



**HEALTH**  
Research Institute  
Helping Everyone Achieve a LifeTime of Health

# HEALTH: A CALL TO ACTION

HEALTH Research Institute Conference



HELPING EVERYONE  
ACHIEVE A LIFETIME  
OF HEALTH

**JANUARY**

**30 | 31**

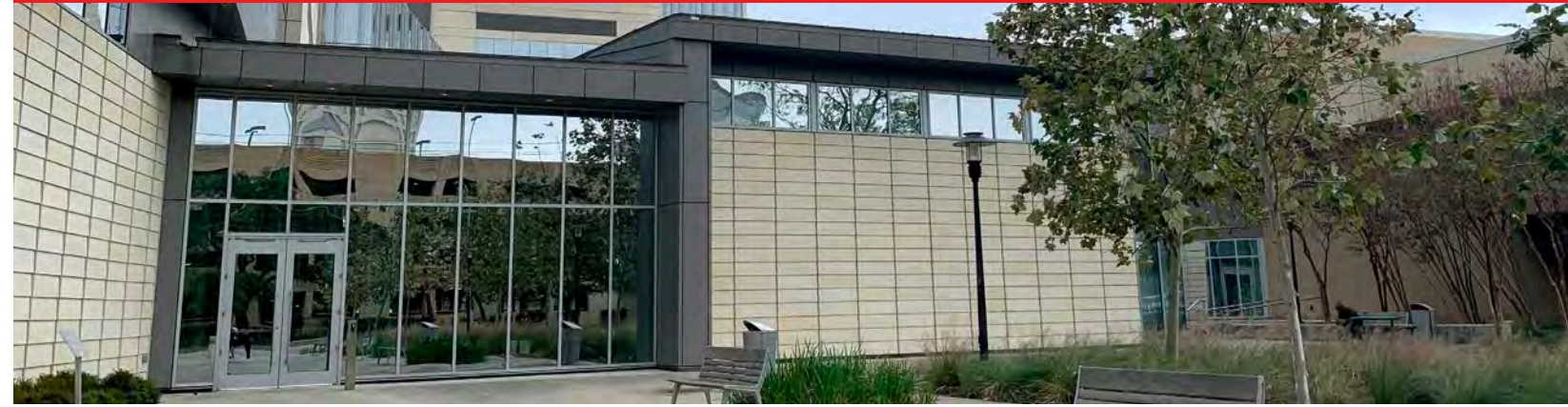
**2020**

HOUSTON, TX

INNOVATIVE RESEARCH  
AND PRACTICES IN  
HEALTH EQUITY SCIENCE

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# ABOUT US



## HEALTH Research Institute

Founded in 2016, the HEALTH (Helping Everyone Achieve a LifeTime of Health) Research Institute was established as an interdisciplinary, university-wide research institute within the Chancellor's Healthy Community Initiative at the University of Houston (UH).

### Our Vision:

1. To build an infrastructure that develops and leverages UH intellectual capacity to advance innovative research in health equity science that addresses the health needs of underserved communities in Houston and beyond.
2. To develop a novel model for rapidly translating basic biomedical science into culturally-informed and empirically based prevention, early detection, diagnosis, and intervention strategies for populations most vulnerable to health challenges.
3. To become the international model for reducing - and ultimately eliminating - health disparities through strong and equitable partnerships with community-based organizations, faith-based organizations, healthcare agencies, stakeholders, and community members.

### Our Mission:

The HEALTH Research Institute will leverage an interdisciplinary group of researchers at UH to advance science capable of meeting the health needs of the Houston community and beyond. Our primary mission is to conduct cutting-edge research that informs novel prevention, early detection, diagnosis, and intervention strategies that mitigate a broad range of health challenges. Our partnerships with a diverse array of stakeholders will inform a growing public health challenge through multi-site cooperative trials, public health initiatives, and empowering dissemination and implementation activities that are embedded in the cultural fabric of the communities we serve.

### Our Values:



**Innovation**



**Empowerment**



**Solutions**

## Treating Obesity in Underserved Communities in Houston

Treating Obesity in Underserved Communities in Houston (TOUCH) is a program funded by the United Health Foundation to help identify residents of Houston's Third Ward and East End at risk for chronic diseases and connect them with programs and services to fully maximize their health potential. This community project is being implemented through the HEALTH Research Institute with support provided by the Texas Obesity Research Center (TORC) and community stakeholders (health centers, community and faith-based organizations, government entities, and local businesses). TOUCH provides free and culturally informed health education, prevention strategies, and intervention support and aims to serve as a model of a sustainable and scalable program that can be replicated in other communities. Visit the TOUCH website at [www.touch.healthuh.com](http://www.touch.healthuh.com) for more information.

