

# UNIVERSITY OF ARIZONA

## *Zuckerman Family Center for Prevention & Health Promotion*

### 2020 REPORT

#### IMPACT: Results, Progress and Outcomes

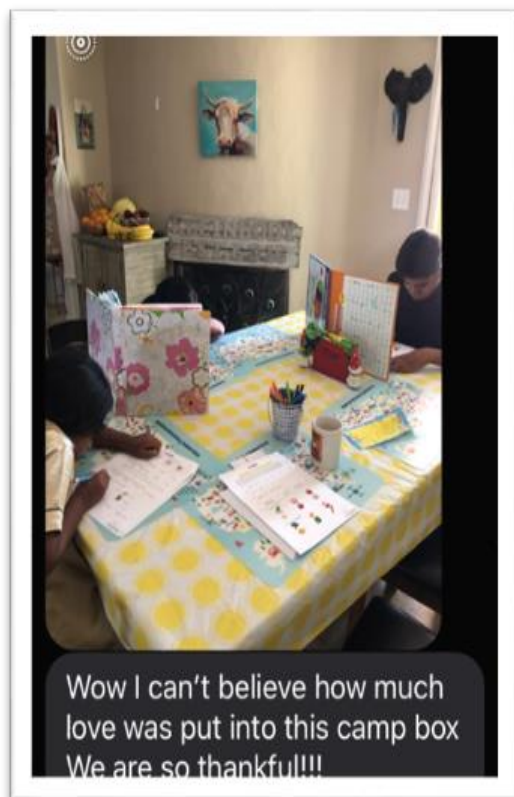
The University of Arizona Zuckerman Family Center for Prevention & Health Promotion (ZFCPHP) at the Mel & Enid Zuckerman College of Public Health (MEZCOPH) continues to impact the health and wellbeing of the Tucson community. Below we provide an overview of our key initiatives, programs and impact for 2020.

#### The Importance of the Zuckerman Family Center for Prevention & Health Promotion

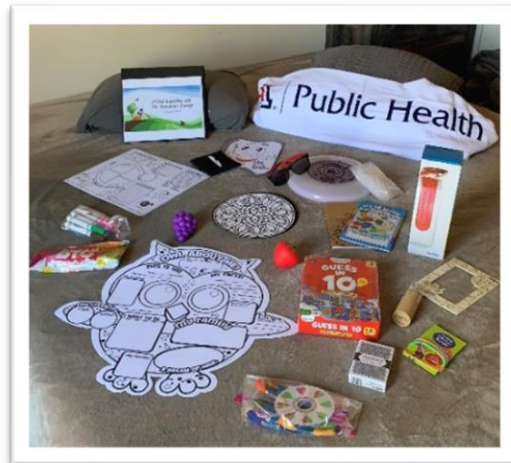
The ZFCPHP efforts have had a significant impact on the health of Tucson's underserved. These resources assure children, families and communities gain unique opportunities to engage in wellness activities, advance their knowledge of healthy behaviors and experience first-hand the role of healthy behaviors in improving their physical, emotional and social well-being. Additionally, the ZFCPHP reaches over 120 MEZCOPH students annually with instruction in wellness and health promotion that will impact the health of the communities they serve for years to come. This year ZFCPHP faculty & staff adapted outreach efforts and community programming to address the COVID-19 pandemic.

#### Supporting Youth and Families

##### Healthy 2B Me Camp for Underserved Youth



The Healthy 2B Me Summer Camp completed its 8<sup>th</sup> year in 2020, serving over 350 elementary students and mentoring over 35 MEZCOPH graduate and undergraduate students since 2013. This year we adapted and implemented “Camp in a Box” during the Covid-19 pandemic. We continued our partnership with two local elementary schools (*Dietz K-8 in the Tucson Unified School District and Prince Elementary in the Amphitheater School District*) as well as families in the local Tucson area. The original curriculum was modified to adjust to the pandemic and the in person camp was delivered remotely to 26 families. We tailored camp to become a more interactive family focused experience. A binder of resources and suggested activities was included in each box and groceries were provided for healthy daily snack options.



