

Using the SPAN Data Explorer and Texas Child Health Status Reports for Policy Impact

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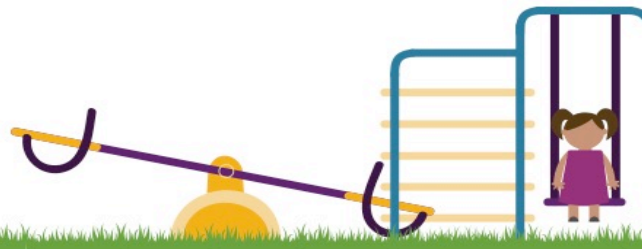
MICHAEL & SUSAN DELL CENTER *for* HEALTHY LIVING



Healthy children in a healthy world.

We advance health and healthy living for children and families through cutting-edge research, innovative community-based programs, and dissemination of evidence-based practices.

STRATEGIC PLAN GOALS



SPAN Data Explorer



- Representative data from the 2015- 2016 School Physical Activity and Nutrition (SPAN) Project.
- SPAN is a surveillance system to monitor the prevalence of overweight/obesity in school-aged children in Texas
- SPAN also identifies factors in Texas students that may underlie obesity, including dietary behaviors, nutrition knowledge and attitudes, and physical activity.
- The SPAN Project is conducted by researchers at the Michael & Susan Dell Center for Healthy Living at The University of Texas Health Science Center in Houston (UTHealth) School of Public Health in Austin
 - Funding from the Texas Department of State Health Services (DSHS).

span-interactive.sph.uth.edu

SPAN Data Explorer



← → ↻ span-interactive.sph.uth.edu

SPAN Data Explorer About SPAN Diet Physical Activity/ Sedentary Behavior **Health Status**

Explore health status variables

Select variable:

Weight status - 5 categories

Select region

- State-wide
 Health Service Regions

Group Variables:

- No grouping
 Race/Ethnicity
 Border/Non-border

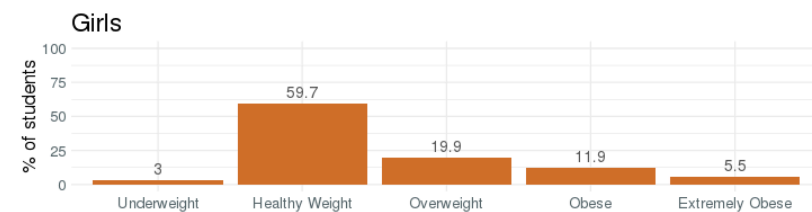
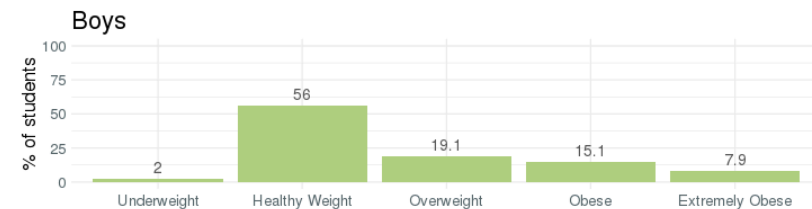
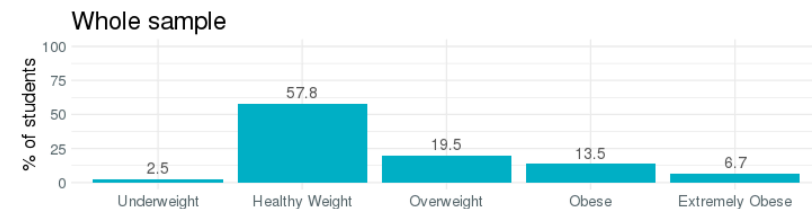
Grade:

- 2
 4
 8
 11

Generate

Variable: Weight status - 5 categories

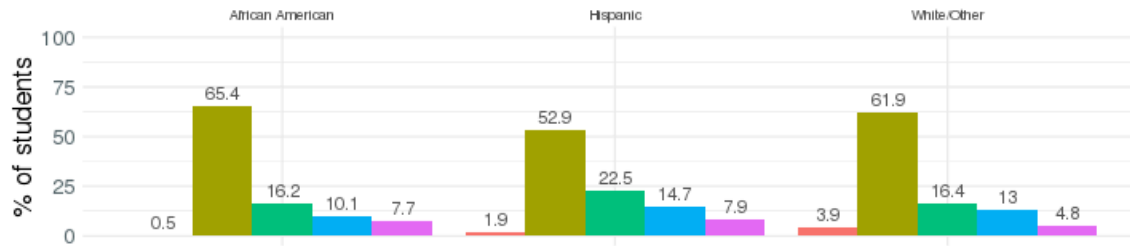
Selection: State-wide || No grouping || Grade 11



