



**TEXAS SOCIETY FOR PUBLIC HEALTH EDUCATION (TSOPHE)**

**BUILDING  
COMMUNITY  
HEALTH  
THROUGH  
COLLECTIVE  
APPROACHES**

#TSOPHE2023

**2023**

A photograph of a city street in Austin, Texas, looking down the road towards the Texas State Capitol building. The street is lined with modern skyscrapers and trees. A construction crane is visible in the background. The word "CONTENTS" is overlaid in large, white, bold, sans-serif capital letters on the left side of the image.

# CONTENTS

Welcome Letter

About Us

Event Details

Schedule-at-a-Glance

Keynote Speakers

Full Event Schedule

Sponsors and Exhibitors

Land Acknowledgement, Health & Safety, and Continuing Education

Special Thanks

An aerial photograph of a large, multi-lane steel arch bridge spanning a wide river. The bridge has a prominent reddish-brown arch structure. The surrounding area includes a rocky cliffside on the left and a parking lot with several cars on the right.

# WELCOME, Y'ALL!

It brings me immense pleasure to extend a warm welcome to all participants, distinguished guests, and fellow health enthusiasts who have gathered here to explore and champion community health through collective approaches. It's very exciting to be able to welcome y'all to my hometown and Alma Mater.

At TSOPHE, we firmly believe that real change begins at the grassroots level, through collaborative efforts and shared visions. The theme of this conference, "Building Community Health through Collective Approaches," resonates deeply with our organization's core values. It underscores the power of unity, collaboration, and the synergy that emerges when passionate individuals come together to address pressing health challenges.

Throughout this conference, you will have the opportunity to engage with experts, leaders, and fellow advocates who are all dedicated to creating healthier, more resilient communities. Through insightful discussions, interactive workshops, and networking opportunities, we aim to foster a collective spirit that transcends boundaries and transforms the landscape of community health.

As we gather to exchange knowledge, experiences, and innovative ideas, let us remember that each one of us plays a vital role in this shared journey. The solutions we seek are within our reach, and by working together, we can make a tangible impact on the well-being of the communities we serve.

I encourage you to embrace this conference with an open mind, a receptive heart, and a readiness to collaborate. Together, we can bridge gaps, inspire change, and lay the foundation for a healthier, more vibrant future for all.

Thank you for being a part of this remarkable event. Your presence enriches our collective efforts, and I look forward to the transformative discussions and connections that lie ahead.

With great enthusiasm,

Lisa Blackwell, MPH, CHES  
President, TSOPHE



# ABOUT US

The **Texas Society for Public Health Education (TSOPHE)** stands as a distinguished nonprofit professional association, serving as a cornerstone for health education professionals and aspiring students across Texas. With a steadfast commitment to its mission and a vision of fostering a healthier global society through the power of health education, TSOPHE has emerged as a dynamic force in advancing both individual and collective well-being.

**Mission:** Empowering leaders in health education and catalyzing the advancement of healthy and equitable communities worldwide.

At TSOPHE, we diligently pursue our mission by engaging in a spectrum of endeavors designed to elevate the field of health education and create a lasting impact on public health:

**Illuminating Connections:** We illuminate the intricate links between behavioral sciences, health education, health promotion, and the broader environment. By highlighting these intersections, we empower professionals to craft innovative solutions that address multifaceted health challenges.

**Emergency Preparedness:** TSOPHE equips health educators with the knowledge and skills necessary to respond effectively to public health emergencies. Our commitment to preparedness ensures that our members can make meaningful contributions in times of crisis.

**Advocacy Excellence:** We enhance advocacy efforts by educating policy makers and offering comprehensive training and resources to bolster the advocacy skills of public health professionals. Through this, we amplify the collective voice advocating for positive change.

**Network of Excellence:** TSOPHE fosters a vibrant network of health education professionals, providing a platform for collaboration, information exchange, and the cultivation of valuable partnerships.

# EVENT DETAILS



## CONFERENCE LOCATION

Dell Medical School  
Health Discovery Building  
1601 Trinity Street, Building B  
Austin, Texas



## PURPOSE

To create opportunities for collective advocacy and partners to achieve health equity in our communities.