Future goals for the 2021 camp include working with members of the local Native American population to explore options to offer Healthy 2B Me to a location closer to participants or offer our “*Camp in a Box*” option if transportation or in person attendance is a barrier. In addition, we plan to modify the current curriculum as culturally needed to expand our reach and to share our unique camp. Due to the COVID-19 pandemic, the trajectory of camp quickly moved in another direction and our partnership with The Indian Center was placed on hold as we moved camp to a remote experience.

## Childhood Obesity Prevention Initiative

The goal of this initiative is to address the root causes of the Childhood Obesity epidemic in Southern Arizona by working with stakeholders, clinicians, researchers and community members to assess factors associated with obesity risk, to prioritize and develop strategies to address the identified factors, and to provide resources, programs and evidence-based interventions to reduce the burden of obesity, with an emphasis on under-served communities.

We are a group of like-minded individuals working to combat the childhood obesity health crisis by addressing equity and social determinants of health through multi-sector partnerships to achieve gains in population-level health outcomes related to overweight and obesity. Engaged partners include:

- *Sabrina Plattner*, MEd, Health Educator Senior & Certified Health Coach, MEZCOPH
- *Cynthia Thomson*, PhD, RDN, University of Arizona, Professor Health Promotion Sciences; Director of the Zuckerman Family Center for Prevention & Health Promotion
- *Annemarie Medina*, University of Arizona Health Sciences, Director of Corporate & Community Relations
- *UA Obesity Think Tank members*: Frank Marcus, MD, Professor Emeritus, UA Banner Sarver Heart Center; Scott Going, PhD, MPH, UA Department of Nutritional Sciences; Dan McDonald, PhD, UA Pima County Cooperative Extension Agent; Laura Scaramella, PhD, Director of The Norton School of Family and Consumer Sciences; Melanie Hingle, PhD, MPH, Department of Nutritional Sciences
- *Community Partners*: Activate Tucson, Pima County Health Department’s Healthy Pima, Child Parent Centers Incorporated’s Head Start Health Services Advisory Committee

## Our Partnership with Tufts University

As the rates of obesity in our youth continue to climb with prevalence of health disparities in our country, there are increasing gaps in access of services and resources available to assist in decreasing rates of overweight and obese children. Our team was invited to participate in an intensive training on Group Model Building and System Dynamics administered by Tufts University’s Friedman School for Nutrition and Boston College in February 2020. The training was an opportunity to work with top childhood obesity prevention leaders at these respected institutions. After a competitive application process, Tufts University designated Tucson as one of five cities across the United States for further study to help coordinate efforts on reducing childhood obesity.



**Tufts University Systems Dynamics and Group Model Building Training, February 2020**

Working with existing Tucson coalitions in childhood obesity prevention, and engaging in Systems Dynamics and Group Model Building, this grant-funded project will better define, describe and prioritize the childhood obesity problem in Southern Arizona. The purpose of this study is to implement, evaluate, and refine a replicable model for whole-of-community obesity prevention called Stakeholder-Driven Community Diffusion in Tucson. The Childhood Obesity Prevention study was launched in January 2020 with an intensive 2-day training at Tufts University focused on the Group Model Building methodology for advancing our understanding of childhood obesity. The study will continue into the spring of 2021 through a virtual platform to comply with CDC Covid-19 guidelines. The end product will be a community-driven plan for program development to address gaps in childhood obesity prevention in Tucson/Southern Arizona and reduce the burden of childhood obesity over time.

<https://www.thechicagocouncil.org/publication/using-systems-approaches-catalyze-whole-community-childhood-obesity-prevention-efforts> ; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6675039/>

### **Mujeres y Niñas (Mamas e Hijas) with YWCA Southern Arizona**

Developed in 2016 in collaboration with the YWCA Southern Arizona, Mujeres y Niñas is a comprehensive, culturally-tailored sexuality education program to support the sexual and reproductive health and wellness of Latina mothers and their adolescent daughters. After 3 years of implementation, preliminary findings show that training parents to be lifelong sexuality educators for their children has improved parental confidence, increased family communication about taboo topics, and increased family utilization of healthcare services. In Fall 2019 and Spring 2020, Mujeres y Niñas recruited 27 families for two cohorts of the program. In 12 weeks, mothers and daughters learned about lifespan sexuality, intimacy, consent and privacy, healthy relationships, sexual anatomy and reproduction, assertive communication, self-esteem, body image, and more. For the first several weeks, mothers and daughters learned in separate classrooms where age-appropriate material was discussed. Weekly homework activities, including audio diaries and readings, facilitated family conversations about lesson topics.

