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## Find Us Online



## Join IHPR Research Networks

The IHPR directs *Rédes En Acción* on Latino Cancer and *Salud America!* on Latino childhood obesity.

## Share Your News

Send news, story ideas or comments to [IHPR@uthsca.edu](mailto:IHPR@uthsca.edu).

## Yoga vs. Gym Workouts: What's Best?



**Y**oga and regular gym workouts are both equally effective according to a new study, *Ivanhoe reports*.

The study led by Dr. Daniel Hughes, an exercise researcher at the Institute for Health Promotion Research at the UT Health Science Center San Antonio, surprised all participants who expected one of the workouts to emerge as more effective.

"I think I was expecting that one would be stronger than the other, and probably thinking that yoga would be the end all be all," Michelle Hart, a

study participant, told *Ivanhoe*.

For the study, one group was asked to do yoga, a second group to do regular gym workouts, and a third group to just stay active.

During the study, all participants exercised three hours a week and lost the same amount of body fat, "about four percent."

"All three [study groups] were just as effective in terms of body fat, fitness and physical function," Hughes said.



## Director's Corner

From IHPR Director Dr. Amelie G. Ramirez

The Internet is crazy huge. So, how can health communicators reach the right people with the right health messages?

For [SaludToday](#), the IHPR's social media campaign on Latino health, we use "digital content curation" to raise awareness of the health issues that disproportionately burden Latinos, as well as promote solutions and build people's capacity to change these issues.

Check out our new [scientific article that explains how we "curate."](#)

Curation is an emerging strategy that uses a systematic, refined process to create tailored health messages and prevent mixed messaging and information overload for an audience.

With massive amounts of content created

across the Internet every minute, our digital health curation model and three-step approach—collect—craft—connect—identifies and brings our audience to targeted, relevant and engaging content that has the potential to affect people's knowledge of and attention to Latino health issues.

In other words, we work hard to highlight the latest real-life stories, research, and news on different aspects of Latino health, including cancer, obesity, and health equity, because we want to help people understand Latino health issues and emerging solutions, and empower people to drive healthy change.



Please follow our curated [blog](#), [Facebook](#), [Twitter](#), [YouTube](#), and [Instagram](#)!

**Dr. Amelie G. Ramirez**  
Director, IHPR

## Staff Profile: Lisa Ellis-Veraza

In 2009, Lisa Ellis-Veraza traveled with Missionaries of Charity to deliver blankets, medicine, and other aid to people in Tamahu, Guatemala.

Many in Tamahu struggle with poor health, relying on a diet of tortillas and sugary coffee and lacking access to fresh water, fruits, and vegetables.

A lot of children are severely malnourished.

And even when aid workers tried to bring children to clinics and provide better nutrition, it was a struggle to gain parents' permission, Ellis-Veraza said.

"My awareness of the need of access to health care and communication began to build on this trip, as I realized that not only having access to health care is needed, but also clear and culturally appropriate education on why health care is needed," Ellis-Veraza said. "This way, people will know and see the benefits that healthier lives can bring to a society."

Today Ellis-Veraza brings her strong desire to promote health to her role as a digital content curator for [Salud America!](#), a national network of advocates dedicated to preventing Latino childhood obesity, headquartered at the IHPR.

### Fun Facts

**Hometown:** New Braunfels, Texas

**Family:** Rafa (husband), mother, father, two older brothers

**Hobbies:** Reading, writing, painting, music, traveling, exploring the great outdoors

**Favorite food(s):** Wine, cheese, dark chocolate, salmon, salads

**Favorite movie(s):** *Lincoln*, *The Hunger Games*, *Meet Joe Black*, *Steel Magnolias*

**Favorite book(s):** *Eat Pray Love*, *Blue Like Jazz*, *Love Wins*, *Fahrenheit 451*

As a curator, she identifies, repurposes, and distributes policies and resources to empower people to create healthy changes in their communities.

