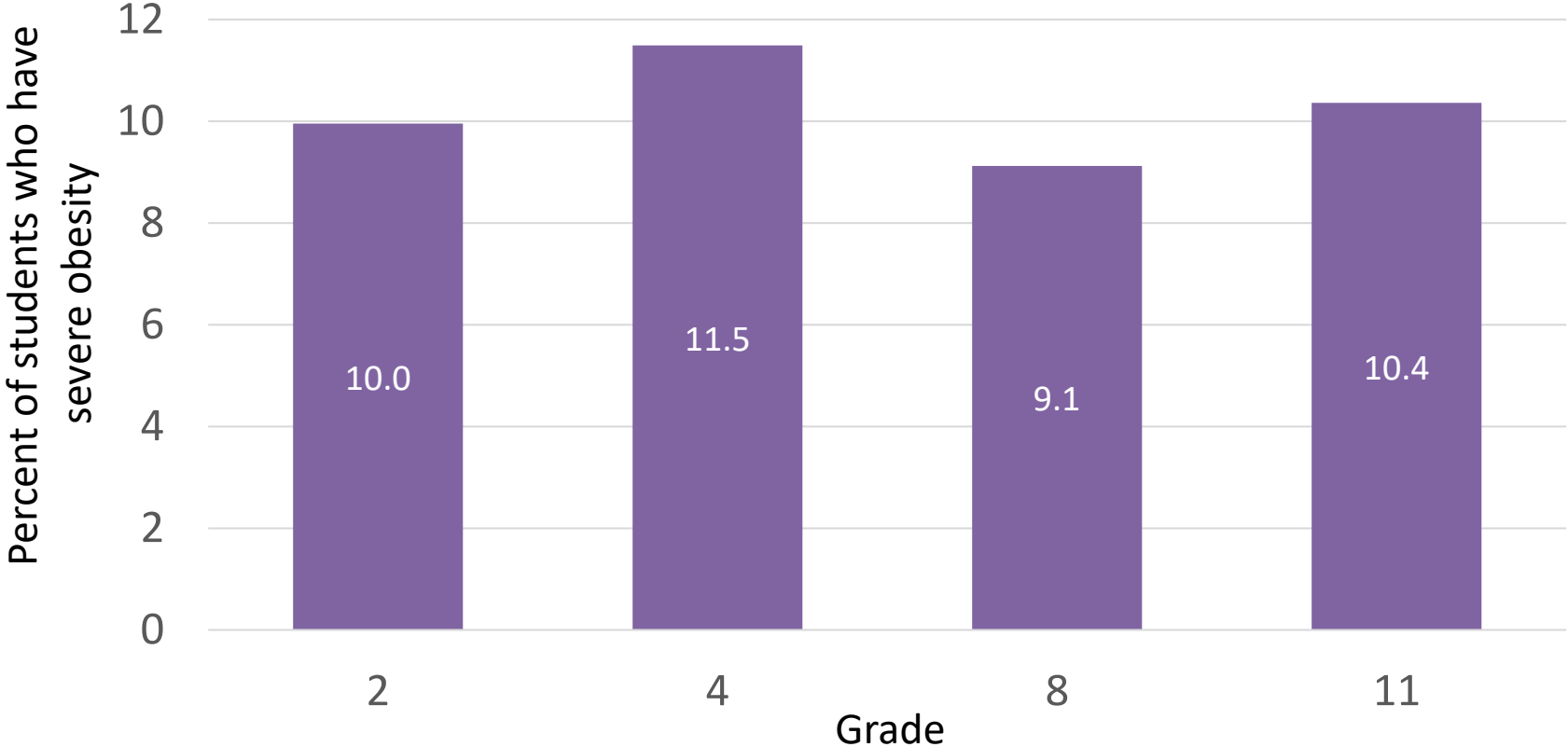
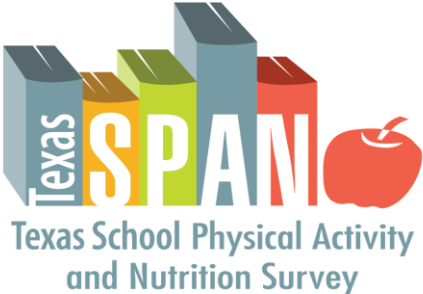
Hoelscher et al., 2003; Hoelscher et al., Penkilo et al., 2008; Thiagarajah et al., 2008; Larsen et al., 2015

