

Healthy 2B Me Summer Camp

The University of Arizona Mel & Enid Zuckerman College of Public Health offered week-long summer camps at the UA Campus Recreation Center for children ages 7-10 in June & July. Activities were designed to teach the children about public health awareness & wellness; including nutrition, cooking, personal hygiene & being part of a community. Campers participated in many fun interactive activities including Yoga, Zumba & Swimming. Learning modules included the importance of eating fruits & vegetables, food safety, sun safety and hydration. Thank you to the College of Public Health & community partners for volunteering your time to make the camp a success!!

Please see below link for a short video highlighting the camp.

<http://www.youtube.com/watch?v=LXyQLpD3IUo>



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Look for Us at these Upcoming Events

Join us for: Fit First Saturday

CRCPPH is partnering with Extension Services, College of Agriculture & Life Sciences & the South Tucson Community to promote local fitness thru healthy diet & physical activity

Meet at the Garden Kitchen
2205 S. 4th Ave Tucson, AZ 85713

October 5, 2013 at 10:00 a.m.
November 2, 2013 at 10:00 a.m.

Chinese Cultural Festival

September 28: 6-9:30 p.m.
DeMeester Center, Reid Park

UA Food Day

October 24: 10 a.m.-2p.m.
The UA Mall

FAME Event

October 27: 11 a.m.-2 p.m.
Tucson Children's Museum

Tucson Marathon Family Fitness Fest

December 7: 8 a.m.-11:30 a.m.
The UA Mall

On The Research Front

CRCPHP Members

The Center is expanding its membership program. Highlights from members' research activities will be featured in the newsletter. Please send research-related updates to Jennifer Peters at petersjs@email.arizona.edu. For more information on the program, including an application for membership, and a list of current members, please visit <http://crcphp.arizona.edu/membership>.

- Charles L. Raison, MD, CRCPHP Member, Associate Professor of Psychiatry in the College of Medicine, and Barry and Janet Lang Associate Professor in the College of Agriculture and Life Sciences, has been awarded a 2013 IMHR Pilot Grant of \$20,000 by the Institute for Mental Health Research to study, "Antidepressant Effects of Whole Body Hyperthermia (WBH)".
- Elizabeth Kizer, CRCPHP Member, Public Health Doctoral student, and Center for Rural Health Academic Professional, was awarded a grant from the Arizona Area Health Education Center to measure the availability of healthy foods in Florence, Arizona, using a valid and reliable survey measure called NEMS, or Nutritional Environment Measurement Survey.
- Lynn Gerald, CRCPHP Member, Associate Dean of Research & Professor at COPH, has been appointed to the NHLBI (National Heart Lung, and Blood Institute) Clinical Trials Review Committee. The primary responsibility of this committee is to review applications for studies that support the evaluation of preventive or therapeutic measures in controlled clinical trials.

Pilot/Feasibility Study Program updates

- 2012-2013 grant recipient Margaret Kurzius Spencer, PhD, MS, MPH will present her research, "**Dietary toxicants, trace elements, obesity, and type 2 diabetes**" at the American Public Health Association annual meeting in November.
- 2012-2013 grant recipient Rebecca Drummond, MS, is concluding the data analysis phase of the **Stress and Food Selection in American Indian Families** research project.
- 2013 Director's Choice grant recipient Angela Valencia, MPH, received an Arizona Area Health Education Center grant to expand her project, **Healthy Growing Infants: WIC Growth Chart Study with Latina mothers**, to the Nogales, AZ community. She will be working with Mariposa Community Health Center.
- The 2013-2014 Pilot/Feasibility Study Program awards will be announced in November 2013.



Angela Valencia

Welcome Dr. David Garcia



The CRCPHP is pleased to welcome Dr. David Garcia to The University of Arizona Mel & Enid Zuckerman College of Public Health. Dr. Garcia received his Bachelors degree in Exercise Science from Slippery Rock University. He received his Masters Degree and his PhD in Exercise Physiology from the University of Pittsburgh. Before relocating to Tucson, Dr. Garcia worked at the Physical Activity and Weight Management Research Center (PAWMRC) at the University of Pittsburgh under Dr. John Jakicic. At the PAWMRC, Dr. Garcia assisted with numerous NIH-funded research studies examining the effects of exercise on weight loss and weight maintenance in overweight and obese individuals. These studies have provided him with invaluable experience in individual exercise counseling and group weight management. In addition, he has developed and implemented physical activity and weight management programs for corporate and community partners. He and his wife, Shannon, enjoy walking their dog and biking in their free time.