Ellis-Veraza particularly enjoys developing stories of [Salud Heroes](#), which showcase how real people—children, parents, teachers, health workers—learn about childhood obesity issues, get an idea to do something about it, mobilize support, and drive policy and system changes in schools and



**Lisa Ellis-Veraza**

communities.

"It is a win-win experience for me every time I get the opportunity to learn the story behind the people out there making the world a healthier place," said Veraza-Ellis, who also has experience in marketing, video production, event planning, and social media.

"Many times when interviewing someone who knows about *Salud America!*, I hear, 'Wow, you are all doing such great work, thank you for what you do!' All the while I am thinking and saying to them, 'Wow, no really, YOU are doing amazing work! Thank you for what you are doing!'"

## Study: The Reasons Minority Women Don't Get Genetic Testing for Breast Cancer

**W**hy are racial/ethnic minorities less likely than whites to get genetic testing, which can help a woman learn if she has an abnormal gene linked to higher breast cancer risk?

The answer may lie in their attitudes toward genetic testing.

Latina, African American, Asian American, Native American, and Appalachian women all had a generally positive attitude toward genetic testing, but several key differences emerged among these minority groups, according to a new study led by Dr. Amelie Ramirez of *Redes En Acción*, a national cancer research network based at the Institute for Health Promotion Research (IHPR) at the UT Health Science Center at San Antonio.

The study found that Latinas endorsed the greatest number of benefits of testing and



perceived the least number of risks. Latinas also placed significantly more importance on “following doctors’ recommendations” than other groups.

African American women perceived more risks and barriers to testing, with cost being a large deterrent. Asian American women were less interested in paying for more expensive testing than most other groups. Appalachian women were most concerned about testing’s

costs and effects on family. Native Americans had more concerns about the risk of others receiving test results without permission than other groups.

The results, which can help guide development of tailored educational materials and programs, also suggest that healthcare providers should inform minorities about the costs and benefits of genetic testing for breast cancer.

“Participants would benefit from tailored educational strategies about genetic counseling and testing that incorporate the unique cultural values and beliefs of each group,” according to Ramirez and her study team, which included IHPR researchers Dr. Patricia Chalela, Dr. Alan Holden, Kip Gallion, and Edgar Muñoz, and was supported by the National Cancer Institute and Susan G. Komen.

### IHPR Research Materials

#### Publications

- ▶ **Ramirez A.G., Chalela P., Gallion K.J.,** Burhansstipanov L., Smith S.S., Wong-Kim E., Wyatt S.W., **Muñoz E., Holden A.,** & Suarez L. (2015). Attitudes Toward Breast Cancer Genetic Testing in Five Special Population Groups. *Journal of Health Disparities Research and Practice*, 8(4), 124-135.
- ▶ **Parra-Medina D.,** Liang Y., Yin Z., **Esparza L.,** Lopez L. (2015). Weight Outcomes of Latino Adults and Children Participating in the Y Living Program, a Family-Focused Lifestyle Intervention, San Antonio, 2012–2013. *Preventing Chronic Disease*, 2015;12:150219.
- ▶ **Chalela P., Muñoz E., Gallion J.K.,** Karnad A., **Ramirez A.G.** (2015). Empowering Latina breast cancer patients to make informed decisions about clinical trials: A multicomunication approach. *Cancer Epidemiol Biomarkers Prev* 2015;24(10 Suppl)
- ▶ **Ramirez A.G., Gallion J.K., Despres C., Aguilar R.P., Adeigbe R.T.,** Seidel S.E., McAlister A.L. (2015). Advocacy, Efficacy, and Engagement in an Online Network for Latino Childhood Obesity Prevention. *Health Promotion Practice*. [Epub ahead of print].
- ▶ Cox M., Carmack C., **Hughes D.C.,** Baum G., Brown J., Jhingran A., Lu K., Basen-Engquist K. (2015). Antecedents and mediators of physical activity in endometrial cancer survivors: Increasing physical activity through steps to health. *Health Psychology*. [Epub ahead of print].