Formal program evaluation and participant follow-up consistently reveals increased communication about sexuality and improvements in relationship quality among participating families. Strategies to encourage participant retention were discussed during Fall 2019 as engagement in our program was negatively affected by the controversial release of a new district-wide sex education curriculum. Although the COVID-19 pandemic caused a temporary pause for the Spring 2020 cohort, staff and volunteers from the ZFCPHP and the YWCA held the remaining program sessions online with successful turnout.



In February, staff from the ZFCPHP and the YWCA Southern Arizona partnered with Mariposa Community Health Center (CHC) in Nogales to expand the Mujeres y Niñas program. Lindsay Bingham, MPH and YWCA promotoras trained Mariposa CHC's 6 teen advocates, 2 adult advocates, and 1 program manager in the complete Mujeres y Niñas curriculum. Unfortunately, the pandemic suspended our plan to pilot the program in Nogales, but we remain hopeful and engaged with this collaboration.

Given the seismic shift to daily living caused by the pandemic, program managers decided to pause offering Mujeres y Niñas in Fall 2020 and Spring 2021 to create a new program for Latinx parents and teens. With foundations in the Nurtured Heart Approach®, **Espacio Seguro (Safe Space)** is a family program centered on improving mental and emotional wellness and building coping skills for pandemic living. An original program curriculum is being developed weekly, informed by community need and evidence-based practices. Espacio Seguro is offered entirely online in two separate groups: parents facilitated by YWCA promotora, Verónica Vázquez Carrasco, and teens facilitated by two UArizona MEZCOPH students, Calli Townsend and Betsy Rodriguez, and Lindsay Bingham, MPH (Health Educator, Sr.).

## The Wildcat Marathoners



The Wildcat Marathoners (WM) program started with grant funds approximately ten years ago. It was a collaboration among the UA Mel and Enid Zuckerman College of Public Health, UA Cooperative Extension, the Department of Nutritional Sciences, and local schools and running organizations. Funding was initially obtained through the Communities Putting Prevention to Work grant in Pima County, but later supported through various grants and gifts. However, that iteration of the program was very expensive and provided only a one-day event. After a brief hiatus, it was decided to re-establish the program with a more intensive running/walking program to get students, teachers, and parents more engaged in physical activity over a longer period of time. In addition, WM partnered with a local non-profit running group, the Southern Arizona Roadrunners (SAR) FitKidz program, to have our running event coincide with their regularly scheduled children’s races and at the same time encourage our families to participate in any of the other free children’s races sponsored by SAR

throughout the year. The short-term goal is to introduce running and walking activities to youth and their families who otherwise might not be aware of the physical activity opportunities and benefits.

The long-term goal is to institute systems change at the school level by promoting the institutionalization of walking/running clubs at participating schools and fostering lasting behavior change on the part of the participating youth, teachers, staff, and principals. We will recruit five elementary and middle schools including, but not limited to, Robison (98% low-income, 86% ethnic minority), Blenman (98% low-income, 80% ethnic minority), Wright (98% low-income, 80% ethnic minority) (TUSD), San Xavier Mission School (Tohono O’odham, 71% low-income, 99% ethnic minority) and Saints Peter and Paul (Catholic Diocese of Tucson, income and ethnicity data not available). Due to the COVID-19 Pandemic, the kick-off for this program is planned for January 2021 with planned Field Days held at schools in the spring of 2021.

Participating schools have a walking/running club established at their school with a goal of meeting at least once a week to run together, an effort supported by our AmeriCorps member. Many children do not receive



the recommended amount of physical activity (60 minutes per day) on a regular basis as physical education is not required in most schools.

Research has shown that physical activity provides children with a number of health and academic benefits. In addition, the participating adults including teachers and parents provide a positive example for children on the importance of being active. There is nothing more exciting than to witness adults running the one-mile FitKidz race with their children and experiencing the joy of that accomplishment! For many it is their first race ever! The WM program will continue for the 2020-2021 school year with a wider reach of five or more schools. Because of Covid-19, students, families and teachers will have an opportunity to participate in online virtual fun runs.

