

March 2015 TORC Digest

You are receiving this email because of your affiliation with the Texas Obesity Research Center (TORC) at the University of Houston.

1. Notes from the Interim Director

2. Headline Science & News

3. Recent Publications

4. Opportunities

1. Notes from the Interim Director

Search for permanent TORC Director & full Professor of Health and Human Performance For more information see <http://www.uh.edu/provost/fac/faculty-openings/hhp28/index.php> or contact Dr. Dan O'Connor at dpoconno@central.uh.edu, 713-743-2377.

2. Headline Science & News

TORC faculty Dr. Daphne Hernandez is mentioned in UH News for her research on food insecurity
TORC faculty Dr. Daphne Hernandez was interviewed for the UH News article "Study Investigates the Complex Roads that Lead Families to Food Insecurity" for her research on the effect of food insecurity on health status. <http://www.uh.edu/news-events/stories/2015/February/23HHPFoodInsecurity.php>

TORC Partners with Houston Food Bank for Community Voices Project

We are excited about our collaboration with the Houston Food Bank. TORC interns will be spending their semester working with the Community Voices Project.



TORC faculty and students accepted to present at the Texas Academy of Nutrition & Dietetics FENCE
Congratulations to the following students and faculty who will be presenting posters at the Texas Academy of Nutrition and Dietetics Food Nutrition Conference & Expo on April 9th:

Ngan Ly & Tracey Ledoux "Psychosocial predictors of excess gestational weight gain."

Hannah Burch & Tracey Ledoux "The relationship between pregnancy fatigue and weight status."

Steven Canales, Yanelly Alonso, Layne Reesor & Daphne Hernandez "Food insecure Hispanics Women's Perceptions & Body Weight Estimations"

Misha Chishty, Iris Machuca, Layne Reesor, & Daphne Hernandez "Low-income Hispanic Mother's Perceptions, Satisfaction, and Concerns Over their Children's Weight"

Yanelly Alonso, Layne Reesor, & Daphne Hernandez "Cardiovascular Health Among Hispanic Women at Risk for Food Insecurity"



Right to left: Iris Machuca, Misha Chishty, Yanely Alonso & Steven Canales

TORC faculty Dr. Daphne Hernandez featured on Houston Matters

TORC faculty Dr. Daphne Hernandez was interviewed by Houston Matters for her research on food insecurity. Listen here: <http://www.houstonmatters.org/segments/segment-c/2015/02/24/what-makes-houstonians-look-for-food-assistance>

3. Recent Publications

Childhood obesity research demonstration project (CORD) special issue published by Childhood Obesity
Childhood Obesity published a special edition issue featuring the Childhood Obesity Research Demonstration (CORD) project funded by the Centers for Disease Control and Prevention and is served by TORC as the evaluation center. The evaluation center analyzes data from integrated multilevel, multi-sector public health programs being delivered in three different states. The programs are designed to induce environmental, systems, and policy changes that are intended to impact childhood obesity. The results of the project will be used to make evidence-based recommendations for implementing future programs. TORC faculty, affiliates and students published "Childhood obesity research demonstration project: cross-site evaluation methods." <http://www.ncbi.nlm.nih.gov/pubmed/25679060>

All articles published in this special edition issue can be accessed here: <http://online.liebertpub.com/toc/chi/11/1>

Characterizing Stressors and Modifiable Health Risk Factors Among Homeless Smokers: An Exploratory Pilot Study

TORC faculty Dr. Lorraine Reitzel and colleagues published the article "Characterizing Stressors and Modifiable Health Risk Factors Among Homeless Smokers: An Exploratory Pilot Study" in *Health Education & Behavior*. <http://www.ncbi.nlm.nih.gov/pubmed/25616410>

Executive functioning, emotion regulation, eating self-regulation, and weight status in low-income preschool children

TORC affiliate Dr. Teresia O'Connor and colleagues published the article "Executive functioning, emotion regulation, eating self-regulation, and weight status in low-income preschool children. How do they relate?" in *Appetite*. <http://www.ncbi.nlm.nih.gov/pubmed/25596501>

Correlates of neighborhood environment with walking among older asian americans

TORC affiliate Dr. Dennis Kao and colleagues published the article "Correlates of neighborhood environment with walking among older asian americans" in the *Journal of Aging and Health*. <http://www.ncbi.nlm.nih.gov/pubmed/24943112>

Short-arm centrifugation as a partially effective musculoskeletal countermeasure during 5-day head-down tilt bed rest-results from the BRAG1 study

TORC faculty Dr. William Paloski and colleagues published "Short-arm centrifugation as a partially effective musculoskeletal countermeasure during 5-day head-down tilt bed rest-results from the BRAG1 study" in the European Journal of Applied Physiology. <http://www.ncbi.nlm.nih.gov/pubmed/25667067>


4. Opportunities

UH Department of Health and Human Performance seeks Assistant Professor of Nutrition/Obesity Studies

The Department of Health and Human Performance at the University of Houston is seeking a nutrition/obesity studies specialist (broadly defined) with demonstrable academic skills for an Assistant Professor position. Applicants are sought who can both complement and expand existing research capabilities within the department's expertise, as well as applicants who can collaborate with individuals across the University's departments, colleges, and centers, such as the Texas Obesity Research Center. In addition, the successful candidate will demonstrate potential to engage in cooperative research projects with other social-behavioral scientists, and with medical, community and governmental agencies located in Houston and nationally. The successful candidate is expected to develop and maintain a vigorous scholarly research program that will foster acquisition of external funding, generate high-quality research publications and enhance graduate student recruitment and training. Additional responsibilities include teaching graduate and/or undergraduate courses in nutrition or obesity studies (broadly defined), and perform service to the department, college, university and the profession. Please visit the University of Houston faculty openings for more details: <http://www.uh.edu/provost/faculty-resources/faculty-openings/hhp34/>

TORC Faculty Dr. Tracey Ledoux seeking parents with toddlers for a healthy eating habit study
TORC faculty Dr. Tracey Ledoux is seeking parents

Parents of Toddlers



You may be eligible to join a study involving video taping you and your toddler during a meal in your home.