# Trends in Child Obesity in Texas (2000-2020)

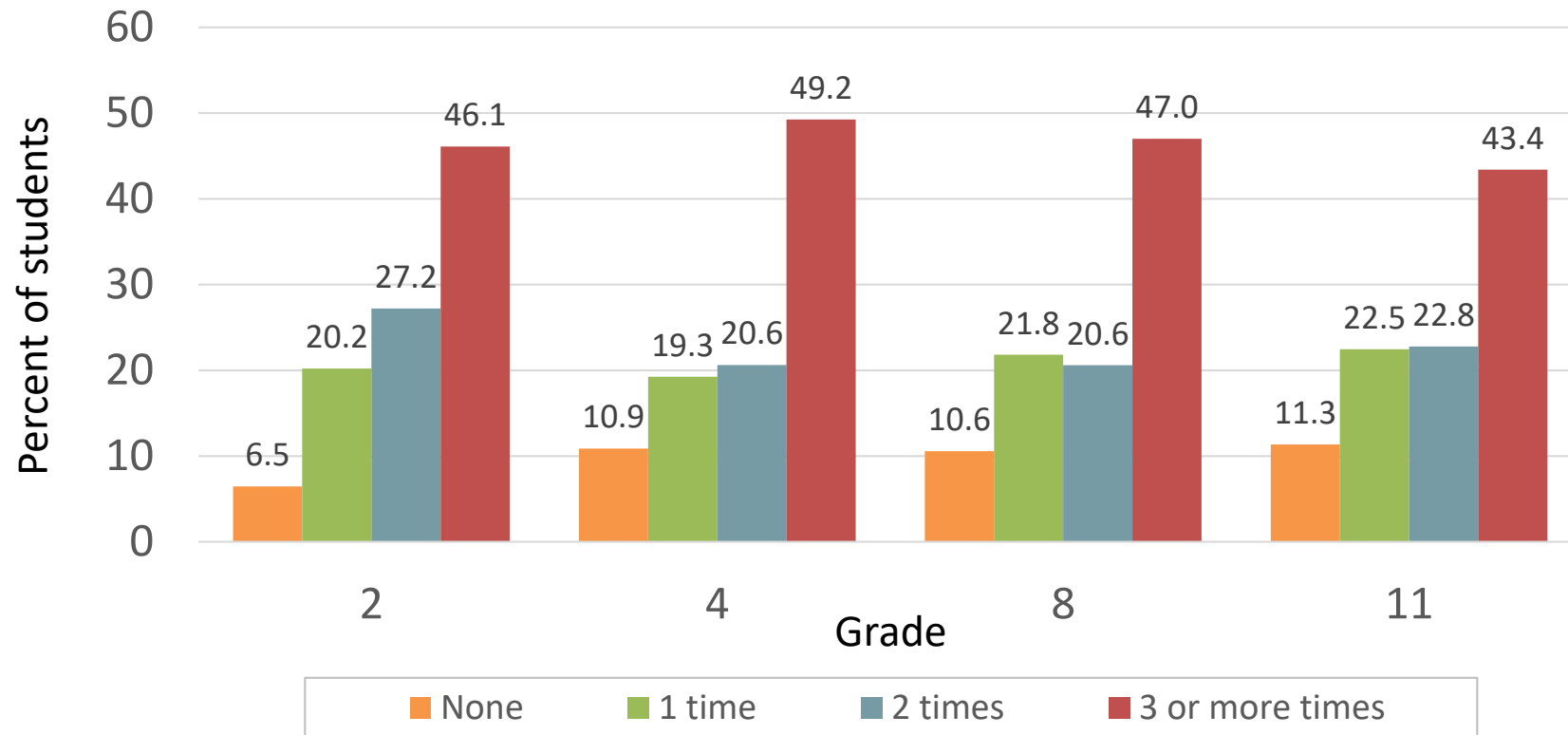
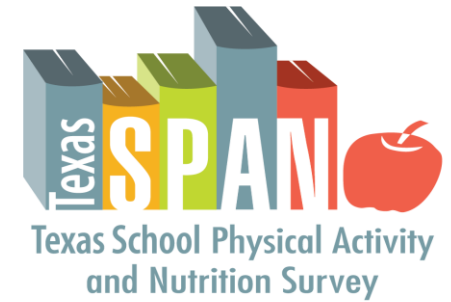




# Children with Severe Obesity in Texas



# Number of Times Sweet and Savory Snacks\* were Consumed per Day by Grade



\*Computed as consumption of candy, frozen dessert, cakes, French fries/chips, and snack bars

# Translating Research into Action



Source: Clinton, JM et al., 2018 Promoting evidence uptake in schools.