## Growing Girls

The 2019-2020 school year was the 8<sup>th</sup> year of Growing Girls at Estes Elementary School in Marana, AZ, managed by Lindsay Bingham, MPH (Health Educator, Sr., Health Promotion Sciences). Growing Girls is a psychosocial intervention for 5<sup>th</sup> and 6<sup>th</sup> grade girls targeted to promote social and emotional health and reduce bullying. Last year, 16 girls participated in the program and learned about friendship, positive thinking, making decisions, bullying, being assertive, problem solving, media messages, body image, and self-esteem. The intervention was offered for 2 hours after school for 15 weeks during the school year. Before ending early due to COVID-19, Growing Girls participants attended our annual field trip to the University of Arizona in early March. Girls learned about opportunities in higher education, participated in a campus-wide photo scavenger hunt, and bonded with their peers and Group Leaders.

Growing Girls was facilitated by 3 trained University of Arizona undergraduate student Group Leaders through a new field-based course offered during Fall 2019, HPS 459-003: Promoting the Psychosocial Health of Early Adolescent Girls. Students received facilitation preparation and training in the Nurtured Heart Approach® to best support their intervention participants.

Currently, Growing Girls is being offered weekly and fully online for up to thirty 5<sup>th</sup> and 6<sup>th</sup> grade girls during the 2020-2021 school year. Due to the growing need for adolescent social and emotional support through the pandemic, we have partnered with a second Marana elementary school, Quail Run, in addition to our longstanding partner, Estes Elementary. The Growing Girls curriculum has been adapted for virtual learning and with consideration to the stress of online schooling and pandemic living. Three Group Leaders – 2 undergraduate students and one graduate student –



lead their small breakout groups through one-hour, topic-focused discussions and skill-building activities. We are seeing new levels of engagement from girls and their parents, and are excited to continue offering such a flexible and dynamic program as we move through the pandemic.

### **GAME! (Guys After-School Mentorship & Education)**

The 2019-2020 school year was the 3<sup>rd</sup> year of GAME! (Guys After-School Mentorship & Education) at Estes Elementary School in Marana, AZ, managed by Lindsay Bingham, MPH (Health Educator, Sr., Health Promotion Sciences). Adapted from its partner program, Growing Girls, GAME! is a psychosocial intervention for 5<sup>th</sup> and 6<sup>th</sup> grade boys intended to promote healthy social and emotional development and aid in the transition to middle school. Last year, 28 fifth and sixth graders participated in the program and learned about personal identity and self-esteem, managing difficult emotions, staying positive, teamwork and communication, resolving conflict, peer aggression and bullying, healthy boyhood, gender roles, and media messages. Using an original program curriculum, the intervention was offered for 2 hours after school for 15 weeks during the school year. Boys participated in 30 minutes of team-based physical activity



at the start of each session and unstructured free play at the end to encourage maximum application of GAME! skills. Before ending early due to COVID-19, GAME! participants attended our annual field trip to the University of Arizona in early March – our biggest group yet! Boys bonded as a group during the campus-wide photo scavenger hunt and even played a game of football on the UArizona field during the Athletic Department tour.

GAME! was facilitated by three trained University of Arizona student Group Leaders: 2 undergraduate students and 1 graduate student. After graduating in December, one Group Leader returned as a volunteer. Students received facilitation preparation and training in the Nurtured Heart Approach® to frame their GAME! mentoring and leadership roles. Two GAME! father volunteers co-facilitated weekly sessions and offered valuable insight to lesson topics, in addition to bonding with their sons.

Currently, GAME! is being offered weekly and fully online for up to twenty 5<sup>th</sup> and 6<sup>th</sup> grade boys during the 2020-2021 school year. Due to the growing need for adolescent social and emotional support through the pandemic, we have partnered with a second Marana elementary school, Quail Run, in addition to our longstanding partner, Estes Elementary. The original GAME! curriculum, piloted during the 2019-2020 school year, has been modified for virtual learning and with consideration to the stress of online schooling and pandemic living. Mentorship continues to play a large role in the delivery of this program with two undergraduate student Group Leaders leading small breakouts through one-hour, topic-focused sessions. We are encouraged by the enthusiasm we are seeing from boys and their supportive parents and are grateful for the energy that is invested to simply show up each week during an emotionally exhausting pandemic.