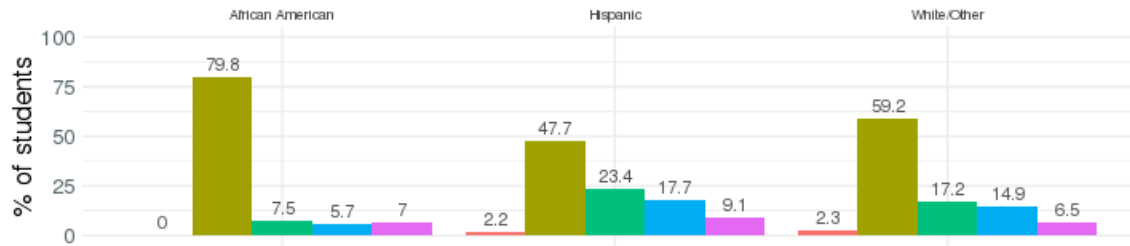
5 Category Weight Status for 11th Grade by Race/Ethnicity



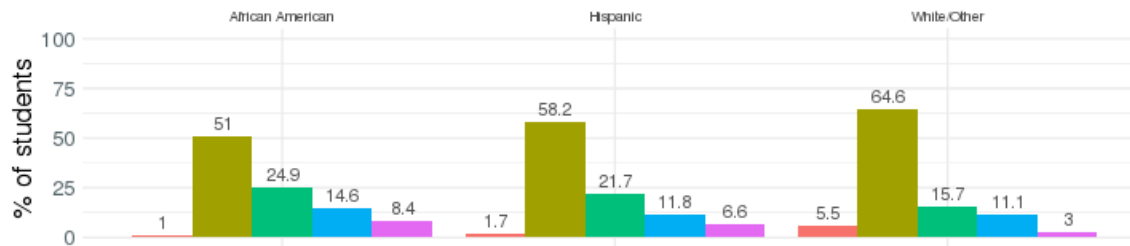
Whole sample



Boys



Girls



Underweight Healthy Weight Overweight Obese Extremely Obese

Healthy Children, Healthy State



Although there are many state-level indicators of child health in the state, most of these data are not packaged and accessible

The Michael & Susan Dell Center for Healthy Living has developing a series of user-friendly materials, including reports and one-pagers, to highlight the status of child health in Texas, with a focus on health disparities.

This series of reports, *Healthy Children, Healthy State*, can be used to raise awareness of child health risk factors in order to develop new programs and actions, and to build on current initiatives in Texas.

Current Texas Child Health Status Reports:

1. [Child Obesity Crisis in Texas](#)
2. [Child Nutrition Crisis in Texas](#)
3. [Child Physical Activity in Texas](#)
4. [Child Screen Time in Texas](#)

Child Obesity Crisis in Texas





Healthy Children, Healthy State:


CHILD OBESITY CRISIS IN TEXAS

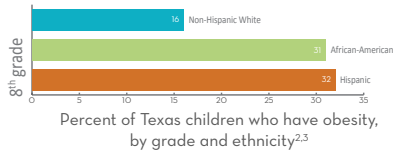
Michael & Susan Dell Center for Healthy Living

Obesity is a major public health crisis in Texas¹:

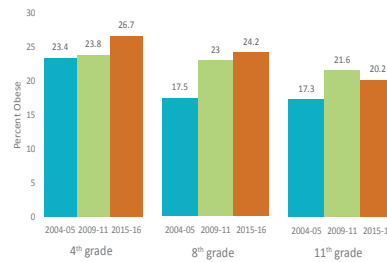
 Texas has the 7th highest obesity rate for youth ages 10-17 and the 14th highest adult obesity rate in the U.S.¹

 Over 600,000 Texas youth ages 10-17 have obesity.

 In Texas, Hispanic and African American children have nearly twice the rate of obesity compared to non-Hispanic white children².



Childhood obesity is getting worse over time.