## THEME

“Building Community Health through Collective Approaches”

## SUB-THEMES

- Leadership, Mentoring and Training the Next Workforce
- Community Partnerships, Social Justice and Health Equity
- Texas Policy, Advocacy, and Communications
- Emerging Issues and Research Translation and Implementation

# SCHEDULE AT A GLANCE

## FRIDAY, OCTOBER 27

8:00 am – 9:00 am: Registration & Breakfast

8:30am – 9:00 am: Poster Presentation (Group 1)

8:30 am – 3:25 pm: Exhibitor Showcase Open

9:05 am – 9:15 am: Welcome

9:15 am – 10:00 am: Opening Keynote

10:05 am – 11:05 am: Session 1 - Emerging Issues and Research

11:05 am – 11:20 am: Refreshment Break

11:20 am – 12:05 pm: Session 2 - Texas Policy Advocacy Panel

12:05 pm – 1:05 pm: Lunch & TSOPHE Membership Meeting

1:05 pm – 1:35 pm: Poster Presentations (Group 2)

1:40 pm – 2:40 pm: Session 3 - Health Equity & Diversity

2:40 pm – 2:55 pm: Refreshment Break

2:55 pm – 3:55 pm: Session 4 - Professional Development & Leadership

3:55 pm – 4:10 pm: TSOPHE Group Picture

4:10 pm – 7:00 pm: Networking Social at Sour Duck Market



# SCHEDULE AT A GLANCE

## SATURDAY, OCTOBER 28

8:30 am – 9:00 am: Poster Presentations (Group 3)

8:30 am – 11:45 pm: Exhibitor Showcase Open

9:00 am – 10:00 am: Session 5 – Professional Development

10:00 am – 10:45 am: Conversations Over Coffee

10:45 am – 11:45 am: Session 6 – Advocacy Sessions

11:45 am – 12:20 pm: Session 7 – Closing Keynote

12:20 pm – 12:30 pm: TSOPHE Awards

12:30 pm – 12:40 pm: Closing Remarks by TSOPHE President-Elect

12:40 pm – 2:00 pm: Lunch & Social at Lustre Pearl East





# KEYNOTE SPEAKERS

Opening Keynote

## ANDREW SPRINGER, DRPH

"Participatory learning and action for community health promotion: the power of theory, methods, and partnerships for advancing public health and health equity"

Friday, October 27 | 9:15 am | Room 1.208 (Auditorium)



**Biography:** Andrew Springer, DrPH is a tenured Associate Professor at UTHealth School of Public Health with 20+ years' experience in designing, implementing, and evaluating health programs for youth and communities in the U.S. and Latin America. His notable work includes the first CDC-guided youth risk behavior survey in El Salvador, NIH-funded research on tobacco prevention, and community health initiatives in underserved areas. A registered health promotion practitioner, he actively contributes to coalitions like Austin/Travis County Community Health Improvement Plan. Andrew specializes in participatory planning, evaluation methods, and contextual health intervention design. He also teaches at Pontificia Universidad Javeriana in Colombia and has received outstanding teaching awards from UTHealth.

Opening Keynote

## HEIDI HAGEN MCPHERSON, MPH

"Collaboration: Achieving Better Health Together"

Saturday, October 28 | 11:45 am | Room 1.208 (Auditorium)



**Biography:** With two decades in public health and community development, Heidi Hagen McPherson drives collective efforts for better population health. She currently co-leads the Health Equity Collective at UTHealth-Houston, focusing on sustainable, equitable health systems via collaborative social determinants of health improvements. Heidi excels in building cross-sector partnerships for healthier communities and is involved in key health coalitions like Houston Business Coalition on Health, TCHMB, Be Well Acres Homes, and more. Outside work, she loves running, tango, birdwatching, and exploring with her family. Based in Texas, Heidi originally hails from Hawaii.