- ▶ **Chalela P., Muñoz E., Gallion K., Ramirez A.G.** (2015). Sun protective behaviors among Latinas living in the US-Mexico border. *Annals of Behavioral Medicine*, 49, Suppl 1), S258.
- ▶ Gonzalez V., Tirado M., **Hughes D.C.,** Pedro E., & Velez M. (2015). Identification of supportive care needs in a sample of Puerto Rican cancer patients with the supportive care needs survey. *Journal of Nursing Education and Practice*, 5,(9), 32-38.

#### Presentations

- ▶ Ramirez, A. “Is Current and Future Science Widening the Gap in Health Disparities?” AACR Cancer Prevention Summit, Feb. 3-5, 2016, Leesburg, Va.
- ▶ Merck, A. “*Escuelas Saludables*: Policy-based initiatives to promote a healthy school environment for U.S. Latino kids.” Annual Conference, Active Living Research, Jan. 31-Feb. 2, 2016, Clearwater Beach, Fla.
- ▶ Ellis, L. “Latino Kids & Sugary Beverages.” Sugar Sweet Beverage Community Training, Nov. 23, 2015, San Antonio.
- ▶ Ramirez, A. “A GPS for Cancer Care: How Patient Navigation Engages Latinos in Preventing and Reducing Health Disparities.” AACR Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved, Nov. 13-16, 2015, Atlanta.
- ▶ Chalela, P. “Facebook Advertisement Effects on Conversions and Enrollment to a SMS/Text Cessation Service.” AACR Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved, Nov. 13-16, 2015, Atlanta.
- ▶ Chalela P. “Text Messaging Cessation Service for Young Adult Latinos in South Texas: Program Protocol and Preliminary Result.” AACR Conference on the Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved, Nov. 13-16, 2015, Atlanta.
- ▶ Chalela, P. “Positive vs. Negative Appeals for Recruitment to a SMS/Text Cessation Service: Facebook Advertisement Effects on Conversions and Enrollment.” Innovations in Cancer Prevention and Research Conference, Nov. 9-10, 2015, Austin, TX
- ▶ Valenzuela, C “Digital Innovations in Health Communications.” Latinos in Social Media National Conference, Oct. 28-30, 2015, Washington D.C.
- ▶ Ramirez, A. “Networking to Solve Latino Health Disparities.” 9th Annual UCSF Health Disparities Research Symposium, University of California, San Francisco, Oct. 2, 2015, San Francisco.
- ▶ Aguilar, R. “*Salud America!*: Access to Healthier Drinks.” Webinar, National Council of La Raza (NCLR), Sept. 30, 2015.
- ▶ Ramirez, A. “Healthier Environments for Latino Kids.” Health Summit, National Council of La Raza (NCLR), Sept. 23, 2015, San Antonio.
- ▶ Valenzuela, C. “*Salud America!*: Latino Obesity & Marketing.” Ninth Annual National Conference on Health Communication, Marketing and Media, Aug. 11 – 13, 2015, Atlanta.

# Salud America! Awarded \$1.3M to Reduce Latino Childhood Obesity

**S**alud America!, a national Latino childhood obesity prevention program, has received a one-year, \$1.3 million grant from the Robert Wood Johnson Foundation to develop new, culturally tailored educational content that empowers people to work toward policy changes for the health of Latino children.

Established in 2007, *Salud America!* has recruited a national online network of 50,000 parents, school personnel, health professionals, and community leaders who support its mission: “End Latino childhood obesity by communicating good health and driving people to start and assist healthy changes in their schools and communities.”

Latino children ages 2-19 are more obese/overweight (38.9%) than White (28.5%) and Black (35.2%) children, studies show.

The new funding will allow *Salud America!* to expand its network and engage members with enhanced educational content, **including multimedia role model stories**, social media events (like the **#SaludTues weekly Tweetchat**), online resources, **geo-located healthy policy changes**, digital action campaigns, and tailored marketing.

**You can join the network today!**

“We are excited by RWJF’s ongoing support, which will help us



continue to push the boundaries of communication to empower Latinos to develop healthy changes in their schools and communities,” said Dr. Amelie G. Ramirez, director of *Salud America!*, based at the Institute for Health Promotion Research at The UT Health Science Center at San Antonio.