Trends in childhood obesity from 2004-05 to 2015-16^{2,3}

Childhood Obesity is Risky

Obesity is associated with increased lifetime risks for adverse health outcomes^{4,5}, 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 weight⁶.

Educational attainment is associated with lifetime earnings⁷. Obesity in childhood is associated with poorer educational outcomes^{8,9,10}, including:

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

We must do more to combat obesity in Texas.



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Over 600,000 Texas youth ages 10-17 have obesity.



In Texas, Hispanic and African American children have nearly twice the rate of obesity compared to non-Hispanic white children².



Percent of Texas children who have obesity, by grade and ethnicity^{2,3}

Child Nutrition Crisis in Texas



Healthy Children, Healthy State:

CHILD NUTRITION IN TEXAS

Michael & Susan Dell Center for Healthy Living

Texas children aren't meeting nutrition guidelines

The USDA Dietary Guidelines¹ recommends focusing on a wide variety of fresh fruits and vegetables, whole grains, fat-free or low-fat dairy products, and high protein foods. They also recommend limiting added sugars and saturated fats and reducing sodium intake.


Nutrition Crisis

On a given school day:

 Over 2.5 million (32%) of Texas children do not eat any vegetables.²

 Over 1.5 million (19%) of Texas children do not eat fruit.²

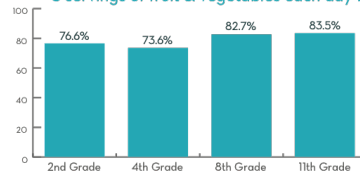
 28% of 8th graders and 36% of 11th graders do not eat breakfast.²

 Over 80% of Texas children eat at least one sweet or salty snack (candy, frozen dessert, cakes, french fries, or chips).²

Current and Lifetime Risks

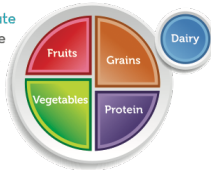
- A healthy diet is associated with better physical, psychological, and social health.³
- Skipping breakfast leads to overweight & obesity.⁴
- Children who eat more fruits & vegetables have lower body weight.⁵
- A high sugar, low fiber diet is related to lower creativity test scores.⁶

Texas students who do **not** consume at least 5 servings of fruit & vegetables each day²:



How we can improve Texas children's nutrition

The USDA MyPlate illustrates the five food groups that are the building blocks for a healthy diet.⁷



- Label food in school cafeterias, such as GO, SLOW, WHOA^{8,9}
- Ensure all school children have access to a healthy breakfast
- Implement a proven coordinated school health program, such as CATCH^{10,11}
- Limit unhealthy food & drink marketing to young children
- Ensure fast food kids meals default to healthy choices, such as milk or water instead of sugary drinks

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Child Physical Activity in Texas



Healthy Children, Healthy State:

PHYSICAL ACTIVITY IN TEXAS

Michael & Susan Dell Center for Healthy Living

Texas children are falling behind in physical activity

The Department of Health and Human Services recommends 60 minutes or more of daily moderate-to-vigorous physical activity for youth aged 6-17¹.

Physical Inactivity Crisis

Texas children **do not** meet guidelines of 60 minutes (or more) of physical activity.



78.4% of youth do not meet 60+ minutes of physical activity at least 5 days per week².



Classroom teacher-led physical activity breaks occur in 47.1% of elementary schools, 28.6% of middle schools, and 13.3% of high schools².



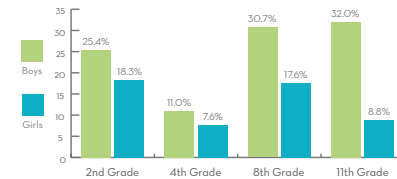
25.3% of Texas high school students meet 60 minutes per day of physical activity; though 31.2% are in daily PE classes².

Current and Lifetime Risks

Texas children are not exercising. A lack of adequate physical activity has adverse lifetime consequences.

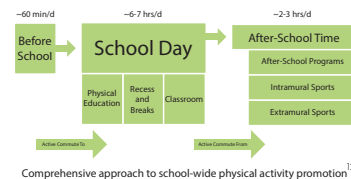
- Obesity³
- Social isolation^{4,5}
- Reduced cognitive abilities^{6,7}
- Chronic diseases^{8,9}

% of students meeting guidelines of 60+ minutes of moderate-to-vigorous physical activity 7 days a week²



How we can improve Texas children's physical activity¹⁰

- Promote active commuting (biking, walking) for students
- Daily structured PE classes using an evidence-based program like CATCH¹¹
- Daily recess for K-5 of at least 30 minutes
- Encourage classroom physical activity breaks
- Quality training for physical education and classroom teachers



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Child Screen Time in Texas



Healthy Children, Healthy State:

CHILD SCREEN TIME IN TEXAS

Michael & Susan Dell Center for Healthy Living

Texas children are sedentary.