# FULL EVENT SCHEDULE

## FRIDAY, OCTOBER 27

Time	Program Details	Room
8:00 am	Registration, breakfast and exhibit hall open.	
8:30 am	<p><b>Poster Presentations (Group 1)</b></p> <p><b>Presenters:</b></p> <ul style="list-style-type: none"> <li>• Neeta Swami, <i>Texas Tech University</i></li> <li>• Jyotsna Godavarthi, <i>Texas Southern University</i></li> <li>• Ola Nieto, <i>Universidad de Quindío, Colombia</i></li> <li>• Maria Ghaly and Daniel Ghaly, <i>University of Texas at Austin</i></li> <li>• Jessica Chambers, <i>University of Texas at Austin</i></li> <li>• Emily Torres, <i>UTHealth Austin, Michael &amp; Susan Dell Center for Healthy Living</i></li> <li>• Arshia Varma, <i>University of Texas at Austin</i></li> <li>• Shelby Flores-Thorpe, <i>UTHealth Austin, Michael &amp; Susan Dell Center for Healthy Living</i></li> <li>• Christina Leal, <i>University of Texas at Austin</i></li> <li>• Pranavi Garlapati, <i>University of Texas at Austin</i></li> </ul>	1.202
9:05 am	<b>Welcome</b> by Lisa Blackwell, TSOPHE President	1.208
9:15 am	<p><b>Opening Keynote</b></p> <p><b>Participatory learning and action for community health promotion: The power of theory, methods, and partnerships for advancing public health and health equity</b></p> <p>Dr. Andrew Springer, <i>UTHealth School of Public Health - Austin Campus</i></p>	1.208
10:05 am	<p><b>Session 1 - Emerging Issues and Research Translation and Implementation</b></p> <p><b>PLENARY</b></p> <p><b>How eHealth Solutions Impact Pediatric Weight Management Implementation Outcomes</b></p> <p>Josh Yudkin, <i>Children's Health</i></p> <p><b>Barriers in Access to Transplantation in Central Texas in the Setting of a New Transplant Program</b></p> <p>Brindha Anantharam, Cindy Hi, Sofia Jimenez, Cooper Slack <i>University of Texas at Austin</i></p> <p><b>"Taking our Best Shot" at Community and Interprofessional Health Education Initiatives</b></p> <p>Vivian Tat, Nathan Tat, Abhijit Rao, Dorothea Morris <i>Taking Our Best Shot</i></p>	1.208

# FULL EVENT SCHEDULE

## FRIDAY, OCTOBER 27

Time	Program Details	Room
10:05 am	<p><i>(Continued)</i></p> <p><b>Session 1 - Emerging Issues and Research Translation and Implementation</b></p> <p><b>LIGHTNING</b></p> <p><b>Assessing Young Men's Physical Activity and Mental Health During COVID-19</b> Gabriel Impelluso, University of Texas at San Antonio</p> <p><b>Historical Trends in Hormone Replacement Therapy and Implications for Cognitive Aging Research</b> Janelle Foret, University of California San Diego</p> <p><b>Optimizing Digital Pathways for Just-in-Time Public Health Communications</b> Sahiti Myneni, UTHHealth Houston</p> <p><b>Health Disparities of Intersex People</b> Lauren Brewer, Montrose Center</p>	1.202
11:05 am	Refreshment break	
11:20 am	<p><b>Texas Policy and Advocacy Panel</b> Moderated by Dr. Deanna Hoelscher from the <i>Texas Research-to-Policy Collaboration Project</i> and Dean of <i>UTHealth School of Public Health - Austin</i>.</p> <p><b>Panelists</b></p> <ul style="list-style-type: none"> <li>• Texas Senator Sarah Eckhardt</li> <li>• Texas Representative Donna Howard</li> <li>• Joel Ramos, <i>Texana Public Affairs</i></li> <li>• Clayton Travis, <i>Texas Pediatric Society</i></li> </ul>	1.208
12:05 pm	Lunch & Learn: TSOPHE Membership Meeting	1.208
1:05 pm	<p><b>Poster Presentations (Group 2)</b></p> <p><b>Presenters:</b></p> <ul style="list-style-type: none"> <li>• Ashton Davis, <i>University of Texas Medical Branch</i></li> <li>• Saba Yazdi, <i>Olive Branch Muslim Family Services</i></li> <li>• Chethana Manjunath, <i>Williamson County and Cities Health</i></li> <li>• Amanda English, <i>University of Texas at Arlington</i></li> <li>• Mahima Viswanathan, <i>UTHealth Austin</i></li> <li>• Kira Swensen, <i>Baylor Scott &amp; White</i></li> <li>• Jordan Scott, <i>Baylor University</i></li> </ul>	1.202