## IHPR News Briefs



### IHPR’s *SaludToday* Launches Bilingual Show on Periscope

Now you can be more connected to Latino health issues with #SaludLive, a new bilingual live show produced on the Periscope livestreaming mobile app by the IHPR’s *SaludToday* social media campaign. The show airs live every Tuesday at 11 a.m. ET on Periscope and Twitter. The show is hosted by IHPR staff and faculty.

### IHPR’s *SaludToday* Continues #SaludTues Tweetchats

You’re invited to join our #SaludTues (*Salud* Tuesday) Tweekat series, which takes place at 1 p.m. ET every Tuesday to spotlight different aspects of Latino obesity and health. **#SaludTues tweetchats** are hosted by the IHPR’s Latino health social media campaign, **@SaludToday**, and co-hosted by organizational or individual topic experts.

### IHPR’s *SaludToday* Partners for #ILoveMyHeart Campaign

In honor of American Heart Month in February 2016, the IHPR’s *SaludToday* social media campaign (**@SaludToday**), the FDA Office of Minority Health (**@FDAOMH**), and the Association of Black Cardiologists (**@ABCARDIO1**) launched the #ILoveMyHeart Twitter campaign urging

people to take a picture and describe healthy heart habits.



**Carlos Valenzuela (*SaludToday*); Gloria Sanchez-Contreras (FDA); Victoria Wales (GobiernoUSA) and Javier von Westphalen (Emergent Element)**

### IHPR’s *SaludToday* Nominated for LATISM Award

The IHPR’s *SaludToday* social media campaign was nominated for the 2015 Best Health Advocate reaching Latino(a)s through Tech Innovation and Social Media award from **LATISM** (Latinos in Social Media), a nonprofit group that empowers Latinos through tech innovation and social media. Read more at the **LATISM’s blog**.

# Èxito! Program Helps Latinos Seek Doctoral Degrees, Research Careers



Èxito! Latino Cancer Research Leadership Training is the Institute for Health Promotion Research's program that encourages Latino master's-level students or health professionals to pursue a doctoral degree and a career studying how cancer affects Latinos differently. The program offers a five-day summer institute and internships. Read more [here](#).

Èxito! recently received a \$1.4 million grant from the National Cancer Institute to continue to offer its annual five-day summer institute, internships, and other activities from 2015-2020! [Read more](#).

## Èxito! Grad:

**Diana Aguirre**

Long Beach, Calif.



Diana Aguirre

A purse can make a fashion statement, but for Dianna Aguirre her “Yo Quiero Colombia” purse is a reminder of her roots and a reminder of her string dedication to changing people’s lives for the better.

Aguirre has a great start thanks to her work on an obesity prevention project and coordinating a *promotora* health education program.

She enjoys doing research, working with the community, and providing mentorship to other Latino students seeking higher education.

Aguirre is a first-generation college graduate who received her bachelor’s degree in health science from California State and is now enrolled in a master’s in public health program.

She decided to apply to Èxito! after hearing about it from a mentor and Èxito! alumni.

Believing that this was a great opportunity, Aguirre wanted to be part of Èxito! to gain guidance, mentorship, and support. A doctoral degree was something she needed to familiarize herself with.

“The summer institute gave me more confidence in my ability to apply and get accepted in a doctoral program,” Aguirre said.

## Èxito! Grad:

**Jasmin Berrios**

Houston, Texas



Jasmin Berrios

Taking a cue from her father who worked hard and still made time to spend with his family, Jasmin Berrios already applies those same values to her own career and personal life.

Her hard work shows – she’s the first from her family to get college degrees, and she’s already developed a great knack for improving research methods.

Throughout life, Berrios has had a change to make a difference in her community by volunteering in various community organizations. This helped her realize how a public health approach could make a greater impact.

The first in her family, Berrios received her bachelor’s degree in health from Prairie View A&M University and her master’s in public health from Texas A&M University.