# Evidence-Based Tools and Resources

# Texas Research-to-Policy Collaboration



- **Improve the health of Texans through policymaking**
  - Assist legislators seeking to use Texas research, data, and trusted resources
- **Engage state and local stakeholders in capacity building**
  - Link policymakers to non-partisan network of health researchers for the 2021 Texas Legislative Session
- **Respond to State Legislative Requests**
  - Facilitate researcher-policymaker connections and support requests for information to inform policy



# Responding to Legislative Requests & Policy Priorities

- **June 2020 – September 2021: Development and dissemination of health policy resources to state legislators and their staff**
  - Developed by TX RPC staff in collaboration with network researchers

Series of health policy reports developed based on legislative requests and policy priorities

Resources posted on TX RPC webpage and distributed by email and newsletter

# Texas Child Health Status Reports

## Translated public health research into policy and practice using state-level data

- Brief, concise reports
- Collaboration
- Useful to public health advocates and legislators



### Healthy Children, Healthy State: CHILD OBESITY CRISIS IN TEXAS

Michael & Susan Dell Center for Healthy Living

#### Obesity is a major public health crisis in Texas<sup>1</sup>:

- Texas has the 8<sup>th</sup> highest obesity rate for youth ages 10-17 and the 12<sup>th</sup> highest adult obesity rate in the U.S.<sup>1</sup>
- 17.3% of Texas youth ages 10-17 have obesity.
- In Texas, Hispanic and African American children have higher rates of obesity compared to non-Hispanic white children<sup>2</sup>.

#### Childhood obesity in Texas is getting worse.

Trends in childhood obesity from 2004-05 to 2019-20<sup>2,3</sup>

Grade	2004-05	2009-11	2015-16	2019-20
4 <sup>th</sup> grade	23.4	23.8	25.7	28.5
8 <sup>th</sup> grade	17.5	23.0	24.2	24.5
11 <sup>th</sup> grade	17.3	21.6	20.2	24.6

#### Childhood Obesity is Risky

Obesity is associated with increased lifetime risks for adverse health outcomes<sup>4,5</sup>, including:

- diabetes
- heart disease
- asthma
- high blood pressure
- depression
- sleeping difficulties
- higher risk of being obese as an adult

#### Childhood Obesity is Costly

Childhood obesity results in extra health care costs. A child with obesity has **\$12,900** more in medical costs than a child with normal weight<sup>6</sup>.

Educational attainment is associated with lifetime earnings<sup>7</sup>. Obesity in childhood is associated with poorer educational outcomes<sup>8,9,10</sup>, including:

- lower GPA
- lower reading scores
- lower math scores
- more school absences

#### Percent of Texas children who have obesity, by grade and ethnicity<sup>2,3</sup>

Grade	Non-Hispanic White	African American	Hispanic
1 <sup>st</sup> grade	17	22	31