Screen time is a proxy for prolonged sedentary time. Screen time includes time spent watching television, playing video games, or using an electronic device with a screen such as a smartphone or tablet. The World Health Organization's screen time recommendations change based on a child's age. Screen time is **not recommended** for children 1 year old or younger. Screen time should be no more than **1 hour per day** for children 2-4 years old.

Screen Time Crisis



Having a television in a 2nd grade student's bedroom varies by race/ethnicity: **73.5%** of African Americans and **62.7%** of Hispanics have one compared to **28.7%** of White/Other.²



36.0% of 2nd graders have a computer, tablet, phone, or gaming console in their bedroom compared to **68.8%** of 4th graders.²



41.6% of 8th graders play 2 or more hours of video or computer games daily, outside of school hours.²

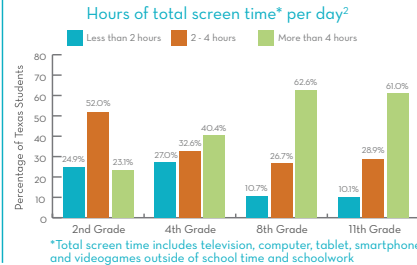


12.6% of 11th grade boys spend 6 or more hours playing video or computer games daily, outside of school hours.²

Current and Lifetime Risks

Sedentary behaviors including screen time duration and frequency have **negative health associations**⁴:

- Increased obesity and overweight
- Higher clustered cardiometabolic risk scores
- Decreased physical activity
- Lower self-esteem



How we can improve Texas children's sedentary time

- Develop a family media plan to help balance digital and real life from birth to adulthood⁵
- Designate media-free times together as a family, such as dinner or driving, as well as media-free locations at home, such as bedrooms⁵
- Limit eating in front of screens⁶
- Limit sitting for more than 60 minutes without getting up⁷



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Healthy Children, Healthy State

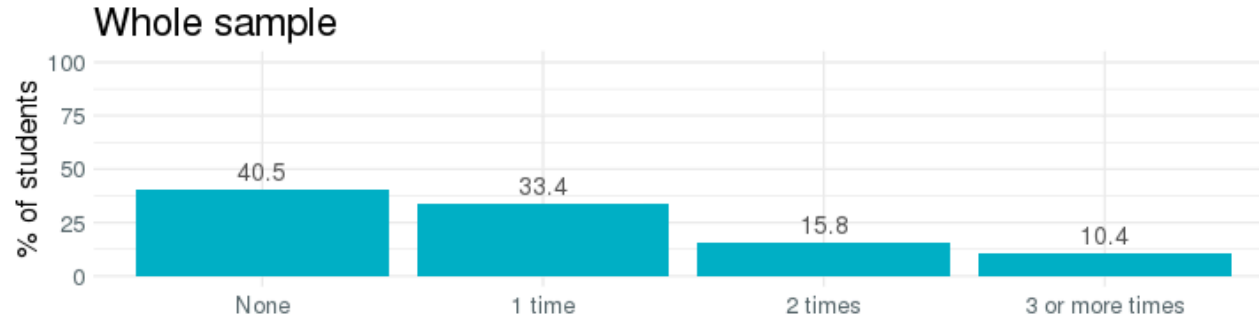


Upcoming Texas Child Health Status Report Topics:

1. Sleep Quality
2. Sugar-Sweetened Beverage Consumption

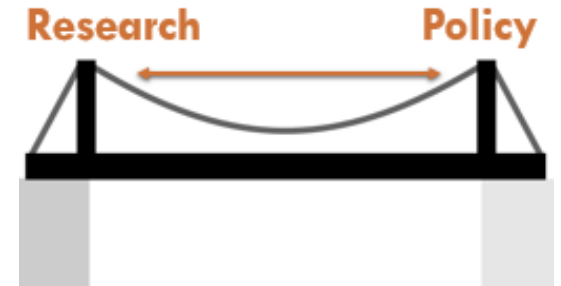
Variable: No. of times SSB was consumed yesterday

