



SPAN 2021-2023

exploring the health of Texas students

Who?

Texas SPAN is conducted with about 50 2nd, 4th, 8th, and 11th grade students at randomly selected schools across Texas.

Notable Facts:

SPAN has been carried out since 2000.

To date, over 80,000 students and their school districts have participated!

What?

The project consists of a student questionnaire* that assesses physical activity and nutrition behaviors, student height and weight measurements, and school environment observations.

*English and Spanish surveys will be available online and in paper form.

When?

This is a **one-time commitment** that will occur during the 2021 - 2022 or 2022 - 2023* school year on a day that is convenient for the schools.

The total time for measurements is no more than one class period.

*2022 - 2023 is an option if school access is limited in 2021 - 2022.

Why Participate?

1. The vital health information collected is used to create and improve health programs for students and families across Texas.
2. This is a unique opportunity to compare health data for Texas youth pre- and post COVID 19.
3. Districts, schools, teachers, parents, and students receive benefits such as project results and health-related resources.

What will UTHealth do?

1. Comply with all safety guidelines, and provide all PPE to safely carry out study.
 2. Provide all materials, equipment, supplies, and incentives.
 3. Conduct height and weight measurements.
- UTHealth will do the heavy lifting to make participation a smooth and fun experience.

How can schools assist?

1. Work with UTHealth to schedule a day for measurements.
2. Instruct UTHealth in the best way to distribute and collect student consent forms.
3. Help with student behavior management, if needed.

NUTS AND BOLTS:

All FERPA and Human Subjects Research guidelines are followed. Student privacy is ensured. No individual district, school, parent, or student data will be reported or published. Texas SPAN data adds contextual depth to FITNESSGRAM and provides representative data on obesity at the state level.

SPAN is conducted by researchers at the Michael & Susan Dell Center for Healthy Living at The University of Texas Health Science Center at Houston (UTHealth) School of Public Health in Austin, with funding from the Texas Department of State Health Services (DSHS).

CONTACT:

If you have questions or would like more information about the Texas SPAN project, please contact us.

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