



ADVANCE

Accelerating Research for Healthier People, Environments and Economies

Agriculture holds the promise to lower health care costs and save lives, and the IHA delivers the research that will shape our future food systems in a way that improves public health while considering the economic impact to producers and the effects on our environment.

As such, the IHA brings together experts across many disciplines, including agriculture, nutrition, behavioral, social and life sciences, engineering, data and computation science, and economics. IHA researchers work collaboratively to develop solutions to some of the most pressing issues facing the food and agriculture systems today in a manner that can support human, environmental and economic health.



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**INSTITUTE FOR ADVANCING
HEALTH THROUGH AGRICULTURE**

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TEXAS A&M
AGRI LIFE

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HEALTHY LIVING

Advancing health
equity for underserved
populations through
community-engaged
research initiatives



The Institute for Advancing Health Through Agriculture

The Institute for Advancing Health through Agriculture, IHA, is the world's first academic institute to bring together precision nutrition, responsive agriculture and social and behavioral healthy living research to reduce diet-related chronic disease and lower health care costs in a way that supports producers and the environment.

Within the IHA, healthy living researchers develop, evaluate and disseminate community-engaged health promotion and chronic disease prevention intervention programs that integrate individual, sociocultural, environmental and policy/system-level factors.

Healthy Living Research

Healthy living scientists conduct impactful, innovative community-engaged intervention research to improve the lives of all Texans and beyond. Specifically, our projects seek to improve physical and mental health, especially within communities disproportionately affected by diet-related chronic disease.

Currently, IHA healthy living researchers are conducting multiple studies throughout the state of Texas. The following are projects that are underway or will be underway shortly:

- Rural cancer prevention intervention studies using mobile technologies
- Fruit and vegetable prescription (known as Produce Rx) program intervention with children and adults of low-income
- Middle school civic engagement study
- School wellness policy implementation study
- Digital adaptation and testing of an evidence-based heart health intervention
- School gardening and nutrition education intervention study

IHA Mobile Health Assessment Centers

IHA healthy living researchers use innovative Mobile Health Assessment Centers, MHAC, to advance research efforts throughout the state. The mobile centers provide researchers with access to reach underserved populations, promoting health equity and reducing health disparities.

In their mission of conducting cutting-edge social and behavioral research across the state, mobile centers are a visual symbol of the novel technologies and community-engaged research initiatives that the IHA aims to spearhead. The mobile centers serve as a coordination point for collaboration, inspiration, innovation and community transformation toward healthy living.

