

Healthy Eating: Stuffed Butternut Squash

Adapted from: <https://www.ourlifetastesgood.com/>

Ingredients:

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| ◇ Butternut squash | ◇ 1/2 cup black beans |
| ◇ 3 tablespoons butter | ◇ 2 cups salsa |
| ◇ Salt (optional) | ◇ 1 cup corn |
| ◇ 1 cup Basmati rice | ◇ 1 teaspoon cumin |
| ◇ 2 cups of chicken or vegetable broth | ◇ 1 teaspoon chili powder |
| ◇ 1/2 cup cheddar cheese | ◇ 1 teaspoon garlic powder |



Preparation for butternut squash bowls:

- ◆ Preheat oven to 400.
- ◆ Clean outside of the squash & cut in half.
- ◆ Scoop seeds out and place, face up, on baking sheet.
- ◆ Melt 1 tablespoon of butter and brush on each half of the squash.
- ◆ Sprinkle each half with salt as needed & roast for 50-60, until squash is soft.

Preparation for the rice:

- ◆ Melt 2 tablespoons butter in a large skillet and add 1 cup Basmati rice & cook until lightly toasted.
- ◆ Add 2 cups of broth, bringing to a boil. Cover and simmer on low for 15-20 minutes.
- ◆ Mix cheese, black beans, salsa, corn, cumin, chili powder and garlic powder.
- ◆ Spoon rice mixture into the squash bowls and enjoy!

Nutritional Information: per serving

Calories: 300 | Fat: 6.6g | Protein: 8.4g | Carbohydrates: 57g | Dietary Fiber: 9.8g

Food As Medicine Spotlight: Cumin



Cumin is the dried seed of the herb *Cuminum Cyminum* (part of the parsley family) and native to the Middle East and China. This spice has been used for thousand of years as a traditional ingredient in many recipes and spice blends. Ancient Greeks used cumin as a table condiment, much like the modern use of ground pepper today.

Although research is limited on the health benefits of cumin a few studies have shown positive effects on insulin metabolism and suggest that cumin can reduce risk factors associated with metabolic syndrome.

1. Taghizadeh M et al. Effect of the Cumin *Cuminum L.* Intake on Weight Loss, Metabolic Profiles and Biomarkers of Oxidative Stress in Overweight Subjects: A Randomized Double-Blind Placebo-Controlled Clinical Trial. *Ann Nutr Metab.* 66(2-3): 117-124, 2015. PMID: 25766448.
2. Zare R et al. Effect of Cumin Powder on Body Composition and Lipid Profile in Overweight and Obese Women. *Complement Ther Clin Pract.* 20(4): 297-301, 2017. PMID: 25456022.

Project Healthy Schools Fall 2019 Update

This fall the *Project Healthy Schools (PHS)*, an interactive and innovative childhood obesity prevention program, partnered with Saints Peter & Paul School (SSP) and the UA MEZCOPH Service Based Learning Course students to implement the 10 *PHS* Nutrition and Physical Activity lessons curriculum to two 6th grade classrooms. The *SSP* students learned about the **five** main *PHS* goals: 1. Eat more fruits and vegetables 2. Choose less sugary foods and beverages 3. Eat less fast and fatty foods 4. Be active every day 5. Spend less time in front of screens. The UA students enjoyed working with the 6th grade students and were thrilled to receive positive thank you notes from them.



Obesity Think Tank

The Obesity Think Tank (*OTT*) brainstorming session was initiated by Center Director, Cynthia Thomson, to address the obesity epidemic in our community and nationwide by sharing ideas and brainstorming ways to expand efforts in childhood obesity with UA experts in a variety of fields.

The keynote lecture was given by Dr. Erin Hennessy, a Research Assistant Professor, at the Tufts University Friedman School of Nutrition Science and Policy where she leads an active research program within the ChildObesity180 initiative. Dr. Hennessy shared the progress the program has made in the Boston area to reduce obesity rates over the last 15 years.



Faculty members from several UA colleges and departments participated in the afternoon session to discuss ways that the UA and Pima County can work together to help reduce the rising obesity rates in Arizona. The group agreed that future strategical meetings are needed. More group discussions will be organized in the future.