## Educating the Next Generation of Public Health Professionals

### Service-Based Learning

Preparing and educating the next generation of Public Health leaders through instruction and service is a core commitment of the ZFCPHP.

### Public Health for Community Wellness

The ZFCPHP continues to serve South Tucson's youth and families through the interactive and application-based public health course: Public Health for Community Wellness (HPS 497E/597E). Through this course, undergraduate and graduate students learn how to plan, coordinate, and implement health lessons for young people ages 5-13 and evaluate child health and wellness. For the last 4 years, ZFCPHP has partnered with the Primavera Foundation - an organization that provides pathways out of poverty through safe,



affordable housing, workforce development, and neighborhood revitalization - with public health students providing service at their Las Abuelitas After-School Program. Each year follows a new wellness theme. Last year, 12 MEZCOPH students completed their service at Las Abuelitas, accumulating over 250 volunteer hours. Applying flexible direction and supervision, students test asset-based interventions, form meaningful relationships with up to 30 children, and gain hands-on experience and adaptation skills working in health promotion.

Public Health for Community Wellness is currently being offered in the Live Online format from resulting service limitations created by COVID-19. During the Fall 2020 semester, students partnered with the Healthy 2B Me program to craft and distribute booster materials for families that participated in the summer "Camp in a Box" iteration and new families from Las Abuelitas. Students engaged with community partners and stakeholders to address pandemic challenges and created a COVID-19 resource guide for Tucson residents. To follow the success of the summer boxes, students created content to extend binder and box materials, including new lessons on plaque, masks and germs, fiber, and mindfulness. Each student created a new activity, a budget for materials, and a demonstration video to guide families through the written materials. See below for demonstration videos:

Welcome: <https://www.youtube.com/watch?v=LV4CeX3MfDc&feature=youtu.be>

Smoky Chickpeas with Eggs and Bread & Healthy Soda: [https://www.youtube.com/watch?v=4rE\\_KJvZ4Pw](https://www.youtube.com/watch?v=4rE_KJvZ4Pw)

Exercise Time: <https://www.youtube.com/watch?v=ZzDSvlhSApU>

Tooth Inspector: <https://www.youtube.com/watch?v=LlhBhVyDuR4>

Design Your Own COVID-19 Face Mask: <https://www.youtube.com/watch?v=X5cY0aRUCNI>

Mindfulness Jar: <https://www.youtube.com/watch?v=ZxrOIW4GRCI>

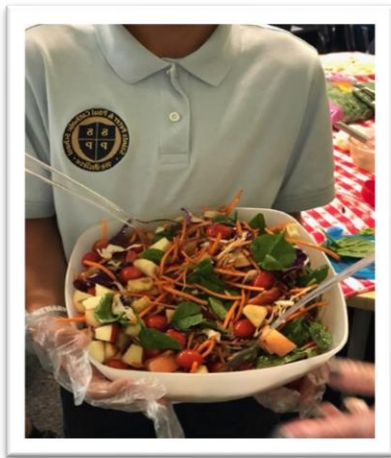
What Makes Me Special: <https://www.youtube.com/watch?v=7occ6218AbY>

Twenty families participated in the booster program, 15 returning from the summer and 5 from Las Abuelitas. Students were paired with 3-4 families to coordinate and support booster progress. Booster activities and handouts were translated in Spanish for monolingual families at Las Abuelitas.

Boxes were packed and distributed on November 13, 2020. Families received nearly 100 items in their boxes, along with two bags of groceries. Preliminary feedback reveals interest and excitement in new materials and food, as well as resounding success with demonstration videos. With the election and holiday season, it has been challenging to engage with families after delivery; however, the YouTube demonstration video views continue to climb. We continue to brainstorm new ways of supporting the community from afar while being mindful of the existing pandemic burdens.