# FULL EVENT SCHEDULE

## FRIDAY, OCTOBER 27

Time	Program Details	Room
1:40 pm	<p><i>(Continued)</i></p> <p><b>Session 2 - Community Partnerships, Social Justice &amp; Health Equity</b></p> <p><b><u>WORKSHOP</u></b>  <b><i>Innovative Partnerships: Cultivating a Unified Approach to Student Wellness</i></b>            Alexis Washington, University of Texas at Arlington</p>	1.204
2:40 pm	Refreshment break	
2:55 pm	<p><b>Session 3 - Leadership, Mentorship and Training the Next Workforce</b></p> <p><b><u>PLENARY</u></b>  <b><i>Community Health Worker Training - Lessons Learned</i></b>            La'Toya Swan, Allure Alliance</p> <p><b><i>Leading and Learning: A Collaborative Approach to Addressing Nurse Burnout in El Paso, Texas</i></b>            Nicole Hare-Everline, Victoria Moores, UTHHealth Houston</p> <p><b><i>Understanding the Needs and Motivations of the Next Generation of Healthcare Workers: Mixed Methods Analysis of Summer Interns at a Pediatric Hospital in North Texas</i></b>            Timia Acklin, Josh Yudkin, Children's Health</p> <p><b><u>LIGHTNING</u></b>  <b><i>Challenges and Opportunities for an Undergraduate Public Health Internship Program</i></b>            Erica Wallace, University of Texas at San Antonio</p> <p><b><i>Curriculum Needs Assessment to Address Sex/Drug-Linked Behavior Conversations Between Substance Use Professionals and their Clients</i></b>            Michael Anosike, UTHHealth Houston</p> <p><b><i>Beyond the Retention Protocol: Lessons Learned about Retaining Individuals in Substance Use Recovery</i></b>            Jasmin Blue, UTHHealth Austin</p>	1.208
2:55 pm	TSOPHE Group Picture - All Members	1.208

# FULL EVENT SCHEDULE

## SATURDAY, OCTOBER 28

Time	Program Details	Room
8:00 am	Registration, breakfast and exhibit hall open.	
8:30 am	<p><b>Poster Presentations (Group 3)</b>  <b>Presenters:</b></p> <ul style="list-style-type: none"> <li>• Kannan Freyaldenhoven, <i>UT Health San Antonio</i></li> <li>• James Bishop, <i>Texas State University</i></li> <li>• Taylor Levy, <i>Texas State University</i></li> <li>• Ny'Nika McFadden, <i>Texas State University</i></li> <li>• Precious Anunobi, <i>UTHealth</i></li> <li>• Eunbi Chung, <i>Rice University</i></li> <li>• Jennie Le, <i>Rice University</i></li> <li>• Sarina Attri, <i>University of Texas at Austin</i></li> <li>• Maryam Iqbal and Sahira Khalid, <i>Independent Consultants</i></li> <li>• Jenny Cepeda, <i>University Iberoamericana in Santo Domingo</i></li> <li>• Daniel Ghaly, <i>University of Texas at Austin</i></li> <li>• Sana Amin, <i>UTHealth</i></li> </ul>	1.202
9:00 am	<p><b>Session 4 - Professional Development</b></p> <p><b>PLENARY</b>  <b><i>The State of LGBTQ+ Healthcare in Undergraduate Medical Training</i></b>  Maddie McCracken, <i>Texas Christian University</i></p> <p><b><i>It Takes a Village: Strategies and Lessons Learned in Training Graduate-Level Public Health Students in Community Health Science</i></b>  Ebun Ebunlomo, <i>Baylor University</i></p> <p><b><i>Preventing the Burn: The Use of Mental Health Therapy Interventions to Address Burnout Among Medical Students</i></b>  Rakima Parson, <i>UT Health Austin</i></p> <p><b>WORKSHOPS</b>  <b><i>Including Community Health Workers (CHWs) in the Development of Standardized Screenings and Data Tools is Essential</i></b>  Joshua Collier, Tania Degtoff, Richard Johnson, Megan Moak, Chris Mora, Liana Petruzzi,  <i>Dell Medical School at The University of Texas at Austin</i></p> <p><b><i>Advocating for Sex Education in Texas</i></b>  Jen Biundo, <i>Healthy Futures of Texas</i></p>	<p>1.208</p> <p>1.202</p> <p>1.204</p>

