



HEALTHY LIVING MATTERS

Connecting Policy to the Future



A Houston/Harris County Childhood Obesity Prevention Collaborative

Nov/Dec 2017 / Issue No. 60



Friends,
From all of us at Healthy Living Matters,
we would like to wish you a wonderful holiday season
and a happy new year filled with happiness and success.
Thank you for your support and continued dedication.

IN THIS ISSUE

[HLM Quarterly Collaborative Meeting](#)

[BUILD Pasadena](#)

[Walk to School Day: Paige Elementary Elementary](#)

[Featured Resource](#)

[Texas Obesity News](#)

[National Obesity News](#)

[Research & Reports](#)

[Upcoming Events](#)

Healthy Living Matters Quarterly Collaborative Meeting

On November 3rd, [Healthy Living Matters](#), in partnership with [Avenue](#), organized the HLM Quarterly Collaborative Meeting. The meeting, taking place in the Near Northside focused on how collaborative partners are working to progress the policy priorities of HLM in the Near Northside area.

The meeting began with Marie Arcos, HLM Executive Committee Member At Large, welcomed the organizations and touched on the importance of the HLM priorities in the community. Jenifer Wagley, Deputy Director of Avenue, provided an extensive background on the history of Near Northside and some future challenges facing the growing community.



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The day continued with group breakout sessions centering on Eat, Play, and Learn. Each breakout group discussed the policy priorities that could be addressed and steps on how to work on them. There were many discussions over food security and walkability, as well as benefits in the Near Northside community. To view the meeting highlights, click [here](#).

For more information or to be involved in future efforts, contact Mark Solano at mark.solano@phs.hctx.net

Final BUILD Full Partnership Meeting

With the Harris County BUILD Health project coming to an end, a final partnership meeting was held on November 16th in conjunction with the monthly HLM-Pasadena meeting. This meeting provided an opportunity to recognize all the many individuals and organizations who helped make this project a success.



During the meeting, the 45 attendees were able to enjoy food from one of the Healthy Dining Matters! restaurants – [Silver Sycamore](#), and heard from the following speakers:

- Laura Mireles, City of Pasadena – Vision for Pasadena & BUILD PSA. [Click here](#) to watch the BUILD PSA.
- Katie Chennisi, Harris County Public Health – HLM–Pasadena/BUILD Year in Review. [Click here](#) to download the Year in Review slides.
- Dr. Shreela Sharma, UT School of Public Health – BUILD evaluation results. [Click here](#) to download the executive summary of the BUILD evaluation report.
- Anna Brewster, MD Anderson Cancer Center – Pasadena Vibrant Community initiative.
- Teresa Vazquez–Evans, City of Pasadena – CLARA Farm Updates
- Regi Young, Houston Food Bank – [Food for Change](#) program
- Kinsey Gray, It's Time Texas – [Choose Healthier](#) launch in Pasadena

The BUILD–funded initiatives will not go away, but rather will be incorporated into the work of HLM–Pasadena. To learn more or to be a part of HLM–Pasadena and the exciting work taking place in that community, contact Katie Chennisi at catherine.chennisi@phs.hctx.net.

Walk to School Day– Roderick Paige

Elementary

In celebration of safe neighborhoods and active living, Healthy Living Matters was proud to support and participate in the Roderick Paige Elementary Walk to School Day event on Friday, December 15th in the Near Northside. The purpose of the event was to showcase the many benefits of being active and to encourage more students and families to walk to school.

The event raised awareness about the need for safe routes for walking. It also emphasized the importance of physical activity among children, pedestrian safety, and concern for the environment. Walk to School Day events also help build connections between families, schools and the community.



Roderick Paige Elementary students and parents enjoying Walk to School Day.

