

# HEALTHY LIVING MATTERS

Connecting Policy to the Future

## Texas Nutrition Environments Assessment Training

Across the nation, the number of overweight and obese children has doubled in the last 30 years. **Healthy Living Matters** is a two-year project to better understand how to reduce childhood obesity in Harris County. We are working to change policies to make healthy eating and physical activity the easy choice for children and adults. **But we need your help!**

**Healthy Living Matters** wants to know what healthy foods are available in Harris County. We will be surveying 100 food stores in Harris County using the **Texas Nutrition Environments Assessment (TxNEA)**. TxNEA is a survey tool from the Texas Department of State Health Services to measure the availability, quality and cost of foods in supermarket. **But we need your help to survey the stores!**

Join us on **February 22** or **March 1** to learn about TxNEA and how you can be a part of **Healthy Living Matters!** You will:

- Learn about the history of TxNEA
- Understand how to use TxNEA
- Get to try it out in a store
- And, learn how you can help survey stores for **Healthy Living Matters!**

**Food and drinks will be provided.**

**For more information, contact:** Karen Banks  
512.497.4525  
karen@healthylivingmatters.net

**Friday, February 22, 2013**

**1:00 - 4:00 PM**

Young Neighborhood Library  
5260 Griggs Road (in the Palm Center)  
Houston, 77021



**Friday, March 1, 2013**

**10:00 AM - 1:00 PM**

University of Houston  
Graduate College of Social Work, Rm. 110J  
4800 Calhoun Rd.  
Houston, 77004