Selection: State-wide || No grouping || Grade 11



Texas Research-to-Policy Collaboration Project

- **Improve the health of Texans through policymaking**
- **Engage state and local members in capacity building** by linking policymakers to researchers for the 2021 Texas Legislative Session
 - Matching 10 state/local policymakers with TX RPC network members
 - Resources for all legislators
- **Respond to State Legislative Requests**
 - Facilitate researcher-policymaker connections and support requests for information to inform policy





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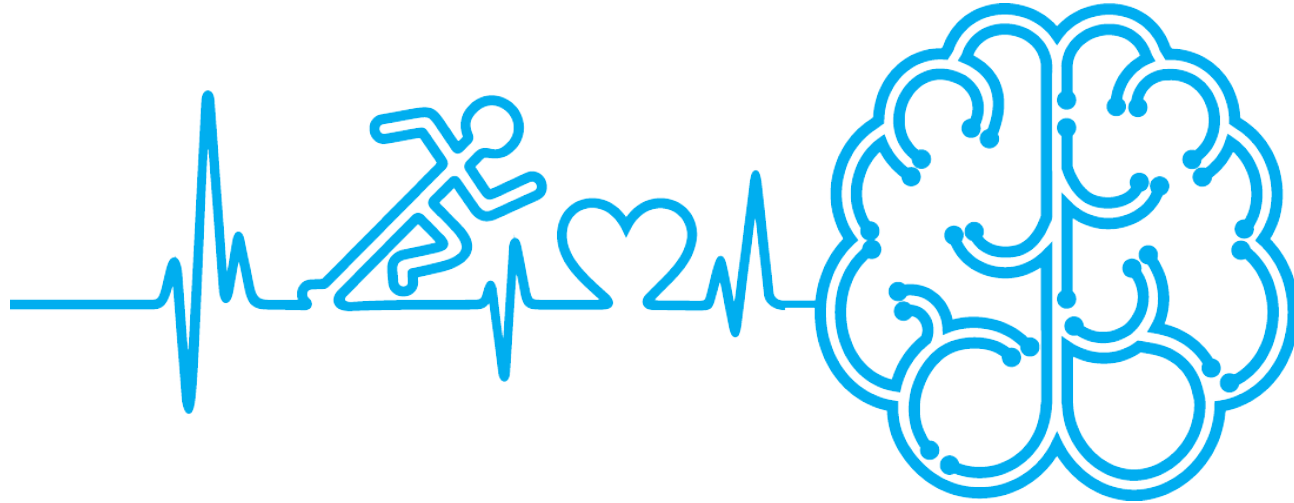
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Thank You!





Texas Child Health Status Reports: Impacting Policy Today & Tomorrow

SCHOOL REPORT
Summary

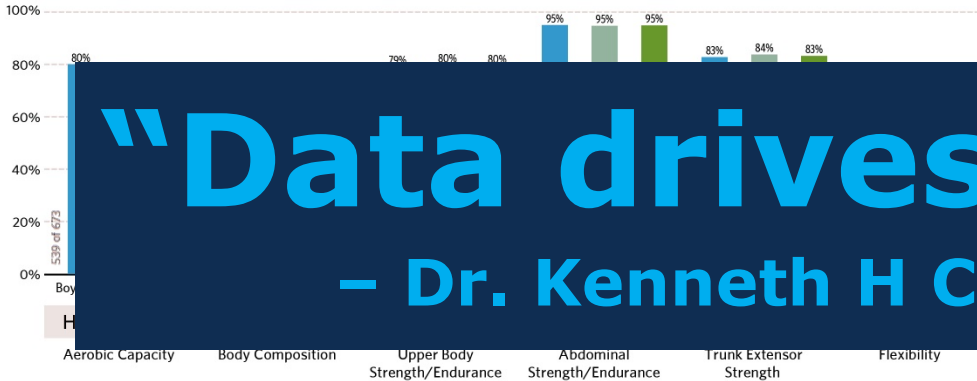
The School Report - Summary shows the percentage of boys and girls that achieve Healthy Fitness Zone by component.