“[I] really enjoyed the program, it opened my eyes to other cancer research interests,” she said. “[I] got informed about applying, funding and getting through a doctoral program.”

## How to Prevent Cervical Cancer among S. Texas Latinos

**A** vaccine can't prevent disease unless people use it. In Texas, only 39% of girls and 15% of boys ages 13-17 complete the three-dose HPV vaccine for the human papillomavirus (HPV), a common sexually transmitted infection that can cause cervical cancer and other problems.

Dr. Deborah Parra-Medina plans to change that.

Parra-Medina, a researcher at the Institute for Health Promotion Research at the UT Health Science Center at San Antonio, received a new \$1.2 million grant from the Cancer Prevention and Research Institute of Texas to develop a professional education and community outreach program to increase awareness and uptake of the HPV vaccine among young boys and girls in South Texas.



**Deborah Parra-Medina**

She and her team will train local health care providers to deliver accurate HPV vaccine info and strongly recommend HPV vaccination to patients and parents.

“Increased vaccination coverage among adolescents will help reduce morbidity and mortality from HPV-related diseases and can help reduce or eliminate health disparities, particularly cervical cancer,” said Parra-Medina, who also is co-director of the South Texas Area Health Education Centers Program.

For the project, Parra-Medina and her team, including The Immunization Partnership and South Texas Area Health Education Centers, will conduct surveys, interviews, and patient chart reviews to understand the HPV vaccine practices of health providers in six rural



clinics that are part of South Texas Rural Health Services, Inc., in Dimmit, LaSalle, Frio and Medina counties in South Texas.

They will use what they learn to create a bilingual program to improve health care workers' timely provision of the HPV vaccine to adolescent patients.

They also will bring in two bilingual-bicultural community health workers (*promotoras*) to reach out to local residents to increase HPV vaccine initiation and completion.

“The only way it will work is if we immunize before there's any chance that the child has had exposure,” Parra-Medina said.

## A Pop Quiz that Can Save Your Adolescent Child's Life

**W**hat's the most common sexually transmitted infection? What can cause genital warts or cervical, penis, and anus cancer? What can be prevented with a simple vaccine?

Answer: HPV (the human papillomavirus).

That's why a new program is educating people about HPV and helping them make and remember HPV vaccination appointments for girls and boys ages 11-17 in South Texas.

The program, called **Entre Familia**, uses *promotoras*—trained community health workers—to deliver education and services, led by researchers at the Institute for Health Promotion Research (IHPR) at the UT Health



**Daisy Morales-Campos presents a research poster on HPV at a 2015 conference.**

Science Center at San Antonio in partnership with Nuestra Clínica del Valle in South Texas and the Colonias Program at Texas A&M University.

“*Entre Familia* raises awareness about the importance of the HPV vaccine and seeks to

increase the numbers of youth in South Texas who start and complete the three-dose HPV vaccine in a region of South Texas that faces a high burden of cervical and other cancers,” said Dr. Daisy Morales-Campos, an IHPR researcher who directs the program with researcher Dr. Deborah-Parra-Medina and project coordinator Vicky Morales.

Read *Entre Familia's* flyer about HPV in [English](#) or [Spanish](#), and read what Morales-Campos told [The Guardian](#) about HPV.

[Go here to learn about the program.](#)

“We think *Entre Familia* will go a long way in demystifying just what HPV is and what the HPV vaccine can do to protect girls and boys,” Morales-Campos said.

# Cancer Centers Urge HPV Vaccination for the Prevention of Cancer

All 69 National Cancer Institute-designated Cancer Centers, including the Cancer Therapy & Research Center (CTRC) at the UT Health Science Center San Antonio, issued a [joint statement](#) on Jan. 27, 2016, urging all children and young adults receive the vaccination against the human papillomavirus (HPV).

HPV is the most common sexually transmitted infection, affecting 79 million U.S. residents, and causing the vast majority of cervical and other genital cancers, which disproportionately affect Latinos.

