

# PUBLIC HEALTH NEWS & UPDATES

TEXAS RESEARCH-TO-POLICY COLLABORATION PROJECT

November 2024



*Wishing you and yours a restful, healthy,  
and happy Thanksgiving!*



## Save the Date: TX RPC Project Lunch & Learn Presentation



### Food is Medicine Programs in Texas

*A TX RPC Project Lunch & Learn Event*

— Presented by —



**Alexandra van den Berg, PhD, MPH**

Professor of Health Promotion and Behavioral Sciences  
UTHealth Houston School of Public Health in Austin  
Associate Director, Michael & Susan Dell Center for Healthy Living



**Elizabeth Polinard, PhD, RN**

Nursing Professional Development Practitioner for Perinatal Services  
Ascension Texas



**Joi Chevalier, MA, CCA**

Founder and Chief Executive Officer  
The Cook's Nook

[Food is Medicine Programs in Texas](#)

*Tuesday, December 17, 2024*

*11:30 AM- 12:30 PM CT*

*House Member's Lounge*

**Register Today!**

*Lunch will be provided!*

## New TX RPC Project Health Policy Resource

[Period Poverty: Implications for Texas](#)

*Released October 31, 2024*

This report discusses the implications of period poverty in Texas and provides Texas-specific recommendations.

- Period poverty is the lack of menstrual hygiene products, facilities, and related health education.
- 1 in 6 women and 1 in 4 teenage girls struggled to afford menstrual hygiene

- products in the U.S. in 2023.
- Minorities, first-generation college students, and those living in poverty are the most affected by period poverty.

**Period Poverty Implications for Texas**  
October 31, 2024

**KEY TAKEAWAYS**

1. Period poverty affects girls and women physically, psychologically, and financially, and has socioeconomic impacts on society.
2. Legislation and programs that address period poverty and menstrual health inequity are needed to ensure a healthy and productive society.

**Background**  
Period poverty — the lack of period-related products, facilities, and education — which can affect overall well-being.<sup>1</sup>

**Defining Period Poverty<sup>1</sup>**  
Period poverty is the lack of:  
 • Menstrual hygiene products  
 • Sanitation facilities & waste management  
 • Access to menstrual health education

**Period Poverty in the United States**  
 • 59% of individuals aged 18-49 who had menstruated in the past year experienced period product insecurity in 2021.<sup>2</sup>  
 • Over a third of adults and a quarter of teens struggled to afford menstrual hygiene products in 2023.<sup>3</sup>  
 • 3 in 4 teens reported a need for more menstrual health education in 2023.<sup>3</sup>

**Nationwide Implications**  
**Menstrual health inequity exists in the U.S.**  
 • Period poverty is found across all ages and various socioeconomic domains. **Minorities, first-generation college students, and those living in poverty** are the most affected.<sup>2</sup>

**Insufficient menstrual health education**  
 • In 2023, nearly half of adults and teens reported feeling too ashamed or embarrassed to seek help with questions about their bodies.<sup>3</sup>

**Impacts of Period Stigma on Health and Comfort<sup>3</sup>**  
 • 41% of adults in 2023 felt uncomfortable discussing menstruation at home.<sup>3</sup>  
 • 42% of teens in 2023 reported feeling unprepared for their first menstrual cycle.<sup>3</sup>

**Socioeconomic Impacts<sup>4</sup>**  
 • 18% missed work due to lack of menstrual products.  
 • 36% used a substitute for menstrual products.  
 • 34% wore a product longer than recommended.  
 • 18% struggled between buying necessities (e.g., food, soap) or menstrual products.  
Over U.S. individuals aged 18-49 who had menstruated in the past year.

UT Health | Houston School of Public Health | The Research Center

# TX RPC Project Researcher Publications

**Featured Publication**  
[Bridging Public Health Research and State-Level Policy: The Texas Research-to-Policy Collaboration Project](#)

Public health researchers need support and resources to communicate their work to policymakers. Establishing an infrastructure and resources to support the implementation of evidence-based policy at the state level can accelerate the translation of research into practice.

