

# PUBLIC HEALTH NEWS & UPDATES

TEXAS RESEARCH-TO-POLICY COLLABORATION



October 2022

## ABOUT THE TX RPC PROJECT

The Texas Research-to-Policy Collaboration (Texas RPC) Project is a non-partisan network that aims to bridge research and policy by supporting partnerships between child health researchers and policymakers. The TX RPC Project team and overall network are available to support Texas policymakers with informational requests or resources related to health topics, during the interim and throughout the 2023 Legislative Session.

## RESOURCE REMINDERS

The TX RPC Project develops accessible and accurate public health policy-related resources from experts in the field. If you would like to request information on a public health topic, please complete the following form:

[Access Form](#)

The Texas RPC Project health policy resources are available on our website. See below for links to specific categories of resources:

- [TX RPC Health Policy Resources](#) (resources available to legislators to provide data-driven information on health-related topics)
- [Michael & Susan Dell Center for Healthy Living Webinars](#)
- [TX RPC Newsletters Archive](#)
- [Texas Legislative Bill Tracker](#)
- [Texas Child Health Status Reports and Toolkits](#)
- [Newsletter Resource Sharing Form for Publication](#)
- [COVID-19 Resources](#)

## TX RPC REPORTS

[School Health Advisory Councils \(SHACs\)](#) – **NEW!**

Texas Research-to-Policy Collaboration Project

Released September 21, 2022

This new report discusses the use of School Health Advisory Councils (SHACs), how SHACs create safe and healthy learning environments, and how to become a SHAC member. **SHACs can impact physical activity, nutrition, and mental health-related recommendations to improve child health outcomes.**

## Community Eligibility Provisions (CEP) – NEW!

Texas Research-to-Policy Collaboration Project

Released August 30, 2022

Community Eligibility Provisions (CEP) is a meal service option that school districts in lower-income areas can use to provide breakfast and lunch to students at no cost. Children spend a large portion of their waking hours at school, which makes schools the ideal environment to provide healthy opportunities for promoting healthy behaviors and providing healthy foods. **CEPs have been shown to increase a child's probability of eating lunch and improves school attendance.**

## TX RPC MEMBER & ORGANIZATION RESOURCES

### Screen Time Toolkit

Michael & Susan Dell Center for Healthy Living

*Healthy Children, Healthy State from the Texas Child Health Status Report Project*

This toolkit provides resources, data, tools, and guides for parents, schools, community members, and policymakers to address child and adolescent screen time. This is an excellent resource for parents who need ideas and tips to reduce their kids' and families' time in front of the screen. As seen in our screen time TX Child Health Status report, 69% of Texas 4th graders and 36% of Texas 2nd graders have a screen in their bedroom. **Increased screen time is associated with negative health outcomes, such as increased obesity and overweight, decreased physical activity, and lower self-esteem.**

VIEW THE TOOLKIT

## TX RPC MEMBER HIGHLIGHTS

### Educators, other experts aim to build momentum in fight against youth vaping

CATCH My Breath

### COVID-19 boosters targeting omicron variant now available

Shreela Sharma, PhD, RDN, LD - UTHealth School of Public Health Houston Campus

## TX RPC PARTNER EVENTS

### Upcoming Events

- Child Mental Health in Texas: A TX RPC Project Lunch & Learn Event (October 27, 2022, @ 11:30 am CT)
- TX Action for Healthy Kids Summit (November 15-16, 2022)

### Upcoming Webinars

- Improving Health Through Nature (November 2, 2022, @ 12:00 pm CT)

### Webinar Recordings

- Navigating Mental Health in the School Environment (October 10, 2022, @ 11:30 am CT)
- Creating Healthier, More Resilient Kids Through Recess (Outdoor Play) (October 13, 2022, @ 11:30 am CT)
- Cost-effectiveness Calculators for SUD: A Pilot of Peer Recovery Support Services and

## TX RPC RESEARCHER PUBLICATIONS

### Featured Publication

#### [Perceived stress and e-cigarette use during emerging adulthood: A longitudinal examination of initiation, progression, and continuation](#)

**Overview:** Minimal research has examined the impact of stress on e-cigarette use among youth, especially since e-cigarettes are the most commonly used tobacco product among youth and young adults in the United States. This study examined stress and behavioral outcomes among a diverse cohort of young adults in Texas and found that the risk of continued e-cigarette use increased with stress levels. This risk indicates that future prevention and cessation strategies should consider examining perceived stress as a risk factor for e-cigarette use and continuation among youth and young adults.

### Texas Population Publications

#### General

#### [Relationship between dating violence and contraceptive use among Texas adolescents](#)

#### [Methodology to estimate natural- and vaccine-induced antibodies to SARS-CoV-2 in a large geographic region](#)

#### [Comparison of persistent symptoms following SARS-CoV-2 infection by antibody status in nonhospitalized children and adolescents](#)

#### North Texas

#### [Changes in body weight, health behaviors, and mental health in adults with obesity during the COVID-19 pandemic](#)

#### Central Texas

#### [Climate change and physical activity: ambient temperature and urban trail use in Texas](#)

#### [A qualitative investigation of organizational challenges and facilitators to screening individuals experiencing homelessness for hepatitis C virus \(HCV\) in Houston, Texas](#)

### General Publications

#### [Impact of a year-round school calendar on children's BMI and fitness: Final outcomes from a natural experiment](#)

#### [Emerging evidence of the relationship between fat-free mass and ghrelin, glucagon-like peptide-1, and peptide-YY](#)

## CONTACT US

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