Even though HPV-related cancers are preventable through a safe and effective vaccine, HPV vaccination rates remain low—a “serious public health threat,” according to the Cancer Centers’ statement.

“HPV vaccination represents a rare opportunity to prevent several types of cancer in South Texas and beyond,” said Dr. Amelie G. Ramirez, director of the Institute for

Health Promotion Research (IHPR) at the Health Science Center and associate director for cancer prevention and health disparities at the CTCRC.

The Cancer Centers have three calls to action:

- We encourage all parents and guardians to have their sons and daughters complete the three-dose HPV vaccine series before the 13th birthday and complete the series as soon as possible in children aged 13 to 17.
- We encourage young men (up to age 21) and young women (up to age 26), who were not vaccinated as preteens or teens, to



complete the HPV vaccine series to protect themselves against HPV.

- We encourage all health care providers to advocate for cancer prevention by making strong recommendations for childhood HPV vaccination.

“It’s critical for parents to know that the vaccine is the primary means of preventing HPV and related cancers,” Ramirez said.

## Latino News Tweets

Follow the IHPR’s [SaludToday social media campaign](#) for all the latest news in health equity and Latino cancer and chronic disease prevention:

- ▶ [More Cancer Research Needed Across Hispanic Ancestry Groups](#)
- ▶ [New Study Uncovers Latino Cancer Prevalence](#)
- ▶ [3 Cancer-Fighting Foods](#)
- ▶ [High Fiber Diet May Lower Breast Cancer Risk](#)
- ▶ [Colon Cancer Affects 1 in 7 Patients Under 50](#)
- ▶ [Vaping Could Harm Unborn Babies](#)
- ▶ [Exercise Linked to Survival after First Heart Attack](#)
- ▶ [Study Finds Latinos Have Lower Risk of Coronary Heart Disease](#)
- ▶ [Latino Electorate is Younger and More Vibrant](#)
- ▶ [Teen Latino Birthrates on the Decline](#)

## IHPR News Briefs

### IHPR’s *SaludToday* Wins Digital Health Awards

The IHPR’s *SaludToday* social media campaign recently won a trio of Web Health Awards for its online efforts to raise awareness for Latino health from the Health Information Resource Center, which gives awards twice annually for online health information. *SaludToday* earned a “gold” award for [Twitter](#), a “silver” for the [Salud America! website](#), and a “bronze” for the *Salud* Heroes video [“Wild About Health.”](#)

### Intern Promotes College Entry

Ruby Sandhu, an IHPR summer intern, talked about healthy lifestyles and promoted college during the 2015 [Girls University](#), a full-day summer day camp by Girls Inc. of San Antonio that teaches about different college majors for girls ages 6-12. At the IHPR, Sandhu worked on the [Health4Kids](#) study led by Dr. Deborah Parra-Medina.



Ruby Sandhu and participants at Girls U.

## San Marcos Works for Healthier Kids' Menus

**K**ids in San Marcos, Texas, have high rates of overweight and obesity.

Professor Sylvia Crixwell and researchers and students from Texas State University in San Marcos have created a new model for healthier kids' menus, called **Best Food for Families, Infants and Toddlers** (Best Food FITS) can help restaurants implement change with healthier menu alternatives and help stem the tide of childhood obesity.

Using a \$150,000 grant, they reached out and discussed the new kids' menu model with several restaurants, encouraging them to implement the Best Food FITS.

Crixell explained that removing sugary beverages from kids' diets were significant.

Latinos comprise 37.8% of San Marcos' population. Studies show that Latino kids are more likely to consume sugary beverages than their peers and, as a result, deal with greater risks of heart disease, obesity, and diabetes.

Chain restaurants didn't change their menus, but 24% of local restaurants decided to try the new goals for the menu changes, changing sugary drinks offered in kids'



meals, to sugar-free options along with offering water and milk options.

Also, on the new menus are more fresh fruits and veggie options, and less fried options.

Paul Sutphen, restaurant owner of Grins in San Marcos, was the first to change his menus. Sutphen explained that educating him about these issues and showing a plan of

healthy alternatives for his business were the key thing that helped him say yes to the healthier menu options.