On The Research Front

Member Publications

- ◆ Allen A, Carlson SC, Bosch TA, Eberly LE, Okuyemi K, Nair U, **Gordon JS**. High-intensity Interval Training and Continuous Aerobic Exercise Interventions to Promote Self-initiated Quit Attempts in Young Adults Who Smoke: Feasibility, Acceptability, and Lessons Learned From a Randomized Pilot Trial. *J Addict Med*. 2018 Sep/Oct;12(5):373-380. PMID: 29762196.
- ◆ Arthur R, Brasky TM, **Crane TE**, Felix AS, Kaunitz A, Shadyab AH, Qi L, Wassertheil-Smoller S, Rohan TE. A Healthy Lifestyle Index in Relation to Risk of Endometrial and Ovarian Cancer Among Women in the Women's Health Initiative Study. *Am J Epidemiol*. 2018 Nov 8. PMID:30407487.
- ◆ Brasky TM, Kabat GC, Ho GYF, **Thomson CA**, Nicholson WK, Barrington WE, Bittoni MA, Wassertheil-Smoller S, Rohan TE. C-reactive protein concentration and risk of selected obesity-related cancers in the Women's Health Initiative. *Cancer Causes Control*. 2018 Sep;29(9):855-862. PMID: 30046933.
- ◆ **Gerald JK**, Fisher JM, Brown MA, Clemens CJ, Moore MA, Carvajal SC, Bryson D, Stefan N, Billheimer D, **Gerald LB**. School-supervised use of a once-daily inhaled corticosteroid regimen: A cluster randomized trial. *J Allergy Clin Immunol*. 2018 Aug 14. pii: S0091-6749(18)31134-5. PMID:30118728.
- ◆ Hetherington-Rauth M, Bea JW, Blew RM, Funk JL, **Hingle MD**, Lee VR, Roe DJ, Wheeler MD, Lohman TG, Going SB. Relative contributions of lean and fat mass to bone strength in young Hispanic and non-Hispanic girls. *Bone*. 2018 Aug;113:144-150. PMID: 29800691.
- ◆ Janda M, Horsham C, Koh U, Gillespie N, **Loescher LJ**, Vagenas D, Soyer HP. Redesigning Skin Cancer Early Detection and Care Using a New Mobile Health Application: Protocol of the SKIN Research Project, a Randomised Controlled Trial. *Dermatology*. 2018 Nov 7:1-8. PMID: 30404085
- ◆ Koh U, Horsham C, Soyer HP, **Loescher LJ**, Gillespie N, Vagenas D, Janda M. Consumer Acceptance and Expectations of a Mobile Health Application to Photograph Skin Lesions for Early Detection of Melanoma. *Dermatology*. 2018 Nov 7:1-7. PMID: 30404081.
- ◆ Rillamas-Sun E, LaMonte MJ, Evenson KR, **Thomson CA**, Beresford SA, Coday MC, Manini TM, Li W, LaCroix AZ. The Influence of Physical Activity and Sedentary Behavior on Living to Age 85 Years Without Disease and Disability in Older Women. *J Gerontol A Biol Sci Med Sci*. 2018 Oct 8;73(11):1525-1531. PMID:29165626.
- ◆ Robbins ML, Karan A, López AM, **Weihs KL**. Naturalistically observing noncancer conversations among couples coping with breast cancer. *Psychooncology*. 2018 Sep;27(9):2206-2213. PMID: 29904980
- ◆ Tasevska N, Pettinger M, Kipnis V, Midthune D, Tinker LF, Potischman N, Neuhouser ML, Beasley JM, Van Horn L, Howard BV, Liu S, Manson JE, Shikany JM, **Thomson CA**, Prentice RL. Associations of Biomarker-Calibrated Intake of Total Sugars With the Risk of Type 2 Diabetes and Cardiovascular Disease in the Women's Health Initiative Observational Study. *Am J Epidemiol*. 2018 Oct 1;187(10):2126-2135. PMID: 29868784.
- ◆ Valdez LA, **Garcia DO**, Ruiz J, Oren E, Carvajal S. Exploring Structural, Sociocultural, and Individual Barriers to Alcohol Abuse Treatment Among Hispanic Men. *Am J Mens Health*. 2018 Nov;12(6):1948-1957. PMID: 30051746.

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