



## About:

**Treating Obesity in Underserved Communities in Houston (TOUCH)** is a program funded by the United Health Foundation that provides prevention services and intervention programs to assist residents of Houston's Third Ward and East End in alleviating challenges related to obesity and diabetes. This community project is being implemented through the University of Houston's (UH) **HEALTH (Helping Everyone Achieve a LifeTime of 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.

## Projected Outreach & Impact:

Project TOUCH will reach at least 7,000 youth and adults in approximately 5,000 families, most of which will be African American, Latino/a, and/or socioeconomically disadvantaged. This community partnership coordinates and integrates medical services, benefits, and resource programs to provide knowledge and reduce barriers, while improving access and utilization of prevention services. Additionally, obesity and diabetes treatment programs fill a gap in existing health-related services. They are designed to result in overall healthy behavioral modifications that encourage preventative behaviors such as making healthy food choices and including physical activity in everyday life.

## TOUCH Community Advisory Board (CAB):

**TOUCH** is a community collaborative that works closely with a CAB, which includes representatives from Wheeler Avenue Baptist Church, Central Care Integrated Health Services, Diabetes Awareness & Wellness Network, Houston Texans Family YMCA, UnitedHealthcare, BakerRipley and Change Happens!. Together, **TOUCH** investigators, staff, and UH students will work collaboratively with the CAB to establish program priorities, ensure alignment with community needs, and assist in providing free and culturally-informed health education, prevention strategies, and intervention support.

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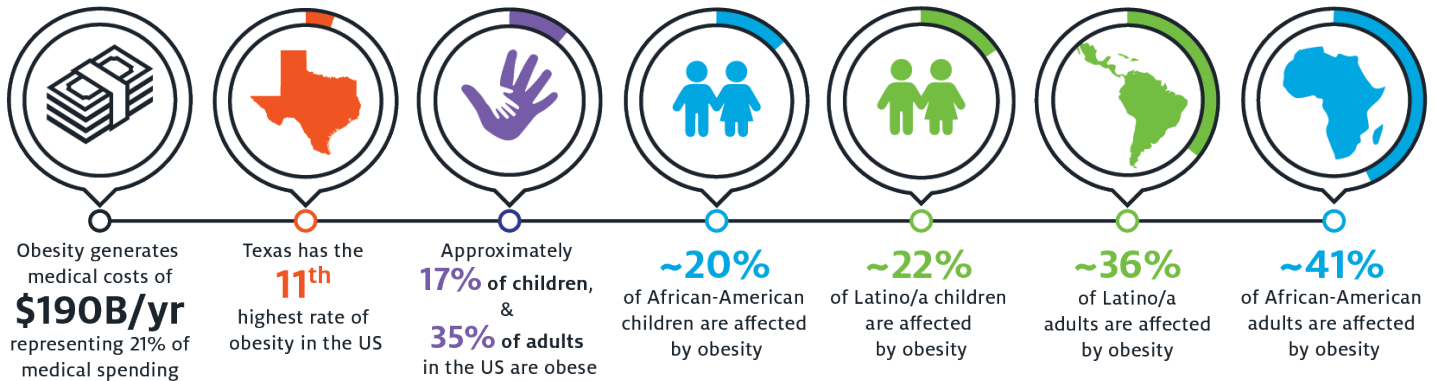
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**HEALTH**  
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# OBESITY BY THE NUMBERS

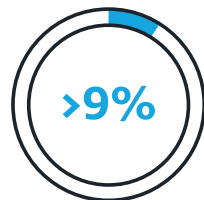


**Over 85-90%**

of people with type 2 diabetes are overweight or obese.

We know that excessive body fat is the single largest risk factor for type 2 diabetes.  
(National Institutes of Health/National Institute of Diabetes and Digestive and Kidney Diseases)

# RISK-FACTORS IN HOUSTON BY THE NUMBERS



The prevalence of type 2 diabetes in Houston is **14.8%** for African Americans and **9.3%** for Latinos/as.

([www.obesity.org](http://www.obesity.org))



**~78%** of Latinos/as and **~72%** of African Americans are overweight or obese.

(Centers for Disease Control and Prevention)



**32.3%** of adults have high blood pressure, a risk factor for stroke, heart attacks, heart failure, kidney failure, and atherosclerosis.

(Centers for Disease Control and Prevention)

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**TOUCH**  
TREATING OBESITY  
IN UNDERSERVED COMMUNITIES IN HOUSTON

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