Of the 17 restaurants that tried out the Best Food FITS menus, 12 of them are continuing to use them and work towards helping families see the healthy choice as the easy choice.

### Latino News Tweets

Follow the IHPR's [Salud America! research network](#) for all the latest news in Latino childhood obesity prevention:

- ▶ [Jack in the Box Takes Sugary Drinks off Kid's Menus](#)
- ▶ [Rochester Schools Ban Withholding Recess as Form of Punishment](#)
- ▶ [Collaborative Helps Hospitals Support Breastfeeding in Texas' Rio Grande Valley](#)
- ▶ [Nurse Brings 'Fun with Fruit' to Schools for Obesity Prevention](#)
- ▶ [Kindergarteners and First-Graders Get Recess 4 Times a Day at Texas School](#)
- ▶ [City Council Says No Soda Tax on June Ballot in Davis, Calif.](#)
- ▶ [Philadelphia to Get Complete Streets Commissioner](#)
- ▶ [Connecting Healthy Food, Activity and Health with Family Time](#)

# Most Latino Undergrads Enroll at Schools with Large Latino Student Populations

About 62% of all Latino undergraduate students are enrolled in “Hispanic-Serving Institutions” (HSIs), an indication of the critical role these schools play in retaining and graduating Latinos and creating an educated workforce, according to new data from [Excelexia in Education](#).

HSIs are accredited, degree-granting public or private higher education institutions with 25% or more full-time undergraduate Latino student enrollment.

There are currently 435 HSIs in the US and Puerto Rico, an increase of 7% from 2013-14.

Of the 18 states that have HSIs, over 80% are located in California, Texas and Puerto Rico; Indiana, Kansas, Ohio, and Washington each have at least one HSI in their respective state.

“HSIs enroll about 1.75 million Latino students; this is an increase of over 350% since HSIs were recognized in federal law [in 1994],” Deborah Santiago of Excelexia in Education said in a statement.

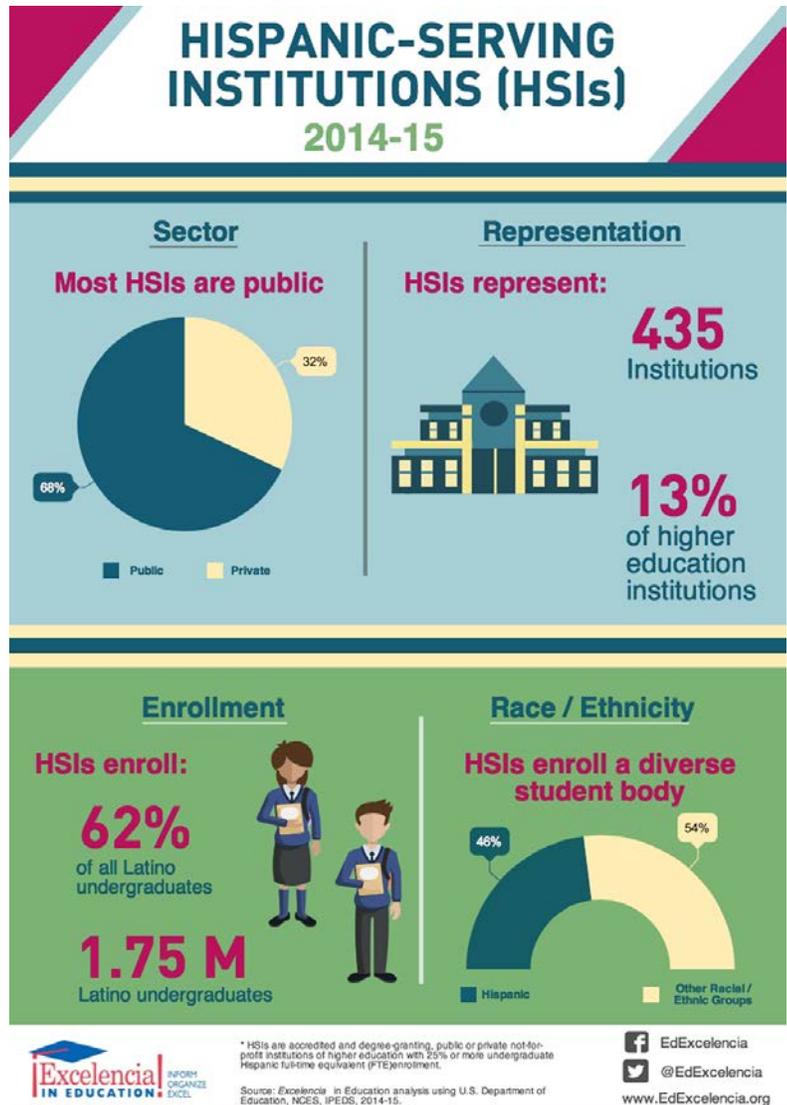
Most HSIs are public schools (68%); half are 2-year institutions and half 4-year.