### Public Health for School & Community Based Childhood Obesity Prevention Program

Beginning in the Fall 2018, we adapted and implemented The University of Michigan’s evidence-based childhood obesity program *Project Healthy Schools (PHS)* in a local Tucson Catholic school, Saints Peter and Paul Catholic Middle School (SSPP). SSPP families self-identify as 22.7 % White, 57.8 % Latinx, 1.5 % African American, 1.2% Asian American, 1.7 % American Indian and 13.1 % Multi-Racial. The 10-week nutrition and physical activity lessons have been delivered by 25 undergraduate and graduate MEZCOPH service-based learning students to over 300 middle school students in sixth, seventh and eighth grades (male and female). From a self-reported Health Behavior Questionnaire, the student participants have shown increased consumption of fruits and vegetables in their weekly food intake. They have participated in more than the recommended 60 minutes a day of physical activity time during the week. In addition, they have also shown a decrease in sugar sweetened beverages and they have cut down on screen time during the day.



The PHS program pivoted during spring 2020 as result of the Covid-19 pandemic and school closings. MEZCOPH undergraduate and graduate students delivered the last five lessons via Zoom to each MEZCOPH student team who disseminated the curriculum. During the spring 2020 semester, the curriculum was created and culturally adapted, “Healthy Schools Arizona (HSA)” by Health Educator Senior, Sabrina Plattner and undergraduate student intern, Jedzia Rodriguez. The purpose of the new curriculum was to include relevant public health messaging. The first lesson in the HAS program is COVID-19 and Healthy Hygiene and Self-care. This lesson was needed to address the Coronavirus affecting our community and our children and their families. The second lesson focusses on healthy eating habits to boost the body’s immunity. The enhancements of the curriculum will track behavior change to have a greater impact on lifestyle behaviors that influence

obesity risk. The MEZCOPH service-based learning students will deliver the Childhood Obesity Prevention program evidence-based health and wellness curriculum to Saints Peter and Paul Catholic Middle School during the 2020-2021 school year and for years to come, as the course is now a permanent course in the MEZCOPH Health Promotion Sciences undergraduate degree program.



## Training

### STEP-UP Summer Research Program

While 2020 proved to be a challenging year, the Student Transformative Experiences to Progress Underrepresented Professionals (STEP-UP) Summer Research Program could not be deterred! Utilizing technology, 17 trainees completed an integrated, innovative, and multidisciplinary educational experience in cancer prevention and control. Trainees collaborated with University of Arizona (UArizona) Cancer Center researchers and UArizona faculty to build confidence and skills in cancer prevention research. Summer activities included systematic literature searches, analysis and presentation of cancer prevention findings, completing a community-based sun safety outreach project, practicing personal cancer prevention behaviors, and more. Through interactive chat sessions, live video calls, group projects, and even a few game nights, trainees worked as a team to make the most of their experience and have some fun along the way! The entire cohort showed incredible resilience, drive, and cooperative spirit. Congratulations, STEP-UP Class of 2020!



### Behavioral Measurement and Interventions Shared Resource (BMISR)

BMISR has a unique model for staffing its shared resource with a student workforce which provides both an enriching training opportunity and a flexible, cost-effective staffing solution for research studies. In 2019-2020, the BMISR trained over 22 undergraduate students and 5 graduate students (3 Masters and 2 PhD Students) in behavioral interventions and behavioral assessment including diet and physical activity methods training. Mentoring is a priority task for BMISR co-directors Cynthia Thomson and Tracy Crane and as a result, 2 students were accepted in dietetic internships, 1 entered a PhD program, and 6 attended graduate or professional programs (PT, MEPN).

## Community Outreach

During 2020, in person community outreach engagements were limited due to the COVID-19 pandemic. Our team worked diligently to provide as many resources as possible in remote learning settings for the community including a reboot of the ZFCPHP website. As outlined above, our programs adapted nicely to engage with those hit hardest by the pandemic. In addition, we adjusted our internship opportunities for rising public health professionals into complete online experiences following the guidelines outlined by the University of Arizona. The ZFCPHP Health Educators are committed to continue to work effectively & efficiently to bring high quality outreach information to our community as we navigate through this pandemic.

## Supporting Novel Ideas for Health Promotion

### The Cancer Prevention and Control Research Network (CPCRN)

The University of Arizona Cancer Center joined the Cancer Prevention and Control Research Network (CPCRN) and received an initial \$1.4 million to advance cancer prevention and control science, with particular focus on the health

needs of Hispanic cancer survivors. Faculty and staff from the UArizona site attended the CPCR Annual meeting in Chapel Hill, NC in January 2020 to launch the next 5 years of CPCR initiatives.