#### We must do more to combat obesity in Texas.

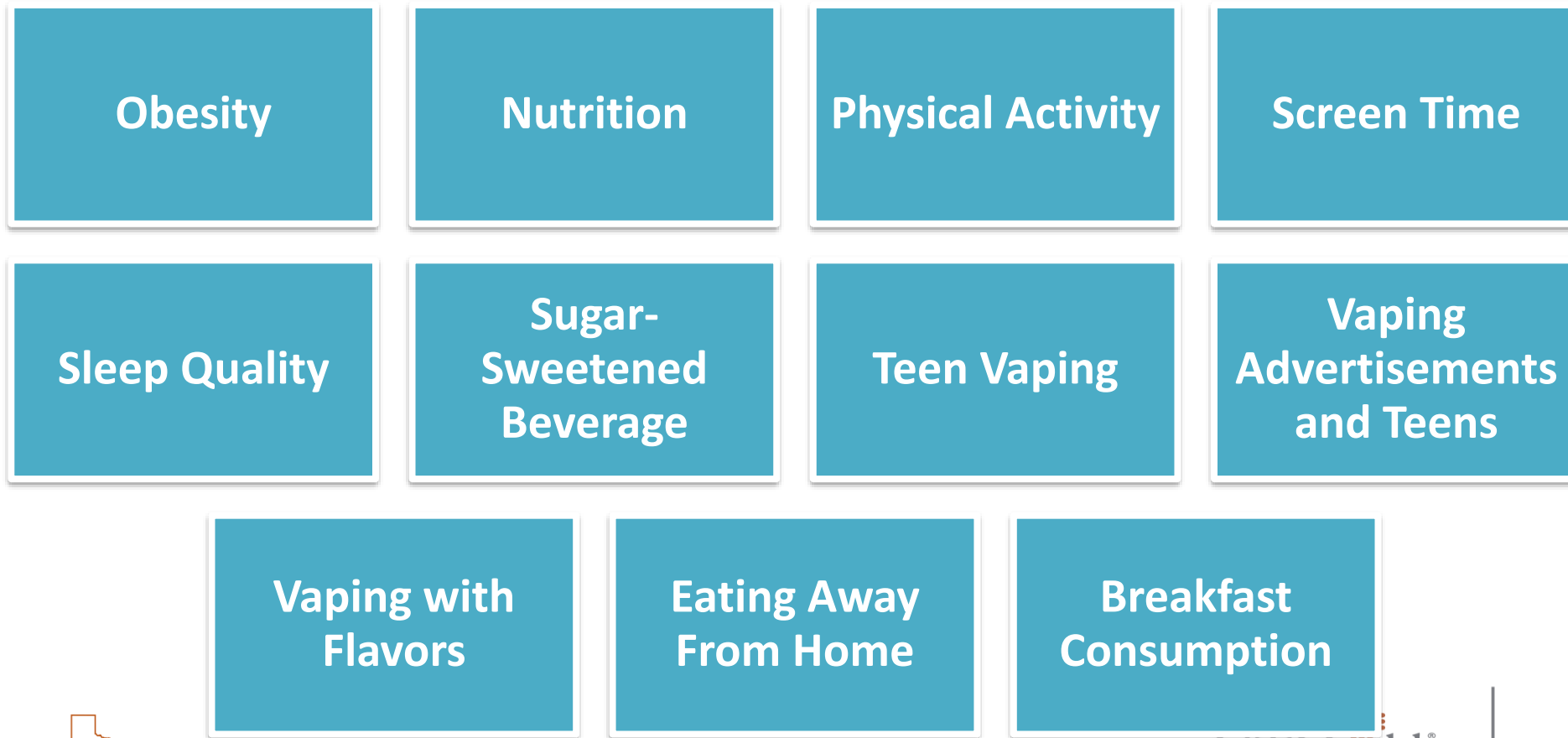
UTHealth | MICHAEL & SUSAN DELL CENTER for HEALTHY LIVING | PARTNERSHIP FOR A HEALTHY TEXAS CONSIDERING OBESITY | TEXAS Health and Human Services | Texas Department of State Health Services

The logo for the Michael & Susan Dell Center for Healthy Living, featuring a stylized rainbow arch.