## HEALTH Research Institute Programs







PRE-CONFERENCE

JANUARY 2020

30

4:00PM – 8:00PM

University of Houston-Main Campus  
KIVA Room - Farish Hall

4:00pm

Welcome

4:15pm

“Developing Best Practices for Training Community Leaders to Advance Health Equity Initiatives” Workshop

Presented by the HEALTH Research Institute

7:00pm – 8:00pm

Reception

CONFERENCE

JANUARY 2020

31

8:00AM – 5:00PM

University of Houston-Main Campus  
Houston Room - Student Center South

8:00am

Breakfast

8:45am

Official Welcome

9:00am

Morning Keynote Address:  
Dr. Andrea Caracostis  
CEO of HOPE Clinic

9:45am

Breakout Session 1

11:00am

Breakout Session 2

12:00pm

Vendor Tables Open for Attendees

12:00pm

Student Poster Session Open for Attendees

12:30pm

Lunch

1:00pm

Afternoon Keynote Address:  
Dr. Salil Deshpande  
Chief Medical Officer of UnitedHealthcare  
Community Plan of Texas

1:45pm

Breakout Session 3

3:00pm

Panel Discussions

4:30pm

Closing Remarks

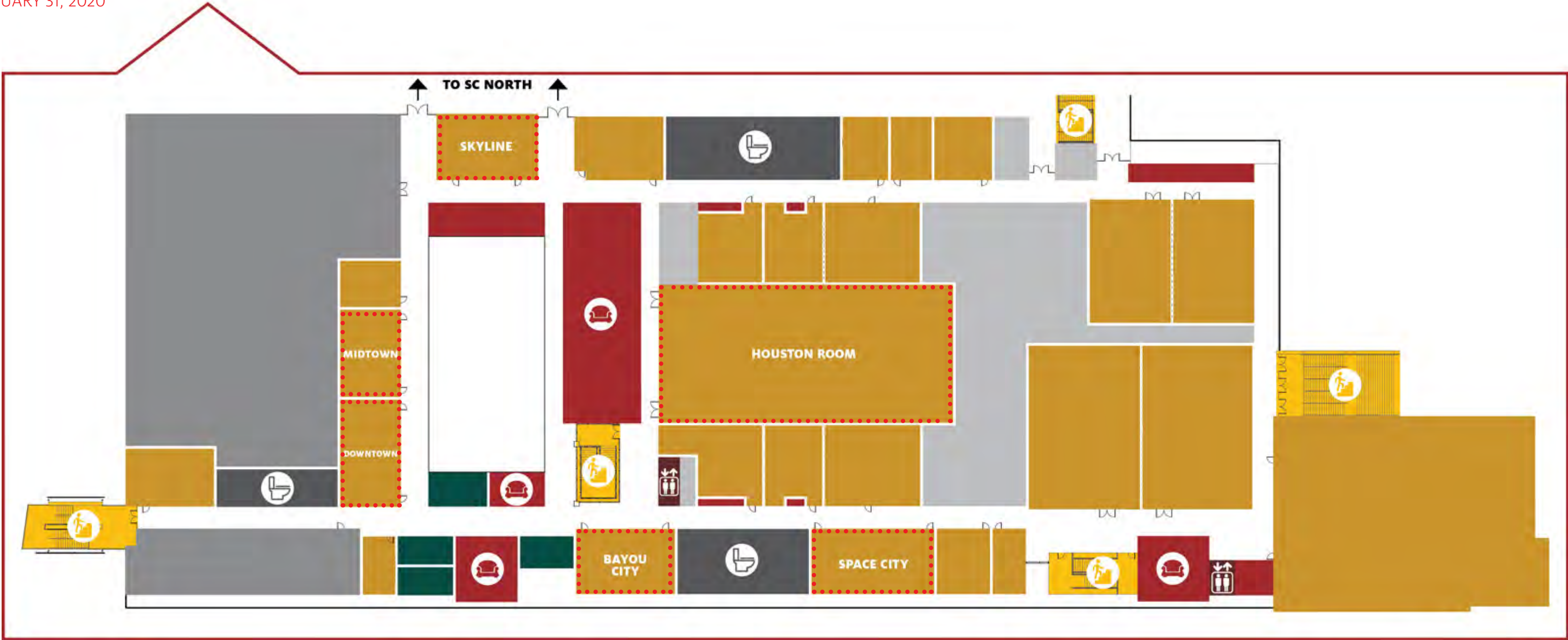
## FEATURED SPEAKERS

Presenter Name(s)	Institution	Presentation Title	Room
KEYNOTE SPEAKERS — 9:00am - 9:30 am & 1:00pm - 1:30pm			
Andrea Caracostis, MD, MPH	HOPE Clinic	Innovation and equity beyond the clinic walls	Houston
Salil Deshpande, MD, MBA	UnitedHealthcare Community Plan of Texas	The importance of supporting whole-person health	Houston
BREAKOUT SESSION 1 — 9:45am - 10:45am			
Nikhil Dhurandhar, PhD, FTOS Leah Whigham, PhD, FTOS	Texas Tech University UTHealth School of Public Health El Paso	A comprehensive approach for obesity management in primary care settings	Space City
Ruth Rechis, PhD	University of Texas MD Anderson Cancer Center	Be Well Communities: Mobilizing communities for health	Downtown
Virmarie Correa-Fernandez, PhD	University of Houston	Behavioral health among Latinx adults: Findings from the Health of Houston Survey and related initiatives	Midtown
BREAKOUT SESSION 2 — 11:00am - 12:00pm			
Peggy B. Smith, PhD, MA	Baylor College of Medicine	Using a medical home for youth as a social determinant portal for employment	Skyline
Emily Foxman Tyler Froberg Nick DeBrock Karim Alston Jorge Olvera	Urban Harvest Recipe for Success Recipe for Success, Hope Farms GREEN GREEN	Equity in the local food system	Bayou City