Healthy Eating for Fall

Fall Vegetable Curry

Ingredients:

- ◆ 1 1/2 tps olive oil
- ◆ 1 cup diced peeled sweet potato
- ◆ 1 cup small cauliflower florets
- ◆ 1/4 cup thinly sliced yellow onion
- ◆ 2 tps. Madras curry powder
- ◆ 1/2 cup organic vegetable broth
- ◆ 1/4 teaspoon salt
- ◆ 1 15oz can chickpeas, rinsed & drained
- ◆ 1 14oz can no salt added diced tomatoes, undrained
- ◆ 2 TBSP chopped fresh cilantro
- ◆ 1/2 cup plain 2% reduced fat Greek yogurt

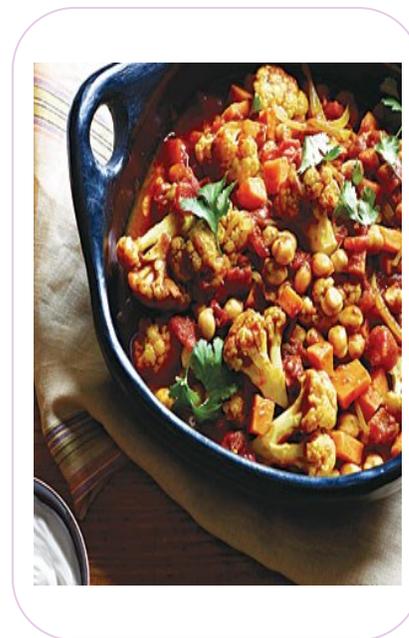
Preparation:

- ◆ Heat olive oil in a large nonstick skillet over medium-high heat. Add sweet potato to pan; sauté 3 minutes. Decrease heat to medium. Add cauliflower, onion, and curry powder; cook 1 minute, stirring mixture constantly. Add broth and next 3 ingredients (through tomatoes); bring to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender, stirring occasionally. Sprinkle with cilantro; serve with yogurt.

Nutritional Information

(per serving; recipe makes 4 servings; 1 cup curry and 2 TBSP yogurt)

Calories: 231
 Fat: 3.9g
 Saturated fat: 0.9g
 Monounsaturated fat: 1.6g
 Polyunsaturated fat: 0.9g
 Protein: 10.4g
 Carbohydrate: 40.8g
 Fiber: 8.6g
 Cholesterol: 2mg
 Iron: 2.5mg
 Sodium: 626mg
 Calcium: 106mg



Recipe from Cooking Light

Food As Medicine Spotlight: Curry



Health Benefits of Curry:

- *May have anti-cancer benefits*
 Sinha D, Biswas J, Sung B, Aggarwal BB, Bishayee A. Chemo-preventive and chemotherapeutic potential of curcumin in breast cancer. *Curr Drug Targets*. 2012 Dec;13(14):1799-819.
- *Has shown therapeutic potential for Alzheimer's & Parkinson's Disease*
 Darvesh AS, Carroll RT, Bishayee A, Novotny NA, Geldenhuys WJ, Van der Schyf CJ. Curcumin and neurodegenerative diseases: a perspective. *Expert Opin Investig Drugs*. 2012 Aug;21(8):1123-40. doi: 10.1517/13543784.2012.693479

Wellness Coordinator Retreat

The CRCPHP, in conjunction with Canyon Ranch, hosted a Teacher's Wellness Retreat for local wellness coordinators in schools & running clubs. The participants represented Tucson, Sunnyside, Flowing Wells & Marana school districts. The half day retreat include presentations from Ultra-Marathoner Pam Reed and Dr. Cynthia Thomson. As wellness coordinators for our local schools the attendees are instrumental in promoting physical activity and wellness. The goal of this retreat was to promote student and family engagement of physical activity and to encourage these students and their families to participate in the Tucson Marathon Family Fitness Fest which will be held on the UA Mall on December 7, 2013. A special thanks to the Canyon Ranch for hosting this event. Your warm hospitality was greatly appreciated!

Message from the Director

As we enter the Fall 2013 season and reflect on the wealth of new Center partnerships, programs and activities the potential for the CRCPHP to impact health in Tucson continues to expand. From research-based efforts with the El Rio WIC program, to health-based policy efforts with the Pima County Health Department, to our new educational course, "Public Health for Community Wellness" our efforts are beginning to strengthen our community and support wellness on a larger scale. Importantly, much of our success is the result of a community primed to promote wellness. The value of wellness can be seen in multiple programs implemented throughout Tucson, many of which served as the basis for longer-term health planning in Pima County (see Pima County Community Health Improvement Plan 2013-2017 at: http://www.pima.gov/News/2013/may/CHIP_Report_April30-2013_Final.pdf. Congratulations to all the community members, students, staff and faculty who have continued to promote wellness in Tucson – your efforts have not gone unnoticed and continue to inspire works to come!

"Inspiring healthy lifestyles through research, education and outreach"



Cyndi Thomson
Professor, Mel & Enid Zuckerman College of Public Health
Director, CRCPHP

"Creating a Healthier Tucson"

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