A \$25 gift card will be provided to compensate you for your time.

Interested? Contact
Tracey Ledoux, PhD, RD
TALedoux@uh.edu; 713-743-1870

UNIVERSITY of
HOUSTON

TEXAS OBESITY RESEARCH CENTER

This study has been reviewed by the University of Houston Committee for the Protection of Human Subjects (713)743-9204

TORC helping to develop a weight management program for women with disabilities

TORC executive committee member Dr. Tracey Ledoux and TORC faculty Dr. Margaret Nosek from Baylor College of Medicine's Center for Research on Women with Disabilities are developing a **weight management program for women with mobility impairments** that will be conducted in the virtual world of Second Life. Eligible women will participate in a 16-session weekly weight loss group online in Second Life. Those who complete the study will be offered a small payment for their participation.

Recruitment is starting now! To find out more about the **GoWoman Weight Loss Research Study**, contact Stephanie Silveira at ssilvei@Central.UH.edu or 713-734-9310 and please visit: http://www.uh.edu/torc/projects_programs/

TORC Faculty Dr. Tracey Ledoux seeking parents with toddlers for a healthy eating habit study
Little Foodies is a feasibility study for a parent focused approach to developing healthy eating behaviors among toddlers. This parent focused group consists of 6 weekly 90 minute classes at UH covering topics such as dealing with picky eating, managing table manner issues, and coping with food refusal. Those who complete the study will be offered a small payment for their participation. For more information, contact Tracey Ledoux, PhD, RD at TALedoux@uh.edu or (713) 743-1870 and please visit: http://www.uh.edu/torc/projects_programs/

Seeking diabetic and non-diabetic study participants for a project on cognitive-motor function and diabetes

Faculty member Dr. Stacey Gorniak is seeking adults between the ages of 30 and 90 to participate in a study on the effects of diabetes on cognitive and motor functions. She is looking for participants that either have (1) a current diagnosis of Type II Diabetes or (2) no health history of diabetes or related complications. Both groups (diabetic and non-diabetic) are needed to complete the study. Participants will receive a \$60 gift card to Walmart for completing the study. For more information, please contact Dr. Gorniak (sgorniak@uh.edu) via email or by phone at 713-743-4802.

Seeking diabetic and non-diabetic study participants for a project on sensori-motor function and diabetes

Faculty member Dr. Stacey Gorniak is seeking adults between the ages of 21 and 90 to participate in a study on the effects of diabetes on sensory and motor functions. She is looking for participants that either have (1) a current diagnosis of Type II Diabetes or (2) no health history of diabetes or related complications. Both groups (diabetic and non-diabetic) are needed to complete the study. This study will test hand function during different tests during conditions of daily life and after administration of a local anesthetic. Participants will receive a \$60 gift card to Walmart for completing the study. For more information, please contact Dr. Gorniak (sgorniak@uh.edu) via email or by phone at 713-743-4802.

Seeking African American study participants for a mind-body relaxation and stretching program

The Harmony & Health study at The University of Texas MD Anderson Cancer Center is seeking African American men and women to participate in a mind-body relaxation and stretching program. Participants will be compensated for their time and free parking is available. Space is limited, so call today! For more information, please contact the Harmony & Health study at healthyhabitsstudy@mdanderson.org or call 713-745-9962.

UNIVERSITY of HOUSTON

FRESH AIR

Focused Research to Enhance Social Health
Among Individuals in the Rainbow

Are You Lesbian, Gay, Bisexual, or Queer?

The University of Houston Needs Volunteers for a Research Study on Health

Who can participate?

- Lesbian, gay, bisexual, queer (LGBQ) adults, trans adults who identify as LGBQ, or individuals of other sexual minority identities
- Adults aged 18 or older
- Those not currently pregnant or breastfeeding

Incentives for volunteering include:

- Up to \$80 in Target gift cards



What does the study entail?

- 2 visits to The University of Houston
- Computer administrated questionnaires
- Collection of 6 saliva samples
- GPS monitoring for approximately 7 days

If you would like to participate, please call: **713-743-6444**

If you have any questions or want more information, please contact:

- Dr. Nathan G. Smith, Department of Educational Psychology, University of Houston, (713) 743-7648 or ngsmith@uh.edu
- Dr. Lorraine R. Reitzel, Department of Educational Psychology, University of Houston, (713) 743-6444 or lreitzel@uh.edu

This project has been reviewed by the University of Houston Committee for the Protection of Human Subjects (713) 743-9204.

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"Like" the Texas Obesity Research Center on Facebook. The TORC Facebook page is a great way to stay updated and informed, so become a fan today! <http://www.facebook.com/home.php#!/pages/Texas-Obesity-Research-Center/104405639183?v=wall&ref=ts>

If you would like to include your event or other information in this Digest, please send an e-mail to torc@uh.edu by the 21st day of the preceding month.

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