Maria Aguirre-Borrero	Avenue (formerly Avenue CDC)	The intersection between housing and health	Downtown
BREAKOUT SESSION 3 — 1:45pm - 2:45pm			
Adriana M. Strutt, PhD, ABPP	Baylor College of Medicine	Addressing health disparities in specialty care: Strutt MacDonald Equitable Healthcare Model	Skyline
Sheara W. Jennings, PhD, MSW Edward Reddics Jeffery Guidry, PhD	University of Houston Change Happens! Guidry & Associates	Using social determinants of health to implement a HIV/teen pregnancy intervention through community and school partnerships	Midtown
Margo Melchor, RDH, MEd, EdD Sanghamitra Misra, MD, FAAP, ABIHM	UTHealth School of Dentistry at Houston Baylor College of Medicine/ Texas Children’s Hospital	Reaching the hard to reach: Using mobile clinics to care for the underserved	Downtown
PANEL DISCUSSIONS — 3:00pm - 4:00pm			
Virmarie Correa-Fernandez, PhD (Moderator) Allison Rosen, MS Felicia Latson, LCSW-S Helen Stagg, MSW, LMSW, CPS Diane Arms Robiel Abraha, MSPH	University of Houston Baylor College of Medicine Legacy Community Health Change Happens! Avenue 360 Episcopal Health Foundation	Uncovering needs in local communities while conducting health equity work and finding collaborative solutions	Bayou City
Daphne Hernandez, PhD, MSED, FAAHB (Moderator) Shane Chen Sherea Cary Norma Olvera, PhD, MA	UTHealth Cizik School of Nursing Asian American Health Coalition African American Health Coalition Hispanic Health Coalition	Collaborative work across communities and how to create the most meaningful impact through coalitions	Downtown

# UNIVERSITY OF HOUSTON STUDENT CENTER SOUTH

2ND FLOOR MAP – CONFERENCE ROOMS ARE MARKED BY RED DOTTED PERIMETERS

JANUARY 31, 2020



EVENT SPACES

ASTRODOME	257	EL PASO	220D	MULTIPURPOSE	237	THIRD WARD	212
AUSTIN	220J	FORT WORTH	220P	MUSEUM DISTRICT	211	UPTOWN	270
BALLROOM	210	HEIGHTS	224	RIVER OAKS	231	WASHINGTON AVENUE	230
BAYOU CITY	219	HOUSTON ROOM	220	SAN ANTONIO	220F		
CORPUS CHRISTI	220M	MEDICAL CENTER	255	SKYLINE	223		
DALLAS	220B	MIDTOWN	262	SPACE CITY	214		
DOWNTOWN	261	MONTROSE DISTRICT	232	THEATER	203		

