



HEALTHY LIVING MATTERS

Connecting Policy to the Future



A Houston/Harris County Childhood Obesity Prevention Collaborative

October 2017 / Issue No. 58

RSVP Today: HLM Quarterly Collaborative Meeting

Priority Community: Near Northside
Guest Speaker: Houston City Council Member Karla Cisneros

When:

Friday, November 3, 2017

1:00 PM - 1:30 PM - Networking

1:30 PM - 4:00 PM - Collaborative Meeting

Where:

Leonel Castillo Community Center

2101 South St. Houston, TX 77009



IN THIS ISSUE

[Walk to School Day Richey Elementary](#)

Walk to School Day – Richey Elementary

Students, parents, and teachers joined to celebrate the annual [Walk to School Day](#). Greater than 100 Richey families turned out in the early morning to take

[CHIP](#)

[City of Houston Complete Communities: Near Northside](#)

[Featured Resource](#)

[Texas Obesity News](#)

[National Obesity News](#)

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back the community and hop on the walking school bus.

The annual 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. Click the image below for a video of the event:



Click the image above to watch the video of the event.

[Richey Elementary](#) partnered with [Harris County Public Health](#), [Healthy Living Matters](#), [Air Alliance Houston](#), and the [Pasadena Police Department](#) 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 Katie Chennisi at catherine.chennisi@phs.hctx.net

Community Health Improvement Plan (CHIP)

Harris County Public Health (HCPH) is developing a new Community Health Improvement Plan (CHIP). This plan typically updates every three to five years and is used by health departments and other agencies in partnership with community-based organizations to set priorities and allocate resources to target areas. The plan will be developed based on the input gathered from a variety of stakeholders, including Harris County residents.

To gather resident input, HCPH has launched an online survey. The survey is brief and includes questions about what health means to them, top health issues in their communities and potential strategies to tackle public health problems. The survey can be accessed [here](#). After completing the survey, residents can give their contact information to be entered into a drawing for a \$100 gift card.



Harris County **Public Health** Building a Healthy Community

For more information contact Katie Chennisi at
at Catherine.Chennisi@phs.hctx.net

City of Houston Complete Communities: Near Northside

Healthy Living Matters is excited to announce that the [City of Houston Complete Communities program](#) has invited the HLM Collaborative to join its efforts to improve the quality of life in the Near Northside, a HLM priority community. The City of Houston, working from [HLM's community assessment](#) of the Near Northside, will begin planning for projects that will influence both food access and the built environment.

The City of Houston has gathered information and project goals from diverse organizations working in the area, as well as ongoing community input. The Complete Communities team will be supported by the city with numerous resources including: dedicated City of Houston staff across several departments, quick-delivery projects, including weed abatement and repairs to community centers, and the development of a Neighborhood Toolbox.

HOUSTON
COMPLETE COMMUNITIES

Rescheduled
**Complete Communities
Near Northside
Kick-Off**

Join Mayor Sylvester Turner's initiative!
Help define what makes your
neighborhood a **Complete Community**.

Date and Time:
Thursday, November 2, 2017
6:30 – 8:30 p.m.
Pizza and drinks will be served

Location:
Marshall Middle School
1115 Noble Street
Houston, TX 77009

www.houstontx.gov/completemunities
CC_NearNorthside@houstontx.gov
832-393-6600

The HLM Collaborative is thrilled to be working with local partners to benefit the residents of Near Northside and will continue to provide updates as this great

partnership continues.

The Complete Communities Kick-Off Meeting for Near Northside will be Thursday, November 2nd from 6:30 PM – 8:30 PM at [Marshall Middle School](#), 1115 Noble Street, Houston, TX 77009.

For more information contact Mark Solano at mark.solano@phs.hctx.net

Featured Resource: Healthy North Texas

The [Bienestar Health Program](#) was developed to reduce or prevent type 2 diabetes mellitus in low-income children. Latino children tend to store more belly fat, consume less dietary fiber, fewer fruits and vegetables and engage in less physical activity than their African American or non-Hispanic white peers. Culturally relevant interventions are needed to curb the rising rates of diabetes among Mexican-American youth.



HEALTHY NORTH TEXAS

The Bienestar Health Program consists of a health class and physical education curriculum, a family program, a school cafeteria program, and an after-school health club. The health curriculum covers nutrition, physical activity, self-esteem, self-control, and diabetes. The physical education curriculum promotes an active lifestyle and the after-school program promotes leisure time physical activity.

For more information visit [Healthy North Texas](#).

TEXAS OBESITY NEWS

[Brownsville school district initiative combats childhood obesity](#)

[TACC Teams up with Childrens Optimal Health to improve child welfare](#)

[UTSW/THR study investigates fitness of obese children](#)

[HSHC continues healthy influence in Houston and Texas County](#)

[North Texas Area United Way begins annual campaign](#)

NATIONAL OBESITY NEWS

[Green Space at School Improves Child Health](#)

[The State of Obesity: Better Policies for a Healthier America 2017](#)

[Why is childhood obesity on the rise?](#)

[Positive practical advice parents need to fight childhood obesity](#)

RESEARCH & REPORTS

[Obesity as a disease](#)

[The Chronic Care Model to Improve Management of Childhood Obesity](#)

[The Future Medicine of Childhood Obesity](#)

[Coaching to Improve Mealtimes Parenting in Treating Pediatric Obesity](#)

[The Differences in Characteristics Among Households With and Without Obese Children: Findings From USDA's FoodAPS](#)

UPCOMING EVENTS

Complete Communities Kick-Off Meeting: Near Northside

Thursday, November 2, 2017 from 6:30 PM–8:30 PM

Marshall Middle School, 1115 Noble Street Houston, TX 77009

For more information, contact Mark Solano at msolano@hcpbes.org

Healthy Living Matters (HLM) Quarterly Collaborative Meeting

Friday, November 3, 2017 from 1:00 PM – 4:00 PM

Leonel Castillo Community Center, 2101 South St Houston, TX 77009

For more information, contact Mark Solano at msolano@hcpbes.org

Texas Children in Nature Summit – 2017

November 7 & 8 2017

El Tropicano Riverwalk Hotel 110 Lexington Avenue, San Antonio, TX 78205

Please RSVP at [Texas Children in Nature Summit](#)

Healthy Living Matters (HLM) – Pasadena Monthly Meeting

Thursday, November 18, 2017 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

Latino Health Summit 2017

Wednesday, November 29, 2017 from 8:00 AM – 4:00 PM

George R. Brown Convention Center

1001 Avenida De Las Americas, Houston, TX 77010

[Register here](#)

Raising of America Community Screening

Saturday, December 16, 2017 from 8:30 AM – 11:00 AM

Harris County Department of Education – Conference Room, Fifth Floor
6300 Irvington Blvd, Houston, TX 77002

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

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

