February 2020 Newsletter
In This Issue:

Upcoming Community Events
Our Programs
Healthy Recipe
Food as Medicine
Member Publications
UPCOMING COMMUNITY EVENTS

**Sunday February 9:** 8:00 a.m. Wildcat Marathoners Fun Run at the University of Arizona, Main Gate Square

**Friday February 14:** Love Your Heart Event, sites across Tucson

---

OUR CENTER PROGRAMS

**HEALTHY 2B ME SUMMER CAMP**
This year marks the 8th year of our Healthy 2B Me Summer Camp. We are in preparing for another great year of our public health and wellness camp!
For more information and to register please contact Nicole Bergier at 520-626-5470 or nbergier@email.arizona.edu

**MUJERES Y NINAS (WOMEN & GIRLS)**
Mujeres y Niñas (Women & Girls) started its sixth semester on January 15th. Developed by Lindsay Bingham, MPH (CRCPHP) in partnership with the YWCA Southern Arizona, the program features 13 weeks of holistic, comprehensive, and culturally tailored sexuality education for Latina mothers or caregivers and their adolescent daughters. Each two-hour session includes a new sexuality topic, ranging from reproduction and sexual identity to assertive communication and body image. Families learn about contemporary issues – including enthusiastic consent, privacy and boundaries, stalking, and the influence of social media on self-esteem and sexuality – with the goal of promoting wellness and preventing disease, unintended pregnancy, and violence by continuing important discussions at home.
In 2019, over 30 families graduated the program. Post-program evaluation concludes that mothers and caregivers are initiating more conversations about sexuality with their daughters and feel more confident as educators and parents. At program endpoint, daughters have experienced improvements in body satisfaction, are frequently seeking help from adults (versus their peers or friends), and feel more prepared to manage developmental changes during adolescence.

Mujeres y Niñas is offered in Spanish and English at the YWCA Southern Arizona (525 N
Bonita Ave, Tucson, AZ 85745). Enrollment is open!

**UA PROJECT HEALTHY SCHOOLS (PHS)**

UA Project Healthy Schools (PHS) is beginning the fourth semester of the evidence based Childhood Obesity Prevention Program. Over 200 middle school students at Saints Peter and Paul Catholic School have participated in the ten PHS lessons on developing healthy eating and physical activity habits. According to the PHS self-reported survey 68% of the students reported that they are more aware of healthy behaviors and why it is important. Seventy-two percent of the PHS students reported eating more fruits and vegetables daily and 53% are choosing less sugary foods and beverages.

**WILDCAT MARATHONERS (WM)**

In the fall of 2019 the CRCPHP in collaboration with the UA Cooperative Extension and the Southern Arizona Road Runners organization kicked off the Wildcat Marathoners (WM) running and walking program in four Pima County Elementary Schools. The WM program is to encourage students to be physically active during their lunchtime recess by logging miles that reach a half marathon or marathon distance. There are over 550 students participating in this physical activity initiative designed to promote healthy activity options at their respective schools. Participating WM students are invited to the one-mile fun- run on the University of Arizona campus Sunday, February 9, 2020 at 8:00 AM. These students from each of the four schools have the opportunity to receive a UArizona Red Superhero cape after they complete the last mile at the Wildcat Marathoner’s Fun-run and celebrate their accomplishment!

---

**HEALTHY RECIPE: Spring Vegetable Minestrone**

Preparation 20 minutes | Makes 4 large servings

**Ingredients**

- 4 baby bok choy, or 1/2 a large bok choy
- 1 onion, chopped
- 1 carrot, sliced
- 1 pint cherry tomatoes, or 726-mL can diced tomatoes, drained
- 900-mL carton, chicken broth
- 1/4 cup tubetti pasta, or tiny farfalle pasta
- 540-mL can, white kidney beans
- 1/4 cup, chopped fresh dill

**Preparation**

- Rinse bok choy, separating leaves slightly to remove grit. Slice lengthwise into quarters. If using large bok choy, thinly slice. It should measure about 4 cups (1 L).
- Prepare onion and carrot. Add onion, carrot and tomatoes to a large saucepan set over medium heat. Stir, then pour broth. Increase heat to medium-high and bring to a boil. Add pasta and cook until just tender, 5 to 10 minutes.
- While pasta is cooking, drain and rinse beans. Stir into soup along with bok choy. Simmer until bok choy starts to wilt, 3 more minutes. Stir in dill. Ladle into bowls and enjoy with crusty bread.

**Nutritional Information**

Calories: 214 | Protein: 14.7 g | Carbohydrates: 33.6 g | Fat 2.7 g
Fiber 8.7 g | Sodium 843 mg

---

**FOOD AS MEDICINE SPOTLIGHT:**

**Dill**

Dill, originally from the eastern Mediterranean region and western Asia, has many benefits and uses. This herb, also known as dill weed, is apart of the celery family and can be used for a variety of dishes from soups to salads. Dill is an excellent source of vitamin A and C, riboflavin, calcium, magnesium, folate and manganese among others. In addition, the leaves and roots from dill are rich in flavonoids, tannins, terpenoids, and cardiac glycosides.
giving the herb pharmacological properties as well.


---

**MEMBER PUBLICATIONS**


