



TOUCH

TREATING OBESITY
IN UNDERSERVED COMMUNITIES IN HOUSTON

Project Outreach & Impact:

The HEALTH Research Institute designed the TOUCH program, funded by the United Health Foundation and in collaboration with the YMCA of Greater Houston, 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.

Testimonials:

“I've recognized that my food choices, the simple act of picking up an apple rather than a potato chip, makes me realize I can make better choices in the finer details of life.”

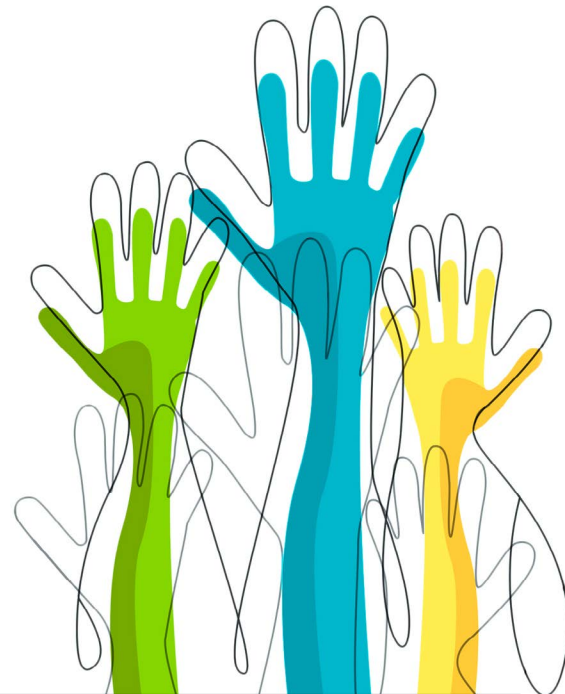
- Margaret Jefferson
Diabetes Prevention Program participant

“I really like doing my arms, and to feel more comfortable with how they look.”

- Beatriz Gomez
Diabetes Prevention Program participant

Sample Press Releases:

- [Interview with Dr. Ezemenari Obasi and Dr. Dan O'Connor to introduce project TOUCH on Fox26 Houston](#)
- [UH Project TOUCH: Filling the Gaps in Health Community Health Care](#)
- [Univision Interview in Spanish: Program to Raise Awareness of Diabetes and Reduce its Incidence](#)



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Supported by

UNITED HEALTH FOUNDATION[®]

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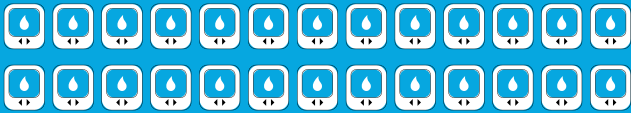
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HEALTH
Research Institute
Helping Everyone Achieve a LifeTime of Health

TOUCH BY THE NUMBERS

3,948

Total Lives affected by
TOUCH
and counting...



Prevention
& 
Screenings

3,096

8

5

2

Treatments



BOUNCE

562

TOTAL



DIABETES
PREVENTION
PROGRAM (DPP)

YMCA DPP

290

Participants



B
O
U
N
C
E

347

Children

215

Mothers

15

CAB Members

15

Community Events

20

Community Partners

20

materials created to Disseminate (Bilingual)

One-pager, rack cards: blood pressure, body mass index, lower your risk, carbon monoxide, A1c levels, YMCA program, health fair flyers, postcards, trifold brochure.

DIABETES PREVENTION PROGRAM OUTCOMES

≥3% body weight loss: average weight loss was **-3.6%**

Improved fruit and vegetable consumption by **+19%**

Reduced animal fat consumption by **-24%**

Improved duration, frequency and intensity of Aerobic exercise:

Frequency: increased from 1.9 exercise days to 3.4 days **+79%**

Duration: on exercise days, exercise time increased from 42 min to 66 min **+57%**

Intensity: total moderate-vigorous activity time (exercise plus non-exercise activity) increased from 43 min/day to 93 min/day; **+116%**

17,510

Program materials mailed to community members

Website

1,428

Page views

Facebook

3.9K

Reach

Twitter

81K

Impressions