Of all the students enrolled at HSIs, 46% identified themselves as Latino and HSIs account for 13% of all nonprofit, public, degree-granting institutions.

More HSIs are on the horizon, too.

Nationwide there are 310 schools that reported having full-time undergraduate ratios of Latinos between 15-24%. This is up from 2013-2014 when the number of institutions was 296.

“The trend we are seeing is increased Latino student enrollment, and more concentrated enrollment,” Santiago said.



## Funding

### Grant Roundup

The following organizations have open research funding opportunities or lists:

- [The U.S. Office of Minority Health](#)
- [NCCOR Obesity Grants](#)
- [Susan G. Komen for the Cure](#)
- [RWJF](#)
- [AACR](#)
- [CPRIT](#)
- [NIH Obesity Grants](#)

## Ongoing Events

### CancerCare Workshops

CancerCare, in partnership with *Redes En Acción*, which is led by the Institute for Health Promotion Research (IHPR) at The UT Health Science Center at San Antonio, will offer free workshops on a variety of issues. Register [here](#).

## WINNING VIDEO: How to Make Kids' Menus Healthy

**N**uggets. Hot dogs. Grilled cheese. Why don't kids' menus have healthier options?

In El Paso, a largely Latino city near the Texas-Mexico border that struggles with high rates of childhood obesity, Joy Leos and the city's healthy eating initiative works with restaurants to change kids' menus to add healthier options, smaller portions, and cook with healthier ingredients.

They won the *Salud America!* #SaludHeroes video voting contest in September 2015!

[Read their story](#) or [watch their winning video](#) about the steps they took to plan, mobilize support for, and implement the new kid menu program, which has made an impact at restaurants like



Gonzalo's G&R.

"Since we've had this program, my business has actually grown," said Patty Rangel, owner of Gonzalo's G&R.

## WINNING VIDEO: App Brings Fitness to Your Fingertips

**C**an your phone = fitness?

Yes, if you have the new Choose Healthier smartphone app, which geo-locates recreational facilities (parks, gyms, etc.) and real-time fitness opportunities (karate classes, Yoga groups, etc.) in Austin, Texas, thanks to IT'S TIME TEXAS and the Dell Children's Medical Center of Central Texas.

The app won the *Salud America!* #SaludHeroes video voting contest in October 2015!

[Read their story](#) or [watch their winning video](#) about the steps they took to plan, mobilize support for, design, and implement the free app, which can recognize a user's current location and allows them to filter by type of physical activity, time/date and location, and share their favorites on social media—all to help people make healthier choices.

"We really want to add new features and continue to develop



the app, make it bilingual, add more and more resources inside the app," said Baker Harrell of IT'S TIME TEXAS. "We want to see improved health outcomes. We want to see a lowering of overweight and obesity and the rate of type 2 diabetes."

### About the E-newsletter

This E-newsletter is produced quarterly by the Institute for Health Promotion Research. Please send news items or story ideas to [IHPR@uthscsa.edu](mailto:IHPR@uthscsa.edu).

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