

# WHOLE COMMUNITIES WHOLE HEALTH

A UT Grand Challenge

## Why do some children in Central Texas thrive in the face of adversity while others struggle and fall behind?

Whole Communities—Whole Health is a team dedicated to rethinking “research as usual” to find answers to that question. And we are asking community members to partner with us on this journey of discovery every step of the way.

Your first-hand knowledge and practical insight into the complex causes of childhood adversity will lay the foundation for our work. In return, we are in this for the long haul—sharing access to technology, resources, real-time information and research results with the people “on the ground” who can best put it to use.

At the end of the day, we hope to celebrate the transformation in health and wellbeing that occurs when we put the power of putting scientific discovery in the hands of community members who have historically been left out of the conversation.



## WHOLE COMMUNITIES

The study starts by listening to community members and learning what matters most to them.

Vulnerable groups, often overlooked in research, will be welcomed as partners.

Participating families get access to user-friendly results so the power of information is shared.

Long-term partnerships mean results are shared with the community so everyone benefits.

## WHOLE HEALTH

Advances in information technology allow us to look at several influences on overall health and wellbeing at once.

Cutting-edge technology accessible by custom apps gives families real-time health information they can use.

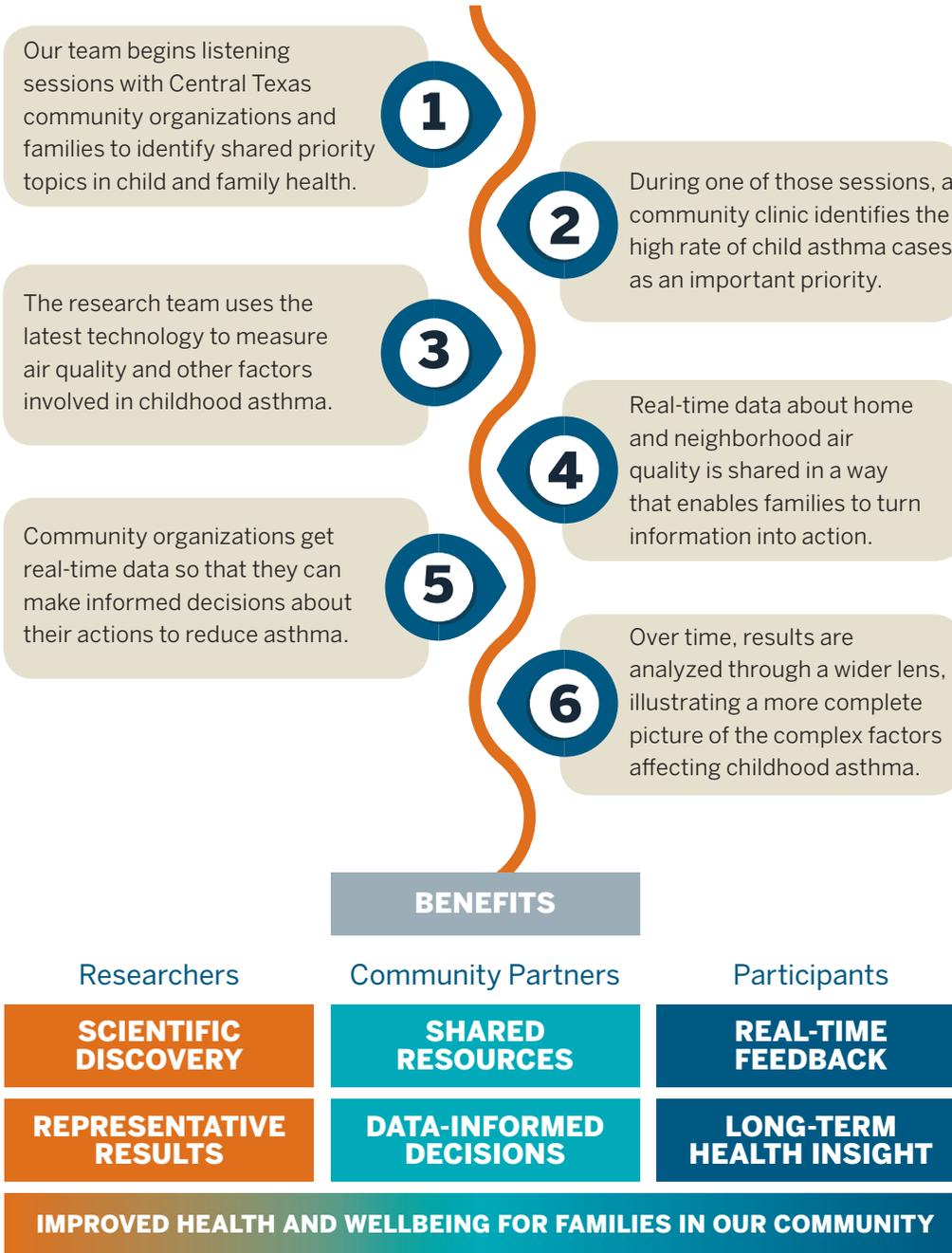
Community partners can use findings to help create health policies and programs that reflect the experiences of families in their neighborhoods.

Changing the way science helps society thrive is our grand challenge.

# HOW COULD THIS PARTNERSHIP WORK?



Here's one example of how partnering with the Whole Communities—Whole Health team could help us understand and improve one component of health in Central Texas: childhood asthma.



We won't just focus on a single health factor like air quality, however. We want to see the whole picture of community health—not just a snapshot. The possibilities are endless:

- Relationships
- Active learning
- Gentrification
- Child-caregiver interactions
- Food insecurity
- Water quality
- Brain health
- Trauma-informed care
- Access to green space
- Nutrition & exercise
- Changing family dynamics
- Community support networks
- Health communication
- Social-emotional learning

Let us know how we can work together to put the latest advances in health, behavioral, and environmental science to work for the good of our community.

To learn more about partnering with us, please contact us at [WCWH@austin.utexas.edu](mailto:WCWH@austin.utexas.edu).