# TX Child Health Status Reports



**11 Reports Released – March 1, 2022**



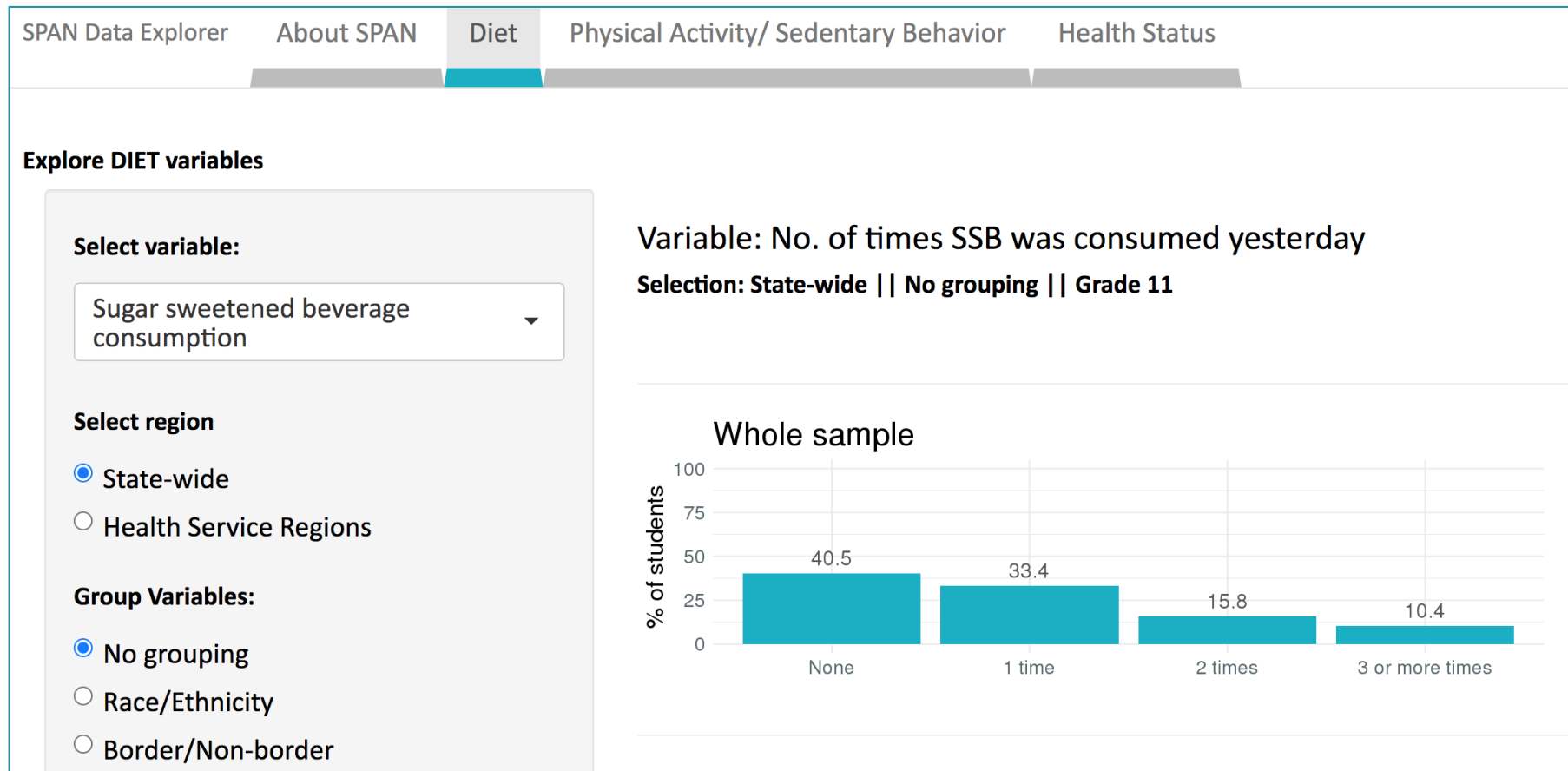


# TX Child Health Status Reports



## Data Source(s)

- Texas School Physical Activity Nutrition Project (Texas SPAN) Data Explorer
  - State, Public Health Regions, Border/Non-border levels
- Other Data Sources: NHANES obesity data / other health behaviors, TATAMS



# TX Child Health Status Report: Feb 2019 – Feb 2022

Topic	Date Released	Website (External) Pageviews*	Email Announcement Analytics
<a href="#">Child Obesity</a>	2/11/2019	<ul style="list-style-type: none"> <li>1,285 Total</li> <li><b>965 Unique</b></li> </ul>	<ul style="list-style-type: none"> <li>Sent to 5,456 contacts</li> <li>21.4% open rate</li> </ul>
<a href="#">Child Nutrition</a>	5/1/2019	<ul style="list-style-type: none"> <li>625 Total</li> <li>492 Unique</li> </ul>	<ul style="list-style-type: none"> <li>Sent to 5,524 contacts</li> <li>20.1% open rate</li> </ul>
<a href="#">Child Physical Activity</a>	6/11/2019	<ul style="list-style-type: none"> <li>352 Total</li> <li>291 Unique</li> </ul>	<ul style="list-style-type: none"> <li>Sent to 5,653 contacts</li> <li>19.1% open rate</li> </ul>
<a href="#">Child Screen Time</a>	9/12/2019	<ul style="list-style-type: none"> <li>273 Total</li> <li>225 Unique</li> </ul>	<ul style="list-style-type: none"> <li>Sent to 5,583 contacts</li> <li>18.6% open rate</li> </ul>
<a href="#">Child Sleep Quality</a>	1/9/2020	<ul style="list-style-type: none"> <li>284 Total</li> <li>242 Unique</li> </ul>	<ul style="list-style-type: none"> <li>Sent to 5,607 contacts</li> <li>19.3% open rate</li> </ul>
<a href="#">Child Sugar-Sweetened Beverage Consumption</a>	5/21/2020	<ul style="list-style-type: none"> <li>233 Total</li> <li>202 Unique</li> </ul>	<ul style="list-style-type: none"> <li>Sent to 6,798 contacts</li> <li><b>24.4% open rate</b></li> </ul>
<a href="#">Teen Vaping</a>	9/16/2020	<ul style="list-style-type: none"> <li>515 Total</li> <li>440 Unique</li> </ul>	<ul style="list-style-type: none"> <li>Sent to 10,087 contacts</li> <li>22.1% open rate</li> </ul>
<a href="#">Vaping Advertisements and Teens</a>	12/15/2020	<ul style="list-style-type: none"> <li>56 Total</li> <li>49 Unique</li> </ul>	<ul style="list-style-type: none"> <li>Sent to 11,366 contacts</li> <li>20.2% open rate</li> </ul>
<a href="#">Vaping with Flavors</a>	12/17/2020	<ul style="list-style-type: none"> <li>57 Total</li> <li>50 Unique</li> </ul>	<ul style="list-style-type: none"> <li>Sent to 11,366 contacts</li> <li>20.2% open rate</li> </ul>
<a href="#">Eating Away From Home</a>	5/19/2021	<ul style="list-style-type: none"> <li>141 Total</li> <li>121 Unique</li> </ul>	<ul style="list-style-type: none"> <li>Sent to 12,282 contacts</li> <li>16.4% open rate</li> </ul>
<a href="#">Breakfast Consumption</a>	2/9/2022	<ul style="list-style-type: none"> <li>25 Total</li> <li>14 Unique</li> </ul>	<ul style="list-style-type: none"> <li>Sent to 13,420 contacts</li> <li><b>30.2% open rate</b></li> </ul>