ELEVATORS

EVENT SPACES

LOUNGING AREAS

OFFICES

RESTROOMS

STAIR ACCESS

STUDY ROOMS







STUDENT POSTERS

#	Presenter Name	Institution	Presentation Title
OBESITY/NUTRITION			
1	Shreya Desai	University of Houston	Lower acculturation is associated with lower aerobic physical activity among recent Latino immigrant cancer survivors
2	Xue Zhao	University of Houston	Bidirectional relationship between food insecurity and housing instability
3	Che Young Lee (Christine)	University of Houston	Early childhood food and housing insecurity as predictors of adolescent mental health
4	Ashley Taylor	University of Houston	Assessing change in dietary habits among toddlers with a family wellness program
MENTAL HEALTH			
5	Aliye Beyza Çepni	University of Houston	Disentangling food insecurity and maternal depression: Which comes first?
6	Sandra Yan	University of Houston	DHEA reactivity to acute stress: Investigating the roles of anxiety and depression
7	Sahar Eshtehardi	University of Houston	Characterizing worries in parents of youth with type 1 diabetes
8	Vijay Nitturi	University of Houston	Mental illness and social support among homeless adults by sex
SUBSTANCE USE			
9	Matthew Taing	University of Houston	Challenges and successes in the implementation of a tobacco-free workplace program
10	Jeanie Kim	University of Texas MD Anderson Cancer Center	Adolescents’ affect and preferences for a social board game for tobacco prevention
11	Paulina Linares Abrego	University of Texas MD Anderson Cancer Center	Smartphone-delivered attentional bias modification training for nicotine dependence
12	E. Charli Washington	University of Houston	Alcohol outcome expectancies & consumption based on gender identity in LGBQ students
RACIAL/ETHNIC DISPARITIES			
13	Charles Hodgman	University of Houston	Acculturative stress & discrimination predicts inflammation among Hispanic immigrants
14	Nadia Garcia Marroquin	University of Houston	Childhood, adulthood, and cumulative trauma as a predictor of deportation fears
15	Chaniqua Mazyck	University of Houston	Exposure to race-related stress and substance abuse: The moderating effects of religion
16	Krystal Christopher	University of Houston	Interactions of neighborhood violence, stress, and marijuana use in African Americans
OTHER			
17	Sean Reuven	University of Houston	The role of nuclear localization on caspase-3 apoptosis
18	Travis A. Teague	UTHealth School of Public Health	Provider perceptions on HPV vaccination and the growing influence of social media
19	Chinyere Eigege	University of Houston	Life after death: A pilot study of African American women after perinatal loss

VENDORS

Be Bliss Accessories

Handmade accessories

CapTel Outreach

Amplified telephones for the deaf and hard of hearing communities

BakerRipley

Dementia and caregiver information

Latino and Behavioral Health Research Team

Educational materials about the benefits of smoking-cessation and wellness programs

Amerigroup Medicare

Information about the Medicare Advantage Plan

Texas DSHS

Sharing diabetes prevention and management educational resources

Amerigroup Health Plan

Information about Medicaid applications, income guidelines, benefits, and Texas Health Steps and Healthy Rewards programs

MD Anderson Cancer Center

Information about the MD Anderson Oncofertility Program

HelloFresh

Meal-kit delivery service aimed to promote home cooked meals

YMCA

Education and marketing materials for YMCA program

American Diabetes Association

Diabetes prevention and supporting people living with diabetes

Mary Kay Cosmetics

Marketing women’s and men’s healthy skincare solutions

Ashley Jadine Foundation

Increasing awareness of suicide prevention strategies in the community among teens, their families, and support network through education, scholarships, and other services

U.S. Census

Share information about the 2020 U.S. Census. The data collected by the census determines the number of seats each state has in the U.S. House of Representatives and is also used to distribute federal funds to local communities

Treating Obesity in Underserved Communities in Houston (TOUCH)

Free and culturally informed health education, diabetes prevention strategies, and intervention support that aims to serve as a model of a sustainable and scalable program that can be replicated in other communities

Taking Texas Tobacco Free (TTTF)

Health promotion materials about tobacco use among individuals with mental health and substance use disorders, and information about our partnerships with healthcare and community organizations to reduce tobacco-related cancers

UHAND (University of Houston/MD Anderson Cancer Center) Program and Synergy Breast Cancer Project

Information about an educational, research, and community outreach program designed to reduce cancer disparities among African-American and Latinx individuals in Houston and beyond