AzCPCR has 14 members, and its members have cross-center collaborations with six workgroups within the CPCR including supporting the scholar's program development as well as engaging students in the local Arizona CPCR efforts.

AzCPCR created a website under the College of Public Health and developed a Staying Well Under COVID-19 Guidance for Cancer Survivors. Additionally, it developed and maintained a hub of community shared resources for our community partner Mariposa Community Health Center, with information about mental health, recipes, COVID-19, and health disparities.

AzCPCR presented CPCR to the UACC CPC Program and to the CCSG Four Corners Collaborative Group. Developed three peer-reviewed manuscripts in Pub Med in 2019-2020 relevant to the CPCR objectives.

AzCPCR conducted dissemination and implementation research, engaging in policy and supporting clinical guidelines to promote health after cancer diagnosis, and conducted virtual monthly meetings with our community partners.

AzCPCR completed Human Subjects application and approval for qualitative research, focus group materials and training with a COVID-19 contingency plan. Trained staff on participant consent process including eligibility requirements. We created recruitment materials in both English and Spanish for Cancer Survivors and Caregivers living in the border with Mexico. Staff was also training on recruitment strategies

Our research project consists on an eligibility checklist, a demographics' questionnaire, a lifestyle questionnaire and a semi-structured interview related to lifestyle behaviors before and after cancer diagnosis, all materials were developed in English and Spanish. We conducted 18 eligibility checklists, completed 10 questionnaires with 5 participants, and completed 2 semi-structured interviews, all in a virtual model during the reporting period. During this time, we engaged in weekly progress virtual meetings.

UArizona PI Cynthia A. Thomson co-led the Survivorship Interest Group along with Sue Heiney from USC, held monthly zoom calls, agreed on a survivorship definition and were approved as a workgroup by the coordinating center's steering committee on June 2020.

## Graduate Student Project

Jennifer McElfresh, doctoral candidate in the Health Behavior Health Promotion program, research focus is older adult Hispanic cancer caregivers related to their health related quality of life and loneliness.

## Center Website

Led by Lindsay Bingham, the ZFCPHP team remodeled and expanded the Center website during Fall 2019, which now includes an active Facebook page, monitored by Sabrina Plattner. Updated content, including programs and partnerships, was added to refresh the website.

Website: <https://crcphp.arizona.edu/>

Facebook Page: <https://www.facebook.com/crcphp>

The Center website continues to be a resource for outreach and dissemination of high-quality, credible information during the COVID-19 pandemic. Several new resource pages were created in April 2020 to support family health and wellness through the ebbs and flows of pandemic living. Resources were categorized into physical, mental & emotional, and family & social wellness.

Pages were designed thoughtfully as to avoid language of shame or blame while encouraging families to stay safe and resourceful. For example, physical wellness includes tips for integrating legumes for fiber and protein and starch alternatives – like sweet potatoes or carrot noodles – when brown rice or whole wheat pasta are out of stock. “Move Your Body” includes joyful, mindful movement and creative walking ideas. The ZFCPHP team wanted these resources to be nonjudgmental, accessible, and timely.

Since releasing our COVID-19 family resources, the website has received recognition from agencies outside of the US.

## Awards

**Nicole Bergier:** University of Arizona 2020 Staff Award for Excellence.

The University of Arizona Award for Excellence is designed to recognize University Staff, Classified Staff and Appointed Professionals for outstanding achievements beyond their normal work duties.

## Future Plans

In addition to supporting the high-impact programming to date, the ZFCPHP has selected the following initiatives for 2021:

- Expand Healthy 2B Me Camp to engage more fully with the American Indian population. Due to the pandemic our plans for an in-person partnership shifted. The partnership with The Indian Center, will be a top priority as plans for 2021 unfold.
- Develop programming for *virtual* physical activity promotion to compliment in-person physical activity health promotion efforts given possibility that in-person efforts will continue to be suspended under COVID.
- In partnership with the University of Arizona Cancer Center, our Center will be developing and implementing a multi-pronged population health assessment for Southern Arizona to better define and understand issues as well as barriers and facilitators of wellness behaviors and health in our communities.