# TX Child Health Toolkits: Jan 2021 – Feb 2022



- **Texas Child Health Toolkits** accompany the Texas Child Health Status Reports
- **Toolkits Aims:**
  - Educate and advocate for child health within the home, school, and community environments
  - Policymaker awareness
  - Raise awareness of child health risk factors in order to develop new programs and actions, and build on current initiatives in Texas
- **Evidence-Based Resources & Best-Practices**
  - Center resources
  - State and national level evidence-based resources
  - Data
  - Tools
  - Guides

Topic	Date Released	Email Announcement Analytics
<a href="#">Child Obesity</a>	1/21/2021	<ul style="list-style-type: none"> <li>• Sent to 11,361 contacts</li> <li>• 22% open rate</li> </ul>
<a href="#">Child Nutrition</a>	5/7/2021	<ul style="list-style-type: none"> <li>• Sent to 15,815 contacts</li> <li>• 18% open rate</li> </ul>
<a href="#">Child Physical Activity</a>	1/27/2022	<ul style="list-style-type: none"> <li>• Sent to 13,199 contacts</li> <li>• <b>30% open rate</b></li> </ul>

# Summary

- **Community-level stakeholders and state legislators need local data and resources to create evidence-based policies**
  - The TX Child Health Status Reports serve as tools to promote evidence-based policies
    - Effective models are needed to provide accessible child health research for policymakers in Texas
    - Collaboration is key factor to the success in developing these tools
- **Recommendations:**
  - Translate key research findings into usable, easy-to-read, digestible formats
  - Tools such as the TX Child Health Status Report are resources created for policymakers and other community stakeholders
    - **Allow for quick data-driven decisions to advance and impact child and public health policy**
    - Public health practitioners can use these tools to support evidence-based policies in the community
    - Feedback from the community and policymakers help to inform data collection

# Project Details

## Research Team

**Deanna M. Hoelscher, PhD, RDN, LN, CNS, FISBNPA, Principal Investigator**

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Amelia McCellan, Research Associate

Callie Everts, Graduate Research Assistant

Emily Levin, Graduate Data Collector

**Advisory Committee:** 18 state and community partner organizations

**Funding Agency:** Michael & Susan Dell Foundation

# Resources

Texas School Physical Activity and Nutrition (Texas SPAN): [go.uth.edu/SPAN](https://go.uth.edu/SPAN)

Texas Legislative Bill Tracker: [go.uth.edu/LegTracker](https://go.uth.edu/LegTracker)

Texas Child Health Status Report: [go.uth.edu/TexasChildHealth](https://go.uth.edu/TexasChildHealth)

Texas SPAN Interactive Data Explorer: [span-interactive.sph.uth.edu](https://span-interactive.sph.uth.edu)

Texas Research-to-Policy Collaboration Project: [go.uth.edu/TexasRPC](https://go.uth.edu/TexasRPC)

TX RPC Resources: [go.uth.edu/RPCresources](https://go.uth.edu/RPCresources)



# Thank You!



# Thank you!

Check out our website: [livesmarttexas.org](https://livesmarttexas.org)



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