# FULL EVENT SCHEDULE

## SATURDAY, OCTOBER 28

Time	Program Details	Room
10:00 am	<p><b>Conversations Over Coffee</b></p> <p><b>Group 1 Topics:</b></p> <ul style="list-style-type: none"> <li>Professional and Career Development</li> <li>Harm Reduction</li> </ul> <p><b>Group 2 Topics:</b></p> <ul style="list-style-type: none"> <li>Healthcare Access</li> <li>Preparing for Future Pandemics</li> <li>Health Equity post-DEI</li> </ul> <p><b>Group 3 Topics:</b></p> <ul style="list-style-type: none"> <li>AI and Technology in Public Health</li> <li>Chronic Disease Prevention</li> <li>The Role of Community Health Workers</li> </ul>	<p>1.208</p> <p>1.202</p> <p>1.204</p>
10:45 am	<p><b>Session 5 - Advocacy</b></p> <p><b>PLENARY</b></p> <p><b><i>The Impact of “UTHealthCares” Community Fair: A Comprehensive Analysis and Evaluation</i></b> Connor Fritz, McGovern Medical School</p> <p><b><i>State Sexual Health Education Policies and Sexual Behaviors Among Adolescents in the United States</i></b> Sarah Schwarz, Miguel Pinedo, University of Texas at Austin</p> <p><b><i>Barriers to long-acting PrEP uptake in transgender and gender expansive Texans: Medical mistrust, medical distrust, and autonomy</i></b> Phillip Schnarrs, University of Texas at Austin</p>	1.208
11:45 am	<p><b>Closing Keynote</b></p> <p><b><i>Collaboration: Achieving Better Health Together</i></b> Heidi Hagen McPherson, UTHealth School of Public Health - Houston</p>	1.208
12:20 pm	<p><b>TSOPHE Awards</b></p>	1.208
12:30 pm	<p><b>Closing Remarks</b> by Ghia Johnson, TSOPHE President-Elect</p>	1.208



# SPONSORS & EXHIBITORS

We are immensely grateful to our esteemed sponsors for their crucial role in making TSOPHE 2023 a reality. Their unwavering support and dedication to advancing health education have helped create an exceptional platform for learning, collaboration, and innovation.



The University of Texas at Austin  
Dell Medical School



The University of Texas at Austin  
Latino Research Institute  
*College of Liberal Arts*



SCHOOL OF HEALTH  
PROMOTION & KINESIOLOGY  
TEXAS WOMAN'S UNIVERSITY

TEXAS  STATE  
UNIVERSITY

Department of Health and Human Performance




TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

 UTHealth Houston  
School of Public Health



 UTHealth  
Houston  
McWilliams  
School of Biomedical  
Informatics



## **INDIGENOUS LAND ACKNOWLEDGEMENT**

Texas SOPHE acknowledges that the venue for the 2023 TSOPHE Conference sits on indigenous land. The Tonkawa lived in central Texas and the Comanche and Apache moved through this area. Today, various indigenous peoples from all over the globe visit Austin and/or call it home. We are grateful to be able to host the conference here.

## **HEALTH & SAFETY**

The health and safety of all participants and their families and colleagues is our top priority. Thank you for your support as we plan our meeting. Vaccinations are strongly recommended for all attendees, exhibitors and volunteers. Mask wearing is recommended indoors and will be at the discretion of the participants.

## **ACCREDITATION & CONTINUING EDUCATION**

Attendees have the opportunity to earn 9 CHES or MCHES credits. In order to receive full credit, participants should complete the evaluation for each session they attend and provide their certification number. CPH certified participants can also receive certificates to submit sessions attended for continued certification.





## **TSOPHE 2023 Executive Board**

Haley Delgado, PhD(c), MPH, Past President

Lisa Blackwell, MPH, CHES, President

Ghia Johnson, MPH, CHW, President-Elect

Brittany Buchanan, MPH, Secretary

Shelby Flores-Thorpe, PhD, MEd, CHES, Treasurer

Eva Gonzalez, MSSW, MPH, National Delegate to SOPHE

Joshua Yudkin, PhD, MPH, MA, Board Member

Kira Swensen, MPH, Board Member

Ricardo Garay, CHW, CHWI, Board Member

Emily Levin, MPH, RDN, Board Member

Charlie Moses, MA, Graduate Board Member

## **Special Thanks To Our Conference Volunteers:**

Kathleen Hanley

Sherry Williams

Tuate Dambo

Aliyu Tijani

Albina Hashmi

Assem Kassymova

Kaylee Yu

Jessh Mondesir

[www.txsophe.com](http://www.txsophe.com)  
[texasophe@gmail.com](mailto:texasophe@gmail.com)  
[#TSOPHE2023](https://twitter.com/TSOPHE2023)