- The TX RPC Project conducted the state-level adaptation of a federal model that links researchers with policymakers to accelerate the implementation of evidence-based public health policy.
- The TX RPC Project determined emerging health priorities for the state legislative session and developed communication strategies and resources to link researchers with policymakers.

**Texas**  
[Trajectories of hookah use among young adult college students in Texas, 2014–2019](#)

**National**  
[Physical activity and tobacco use among high school students in the United States, 2015–2021](#)

# Upcoming Webinar

**Non-Medical Drivers of Health: Policy Options to Improve Health Care Quality**  
 November 21, 2024  
 12:00 PM- 1:00 PM CT

This webinar will explore innovative strategies to enhance the value of healthcare spending. By focusing on the conditions that most impact Texans, we’re driving meaningful improvements in health outcomes.



The presentation will highlight policy options from the recent [report](#) published through Rice University’s Baker Institute for Public Policy to build on and initiate programming addressing the

non-medical needs of priority populations and health conditions.

*This webinar is co-hosted by the Texas Consortium for the Non-Medical Drivers of Health.*

Register Today!

## Past Webinar Highlight



Learn more.

### Food as Medicine in Practice: From Study to Standard of Care *November 6, 2024*

Panelists share key findings from their research, including:

- Communities that will benefit most from Food As Medicine
- Translation of insights from studies into practical applications
- Creation of systems that integrate this knowledge into continuous care
- How this care can be delivered via healthcare providers, clinics, or community-based organizations

## Upcoming Partner Event

### Partnership for a Healthy Texas Lunch & Learn

*November 19, 2024*

*11:30 AM- 12:30 PM CT*

*Member's Lounge Extension, E2.1002*

Register Here!

*Lunch will be provided!*

# LUNCH and LEARN



**PARTNERSHIP FOR  
A HEALTHY TEXAS**

**CONQUERING OBESITY**

*Dedicated to developing and promoting policies  
and programs that prevent obesity in Texas.*

Grab some lunch on us and learn about policies that can keep our children healthy and alleviate the burden of obesity on Texans.

**WHEN**

**November 19th  
11:30 am - 12:30 pm**

**WHERE**

**Member's Lounge  
Extension, E2.1002**



**REGISTER NOW!**



**Methodist Healthcare Ministries  
OF SOUTH TEXAS, INC.**

*"Serving Humanity to Honor God"*

The Partnership for a Healthy Texas gratefully acknowledges Methodist Healthcare Ministries of South Texas, Inc., for their support.



## Resource Corner

The TX RPC Project develops accessible and accurate public health policy-related resources from field experts. Links to specific resource categories on our website can be found below:

[TX RPC Project  
Health Policy  
Resources](#)

[Michael & Susan  
Dell Center for  
Healthy Living  
Webinar Series](#)

[TX RPC Project  
Newsletters  
Archive](#)

[Texas Legislative  
Bill Tracker](#)

[Texas Child  
Health Status  
Reports and  
Toolkits](#)

Request information on a public health topic.

## About

The [Texas Research-to-Policy Collaboration \(TX RPC\) Project](#) is a nonpartisan network that aims to bridge research and policy by supporting partnerships between child health researchers and legislators.

If you and your legislative office are interested in collaborating with our team to receive data-driven information at state, district, and local levels, please reach out to [TXRPCNetwork@uth.tmc.edu](mailto:TXRPCNetwork@uth.tmc.edu).

## Contact Our Team

[Dr. Deanna Hoelscher](#), Principal Investigator  
[Dr. Alexandra van den Berg](#), Co-PI  
[Tiffni Menendez, MPH](#), Project Director  
[Rachel Linton, MPH](#), Project Manager

For more information about the TX RPC Project, please email: [TXRPCNetwork@uth.tmc.edu](mailto:TXRPCNetwork@uth.tmc.edu).

*This email was written and designed by Dr. Yuzi Zhang and Kirsten Handler.*

---

 UTHealth Houston  
School of Public Health



Texas Research-to-Policy  
— Collaboration Project —

Michael & Susan Dell Center for Healthy Living  
1836 San Jacinto Blvd, Suite 510  
Austin, TX 78701 US

[Unsubscribe](#)  
[Update Profile](#)  
[Constant Contact Data Notice](#)



Try email marketing for free today!