



NEWS RELEASE

Endometriosis Foundation of Houston

Maria Mamora

626-304-1690

info@efhou.org



Eighty-Six the Endo



PROJECT ENDO

November 6, 2023

EMPOWERING HOUSTON PUBLIC SCHOOLS: ENDOMETRIOSIS FOUNDATION OF HOUSTON TAKES ACTION TO RAISE AWARENESS FOR ENDOMETRIOSIS

The nonprofit will provide endometriosis education to nurses working in junior and senior high schools in the Houston Independent School District

[Houston, Texas, November 6] - The [Endometriosis Foundation of Houston](https://www.efhou.org) (EFHou) has launched its new pilot program, [ENDO EDU](#), which will take place in the [Houston Independent School District](https://www.hisd.org) (HISD). This fall, the nonprofit organization will host a workshop for school nurses to educate them about the symptoms of endometriosis in

adolescents. During the training, nurses will learn about common misconceptions regarding endometriosis and receive resources to support students and their families. This program will serve to promote disease recognition and early intervention while fostering empathy for the estimated 10,000 girls in HISD schools suffering from this disease.

This project is being funded by a generous grant from the [HISD Foundation](#), which is dedicated to supporting the Houston Independent School District and its mission of providing every student with a consistently rigorous education in a safe environment. Collaborating with critical stakeholders in the endometriosis community is vital in making these efforts possible. Nurses who take part in the program will have the opportunity to view [Endo What?](#), receive access to [Project Endo's](#) Menstrual Health Toolkit, and will be eligible to obtain continuing education credits through [Northeastern University](#). Students at risk for endometriosis will also have access to a free, downloadable copy of the [Eighty-Six the Endo Weekly Planner](#) to help them keep track of symptoms. EFHou is partnering with a behavioral scientist with experience in survey development and analysis to ensure data are collected, analyzed, and interpreted in accordance with current peer-reviewed scientific standards.

“We are proud to be leading this effort in one of the largest school districts in the US. School nurses have an important role in recognizing chronic health conditions in students, and this project presents a tremendous opportunity to implement a comprehensive curriculum at scale,” said EFHou president Alison Landolt. “Key members of the endometriosis community are working together to help educate and empower students and their families about the disease. Our goal is to improve health and social outcomes for Houston’s children.”

Leisa Stokes, a Houston-area mother of a daughter who has endometriosis shares her experience:

“During high school, my daughter suffered from chronic and incapacitating endometriosis pain, as well as accompanying symptoms that were equally debilitating. As her mother and advocate, I found the resources provided by EFHou to be an absolute game changer. Before we found this group, we were truly lost as to where to turn, what care to seek and what doctor to use. I feel that EFHou’s efforts to educate Houston school nurses about endometriosis will be not just beneficial but vital for both students suffering from endometriosis and their parents as well. When a student is suffering, a parent needs readily available resources in order to advocate for their child. This program will equip school nurses to educate students and parents on how to seek proper care, and in turn, that care will enable students to move toward turning their focus from constant pain and associated symptoms to their education and a better quality of life.”

[Burge & Board](#), a local Houston catering company owned by a woman with endometriosis, will be catering the event on November 10th.

ENDO EDU

Endometriosis is a progressive, systemic disease impacting the whole body. It affects 1 in 10 women and girls, yet there is an average 10-year delay in diagnosis. Early recognition and diagnosis are key to disease management. School nurses play a pivotal role in making that happen. By engaging nurses on the front lines of adolescent care, we can improve disease recognition and help prevent diagnostic delays. This means giving students in our community a better chance of success through better health.

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About the Endometriosis Foundation of Houston:

Established in 2019, the Endometriosis Foundation of Houston (EFHou) is a 501(c)(3) tax-exempt, charitable organization created with the purpose of increasing disease recognition, offering vital support services to tens of thousands of individuals battling with endometriosis in the Bayou City and helping connect patients, communities, stakeholders and healthcare providers to promote advocacy programs nationwide.

EFHou provides reliable, accurate information to those battling the disease and seeks to address the ongoing need for endo awareness, advocacy, legislative support, and research assistance.