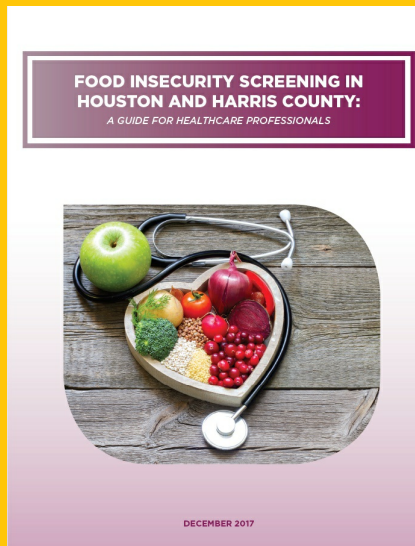
[Paige Elementary](#) teachers and staff, [ProUnitas](#) and [Bike Houston](#) partnered with [Healthy Living Matters](#), for the walk. Events like this can help support [HLM Policy Priority P1](#), which encourages safe neighborhoods policies, including Safe Routes to School.

For more information or to be involved in future efforts, contact Mark Solano at mark.solano@phs.hctx.net

Featured Resource: Food Insecurity Screening in Houston and Harris County: A guide for Healthcare Professionals

Food insecurity impacts millions of Americans each year. It occurs when households do not have reliable access to nutritionally adequate or safe foods. There are an estimated 724,750 food insecure individuals in Harris County with

a food insecurity rate of 16.6%.



This [report](#) provides healthcare providers with information on how to integrate food insecurity screening into their practice and how to respond to a positive screen, including a list of local resources. The report also highlights the need for more research on food insecurity screening and interventions and how to most effectively reduce rates of food insecurity and improve patient outcomes.

For more information visit [Texas Children's Hospital: Public Health Pediatrics](#).

TEXAS OBESITY NEWS

- [Help obese kids avoid weight stigma, doctors advise](#)
- [New education effort tackles Texas childhood obesity](#)
- [Obesity has been steadily increasing in both children and adults](#)
- [Health event targets Hispanic residents](#)
- [How Not to Talk to a Child Who Is Overweight](#)

NATIONAL OBESITY NEWS

- [The Link Between Parents' Work Hours And Childhood Obesity](#)
- [Obesity is rising among children and needs a more aggressive multi-pronged approach](#)
- [LPS using new heart trackers to improve student fitness](#)
- [Obesity: Five surprising facts](#)
- [State accepting applications for childhood obesity studies](#)

RESEARCH & REPORTS

- [Leading the Way in Preventing Childhood Obesity in Georgia](#)
- [The Impact of a Multi-Level Multi-Component Childhood Obesity](#)
- [Examining Health Disparities and Childhood Obesity in Florida and Georgia](#)
- [Meals for Good: An innovative community project to provide healthy meals to children](#)
- [Management of Childhood Obesity and Overweight in Primary Care Visits](#)

UPCOMING EVENTS

BioRythm Exhibit – Houston Health Museum

Friday, January 12, 2018 – Installation Opening

The Health Museum, 1515 Herman Dr. Houston, TX 77004

For more information visit, [HoustonHealthMuseum](#)

Healthy Living Matters (HLM) – Pasadena Monthly Meeting

Thursday, January 18, 2018 from 1:30 PM – 4:00 PM

Pasadena Public Library, 1201 Jeff Ginn Dr, Pasadena, TX 77506

For more information, contact Katie Chennisi at cchennisi@hcpbes.org

Healthy Living Matters – Healthcare Sector Action Meeting

Tuesday, January 23, 2018

Harris County Public Libray

For more information, contact Tanweer Kaleemullah at Tanweer.Kaleemullah@phs.hctx.net

Action for Healthy Kids 2018 Annual Health Summit

Friday, February 9, 2018 from 8:00AM – 5:00PM

United Way of Greater Houston, 50 Waugh Dr. Houston, Texas 77007

For more information, visit [TX.TAHK](#)

Healthy Living Matters Collaborative Meeting

Thursday, February 22, 2018 from 1:00 PM – 4:00 PM

Pasadena Convention Center

7902 Fairmont Pkwy, Pasadena, TX 77505

For more information, contact Katie Chennisi at cchennisi@hcpbes.org

To view more events, visit our [Calendar of Events webpage](#).