



To Your Health



**“We make a living
by what we get, but
we make a life by
what we give.”**

-Winston Churchill



Happy Holidays from the Zuckerman Family Center for Prevention & Health Promotion (ZFCPHP)

It has been another productive and rewarding year for our Center and our team! We continue to promote positive lifestyle behaviors in our programs, to grow our community partnerships, and to inspire the next generation of public health professionals.

A special thanks to our Director, Cynthia Thomson and to our incredible staff members, Lindsay Bingham, Sabrina Plattner and Nicole Falbo for

their dedication & support to make Tucson a recognizable place of wellness promotion!



2023 Highlights

Each year our Center and program coordinators work with local youth & families in our community. This year the [Healthy 2B Me Summer Camp](#) was back in person at Dietz K-8 School, the John Valenzuela Youth Center, and the Pascua Yaqui Boys & Girls Club. We had the opportunity to meet and work with new community partners and children after the pandemic. Our interns continue to be an integral part of our program operations. In addition, we also continued our [Childhood Obesity Prevention](#) program and wellness lessons at St. John's Catholic School. The [Growing Girls](#) and [Guys](#)

[After-School Mentorship & Education](#) programs were at maximum capacity this year working with local adolescents to improve self-esteem, enhance social skills and mental well-being. Feedback from our partners and parents has been extremely favorable. We look forward to working with additional children and families in 2024.

We'd also like to recognize the hard work of our Cancer Prevention & Control Research Network (CPCRN) personnel for their amazing work! More information here:

<https://publichealth.arizona.edu/news/2023/cancer-prevention-and-control-research-network-special-20th-anniversary-publication>

ZFCPHP

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<https://zfcphp.arizona.edu/>



Healthy Recipe – Pistachio Date Energy Bites

- 2 cups pitted whole dates
- 1 cup raw unsalted, shelled pistachios
- 1 cup golden raisins
- 1 teaspoon fennel seeds
- ¼ ground pepper

Calories: 68
 Fat: 2g
 Total Carb: 13g
 Protein: 1g
 Sodium: 1mg

Combine all ingredients in a food processor until finely chopped and form into 1 tablespoon balls



Special Message from our Center Director, Dr. Cynthia Thomson



2023 was among the most productive to date. Building on our strategic planning initiative of 2022, we began to implement the designated activities and related strategies to meet our outreach goals. We have learned to work more efficiently by supporting and leveraging community member empowerment for program sustainability. We actively seek public health student engagement as an invaluable source to enhance public health awareness in our community. In 2024, Dr. David Garcia will join the leadership team as Co-Director of the ZFCPPH Center. In this role, he will support the implementation of the strategic plan and bring new high impact partnerships to our efforts. Welcome David!!!

