

# CRCPHP Fall NEWSLETTER 2018



THE UNIVERSITY OF ARIZONA  
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH

Canyon Ranch Center  
for Prevention & Health  
Promotion



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## Healthy 2B Me Summer Camp 2018

It was another fun summer camp experience for our campers and Center staff! Our sixth year of camp offered four week-long sessions, reaching nearly 60 youth in Southern Arizona. The campers enjoyed a full week of our unique interactive camp. In addition to a great foundation of public health messaging, this year's campers were introduced to Japanese culture by one of our public health interns. Our student interns were able to engage with the children and share their individual public health experiences once again to make this a truly rewarding experience for all.

A special thank you to our donors who so generously continue donating to this wonderful learning experience, to our community partners including The Primavera Foundation, to our UA partners and to the camp staff for all of their hard work and dedication to the children of our community. We could not offer a camp like this without all of you!!!



# Healthy Eating:

## Portobello Fajitas

### **Ingredients**

- |                           |  |
|---------------------------|--|
| ◇3 garlic cloves, peeled  | ◇1/2 tsp sea salt                            |
| ◇1 tsp ground cumin seeds | ◇1/2 tsp white pepper                        |
| ◇1 tsp ground coriander   | ◇3 large Portobello mushrooms, without stems |
| ◇2 tbsp olive oil         | ◇1 orange bell pepper                        |
| ◇4 tbsp lime juice        | ◇1 medium white onion, diced                 |
| ◇1 minced jalapeno        | ◇1 large red tomato, diced                   |
| ◇1 tsp dried oregano      | ◇1 tbsp tomato paste                         |



Recipe from *Decolonize Your Diet* by Luz Calvo & Catriona Rueda Esquibel.

### **Preparation**

- ◆ Mash garlic with cumin and coriander forming a paste.
- ◆ In a bowl, combine paste with olive oil, lime juice, jalapeno, oregano, salt, and pepper; whisk together.
- ◆ Slice mushrooms, bell peppers and onions in strips and toss with marinade, sitting 15-30 minutes.
- ◆ Heat olive oil on medium heat adding marinated vegetables and diced tomato.
- ◆ Cover and cook for 15 minutes, stirring occasionally.
- ◆ Add tomato paste to create sauce. Lower heat and cook for an additional 10 minutes.

### **Nutritional Information**

Calories: 305 | Fat: 15g | Protein: 8g | Carbohydrates: 40g | Dietary Fiber: 7g

## Food As Medicine Spotlight: *Portobello Mushroom*



Portobello mushrooms are native to grasslands in Europe and North America. This specific mushroom is described as a mature white button mushroom with a meaty texture. This widely consumed mushroom is a good source of Vitamin D, riboflavin and niacin. They are fat free and low in calories. They are available at most local grocery stores at a reasonable cost and are an excellent substitute for meat products.

1. Zhang JJ et al. Bioactives and Health benefits of Mushrooms Mainly from China. *Molecules*. 27(7): pii: E938. doi: 10.3390/molecules21070938. PMID: 27447602.

## *The University of Arizona Mel and Enid Zuckerman College of Public Health and the Canyon Ranch Center for Prevention & Health Promotion School Based Obesity Prevention Project*

The University of Arizona Mel and Enid Zuckerman College of Public Health and the Canyon Ranch Center for Prevention & Health Promotion is thrilled to announce an exciting, evidence based, comprehensive school obesity prevention program that will begin in the Fall of 2018 in Tucson, Arizona schools. This wellness initiative has been adapted from the University of Michigan program **Project Healthy Schools (PHS)**. **PHS** is an interactive, evidence-based nutrition and physical activity curriculum that has been successfully implemented in schools throughout Michigan schools since 2004. The **PHS** program caught the attention of Dr. Frank Marcus, a Professor Emeritus of Medicine at the University of Arizona, College of Medicine, in Tucson, Arizona. Dr. Marcus has been an innovative leader recognized nationally and internationally in cardiovascular research. Concerned about the health of today's youth, and the continuous rise in obesity rates in the U.S. over the past 30 years, Dr. Marcus has guided our efforts to bring PHS to Tucson. He is on a mission to help combat this concerning health problem impacting children and adolescents in Arizona, as well as, the nation. **Project Healthy Schools** has five main goals of dissemination and implementation to school age children.

The goals include:

- Eat more fruits and vegetables.
- Choose less sugary foods and beverages.
- Eat less fast and fatty food.
- Be active every day.
- Spend less time in front of a screen.



**Project Healthy Schools** has been adapted and will be implemented at Saints Peter and Paul School by The University of Arizona (UA) MEZCOPH Service Based Learning Students this fall. Sabrina Plattner, M.Ed is the Health Educator leading coordination of the UA Project Healthy Schools program. Sabrina Plattner has over fourteen years of experience in the area of health promotion and obesity prevention programming and is thrilled to be a part of the **Project Healthy Schools** initiative and implementation. “**Project Healthy Schools** is a cutting edge obesity prevention program and it will be exciting to adapt and implement **PHS** in schools within the Tucson area who are champions of health and wellness for their students and school community.” said Mrs. Plattner.

