



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

Canyon Ranch Center for Prevention & Health Promotion

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.

1. Sun J. D-Limonene: safety and clinical applications.

Altern Med Rev. 12(3): 259-264. PMID: 18072821

2. Goodarzi MT et al. The role of anethum graveolens L.

(Dill) in the management of diabetes. *J Trop Med.* 2016.

Pmid: 27829842.



MEMBER PUBLICATIONS

1. Ajiboye AS, **Gordon JS**, Fox CH, Garcia RI. Oral Health Effects of Tobacco Products: Science and Regulatory Policy. *J Dent Res.* 2019;98(11):1168-1172.PMID: 31538869

2. Anderson EJ, Krause KC, Meyer Krause C, Welter A, McClelland DJ, **Garcia DO**, et al. Web-Based and mHealth Interventions for Intimate Partner Violence Victimization Prevention: A Systematic Review. *Trauma Violence Abuse.* 2019;1524838019888889.PMID: 31742475

3. Badger TA, Segrin C, Sikorskii A, Pasvogel A, **Weihl K**, et al. Randomized controlled trial of supportive care interventions to manage psychological distress and symptoms in Latinas with breast cancer and their informal caregivers. *Psychol Health.* 2020;35(1):87-106.PMID: 31189338

4. Boland EM, Goldschmied JR, Kelly MR, Perkins S, Gehrman PR, **Haynes PL**. Social rhythm regularity moderates the relationship between sleep disruption and depressive symptoms in veterans with post-traumatic stress disorder and major depressive disorder. *Chronobiol Int.* 2019;36(10):1429-1438.PMID: 31368369

5. Chebet JJ, **Thomson CA**, Kohler LN, et al. Association of Diet Quality and Physical Activity on Obesity-Related Cancer Risk and Mortality in Black Women: Results from the Women's Health Initiative. *Cancer Epidemiol Biomarkers Prev.* 2020.PMID: 31915146

6. **Crane TE**, Latif YA, Wertheim BC, Kohler LN, **Garcia DO**, Rhee JJ, Seguin R, Kazlauskaitė R, Shikany JM, **Thomson CA**. Does Season of Reported Dietary Intake Influence Diet Quality? Analysis From the Women's Health Initiative. *Am J Epidemiol.* 2019;188(7):1304-1310.PMID: 31081854

7. Follis SL, **Bea J**, **Klimentidis Y**, et al. Psychosocial stress and bone loss among postmenopausal women: results from the Women's Health Initiative. *J Epidemiol Community Health.* 2019;73(9):888-892.PMID: 31289118

8. **Garcia DO**, Valdez LA, Aceves B, et al. A Gender- and Culturally Sensitive Weight Loss Intervention for Hispanic Men: Results From the Animo Pilot Randomized Controlled Trial. *Health Educ Behav.* 2019;46(5):763-772.PMID: 31216875
9. German CA, Sinsheimer JS, **Klimentidis YC**, Zhou H, Zhou JJ. Ordered multinomial regression for genetic association analysis of ordinal phenotypes at Biobank scale. *Genet Epidemiol.* 2019.PMID: 31879980
10. Jacobs ET, Foote JA, Kohler LN, Skiba MB, **Thomson CA**. Re-examination of dairy as a single commodity in US dietary guidance. *Nutr Rev.* 2020.PMID: 31904838
11. Morrill KE, Lopez-Pentecost M, Ballesteros G, Pfander JL, **Hingle MD, Klimentidis YC, Thomson CA, Garcia DO**. Weight loss interventions for Hispanic women in the USA: a protocol for a systematic review. *Syst Rev.* 2019;8(1):301.PMID: 31787110
12. Papp EM, **Gerald JK**, Sadreameli SC, **Gerald LB**. Why Every School Should Have a Stock Inhaler: One Nurse's Experience. *Am J Public Health.* 2019;109(11):1528-1529.PMID: 31577486
13. Press VG, **Gerald JK**. High-Deductible Health Plans Make the Chronically Ill Pay More for Less. *Ann Am Thorac Soc.* 2020;17(1):30-31.PMID: 31891306
14. Rivers P, **Hingle M**, Ruiz-Braun G, Blew R, Mockbee J, Marrero D. Adapting a Family-Focused Diabetes Prevention Program for a Federally Qualified Health Center: A Qualitative Report. *Diabetes Educ.* 2020:145721719897587.PMID: 31910747
15. Rojo-Wissar DM, McQuaid JR, Ancoli-Israel S, Gengler DN, **Haynes PL**. Maternal Bonding Predicts Actigraphy-Measured Sleep Parameters in Depressed and Nondepressed Adults. *J Nerv Ment Dis.* 2020;208(1):33-37.PMID: 31738224
16. Salerno Valdez E, Korchmaros J, Sabo S, **Garcia DO**, Carvajal S, Stevens S. How the U.S.-Mexico border influences adolescent substance use: Youth participatory action research using photovoice. *Int J Drug Policy.* 2019;73:146-155.PMID: 31353247
17. Santos EM, Coalson JE, Jacobs ET, **Klimentidis YC**, et al. Bed net care practices and associated factors in western Kenya. *Malar J.* 2019;18(1):274.PMID: 31412865
18. Segrin C, Badger TA, Sikorskii A, Pasvogel A, **Wehls K**, et al. Longitudinal dyadic interdependence in psychological distress among Latinas with breast cancer and their caregivers. *Support Care Cancer.* 2019.PMID: 31707502
19. Skiba MB, Kohler LN, **Crane TE**, Jacobs ET, Shadyah AH, Kato I, Snetselaar L, Oi L, **Thomson CA**. The Association between Prebiotic Fiber Supplement Use and Colorectal Cancer Risk and Mortality in the Women's Health Initiative. *Cancer Epidemiol Biomarkers Prev.* 2019;28(11):1884-1890.PMID: 31455673
20. Skiba MB, McElfresh JJ, Howe CL, **Crane TE**, Kopp LM, Jacobs ET, **Thomson CA**. Dietary Interventions for Adult Survivors of Adolescent and Young Adult Cancers: A Systematic Review and Narrative Synthesis. *J Adolesc Young Adult Oncol.* 2020.PMID: 31904297
21. Smith TW, **Wehls K**. Emotion, Social Relationships, and Physical Health: Concepts, Methods, and Evidence for an Integrative Perspective. *Psychosom Med.* 2019;81(8):681-693.PMID: 31415000
22. Sur B, Cleary A, Rohrbaugh MJ, Ferrer E, **Sbarra DA**. Beyond the "self" in self-regulation: Family interaction modulates situational self-control by adolescent drug users. *J Fam Psychol.* 2019.PMID: 31647257

23. Thornton PL, Kumanyika SK, Gregg EW, Araneta MR, Baskin ML, Chin MH, Crespo CJ, de Groot M, **Gardica DO**, et al. New research directions on disparities in obesity and type 2 diabetes. *Ann N Y Acad Sci.* 2019.PMID: 31793006

[Find Out More](#)



Copyright © 2020 **|LIST:COMPANY|**, All rights reserved.

|LIST:DESCRIPTION|

Our mailing address is:

|LIST_ADDRESS_HTML|

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