SCHOOL 1

DISTRICT 1 | Grade 6-8 | Other, PostTest, PreTest | Female, Male

10/26/2018

✓ STUDENTS IN HEALTHY FITNESS ZONE (HFZ)



“Data drives decisions”
– Dr. Kenneth H Cooper, MD, MPH

⚠ STUDENTS IN NEEDS IMPROVEMENT ZONE (NI)

NI: Needs Improvement | NI-HR: Needs Improvement-Health Risk | VL: Very Lean | For more information please visit cdc.gov/healthyweight

	Heart Health	Body Health	Muscle Fitness			Flexibility
	Aerobic Capacity	Body Composition	Upper Body Strength/Endurance	Abdominal Strength/Endurance	Trunk Extensor Strength	Flexibility
Boys	20% (134 of 673) NI-HR: 8% NI: 11%	39% (266 of 677) NI-HR: 16% NI: 14% VL: 10%	21% (140 of 674)	5% (33 of 674)	17% (116 of 676)	25% (172 of 677)
Girls	30% (177 of 587) NI-HR: 6% NI: 24%	34% (205 of 604) NI-HR: 13% NI: 16% VL: 5%	20% (119 of 592)	5% (31 of 596)	16% (97 of 600)	28% (170 of 599)
Total	25% (311 of 1260) NI-HR: 7% NI: 17%	37% (471 of 1281) NI-HR: 14% NI: 15% VL: 7%	20% (259 of 1266)	5% (64 of 1270)	17% (213 of 1276)	27% (342 of 1276)

Teachers and Administrators use this report to:

- ✓ Inform curriculum
- ✓ Inform teaching

- ✓ Share with principals
- ✓ Share with classroom teachers
- ✓ Share with superintendents
- ✓ Inform policy changes
- ✓ Support grant applications

Fitness is Associated with an Improvement in...

Academic Achievement	Discipline	Attendance
Significant relationship between STAR performance and: <ul style="list-style-type: none">➤ Cardiorespiratory HFZ achievement (r=.41)➤ Body mass index HFZ achievement (r=.24)	Significant relationship between discipline and: <ul style="list-style-type: none">➤ Cardiorespiratory HFZ achievement (r= -.47).➤ Body mass index HFZ achievement (r=-.26)	Significant relationship between attendance and: <ul style="list-style-type: none">➤ Cardiorespiratory HFZ achievement (r=.38)➤ Body mass index HFZ achievement (r=.17)

Impacting Policy & Decision Makers

Texas Child Health Status Reports

- ✓ Developed by the Michael & Susan Dell Center Research Team and Advisory Team
- ✓ Provides resources to make changes at
 - School
 - Home
 - Community
 - Statewide



Successes at the Capitol!

Texas Child Health Status Reports Contributed to the following successes:

- SB 952 – Updated and improved the minimum standards for state-licensed child care centers for nutrition, physical activity, and screen time.
- SB 1834 – Directs HHSC to conduct a study on local SNAP incentives programs. Also allows for HHSC to create a pilot and apply for Farm Bill funding
- Preserved FitnessGram
- *Many more pieces of legislation benefited from TCHSR.*

Call to Action

- **Texas Child Health Reports can be utilized by:**
 - School Health Advisory Councils to advise their school boards and campus leaders on state policy opportunities.
 - Helping preserve and promote evidence-based curriculum that enhances physical education and health programs in public schools.
 - Engage PTA's
 - Action for Healthy Kids
 - ITS TIME TEXAS

Call to Action

- **Texas Child Health Reports can be utilized by:**
 - In-District visits with your lawmakers:
 - 86th Interim Opportunities
 - Committees & Education Opportunities
 - Many lawmakers are unaware of PE & lack of statewide Health policy
 - Utilize Child Obesity Toolkit to Impact Change
 - Engage partners
 - All Politics is Local!

Key Legislative Dates

- Interim Committee Hearings
- March 3, 2020 – Primary
- May 2, 2020 – Local ISD & Municipal Elections
- November 3, 2020 – General Election
- November 9, 2020 – 87th Session Pre-Filing
- January 12, 2021- 87th Legislature Begins

Policy Resources

Texas Public Health Coalition

www.texmed.org/publichealthcoalition

Partnership for a Healthy Texas

www.partnershipforahealthytexas.org

Michael & Susan Dell Center for Healthy Living

<https://sph.uth.edu/research/centers/dell/texas-child-health-status-report/index.htm>

Michael & Susan Dell Center for Healthy Living – Legislative Tracker

<https://sph.uth.edu/research/centers/dell/86th-texas-legislature/>

Thank You!

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Questions?

