



MEL AND ENID
ZUCKERMAN COLLEGE
OF PUBLIC HEALTH
Canyon Ranch Center for
Prevention and Health Promotion

To Your Health!

Fall 2014

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Healthy 2B Me



The 2nd annual Healthy 2B Me Summer Camp was another huge success! A special thanks to members of MEZCOPH and the greater Tucson community for their support. The week long camp was held 3 times this summer and reached over fifty underserved children. Brian Funk M.S. was the camp coordinator and is currently working on a PhD in Kinesiology. This camp was created to teach public health awareness for children ages 7-10 years. The week long camp consisted of lessons on nutrition, physical activity, germs, sun safety and kindness. We would like to thank the Desert Diamond Casino, Blue Cross Blue Shield and several private donors for their generous donations to make this camp possible!



Other Events in our Community

September 24 Dr. David Garcia will be presenting “*Weight a Minute: The Role of Physical Activity for Weight Maintenance*” at UACC 1515 N. Campbell Ave Room 4978 at 5pm.

September is National Ovarian Cancer Awareness Month! Wear teal to show your support for Ovarian Cancer survivors & research!

November 20 is the American Cancer Society’s Great American Smokeout. This day is designated for smokers to consider a plan for tobacco cessation & a healthier lifestyle.

Upcoming Events

Chinese Cultural Festival

Saturday September 20 from 9 a.m. -2 p.m.
Tucson Chinese Cultural Center
1288 W. River Road 85704

UA Food Day

Wednesday October 22: 10 a.m.-2 p.m.
UA Mall

FAME Event

Sunday November 2: 11 a.m.-2 p.m.
Children’s Museum Tucson

Tucson Marathon Family Fitness Fest

Saturday December 6: 7 a.m. -12 p.m.
UA Mall

On The Research Front

Dr. Lynn Gerald, the Canyon Ranch endowed chair, has received national recognition for her research in asthma and children. Her project “*Implementation and Evaluation of a Stock Albuterol Policy for a Low-Income Minority School District*” has been implemented in Tucson’s Sunnyside school district. This program has been designed to help alleviate school absences due to asthma symptoms and reduce the rate of asthma related diseases.



Dr. Lynn Gerald (center) with Donna Bryson (left) of the American Lung Association of Tucson and Dr. Patricia Finn of the American Thoracic Society.

In addition, Dr. Gerald has recently been awarded a Lifetime Achievement Award from the American Thoracic Society for her contributions to asthma research.

Members Publications

Gerald JK, Wechsler ME, Martinez FD. Asthma medications should be available for over the counter use: pro. *Ann Am Thorac Soc*. 11(6): 969-974, 2014. PMID: 24964037.

Hingle MD, Snyder AL, McKenzie NE, **Thomson CA**, Logan RA, Ellison EA, Koch SM, Harris RB. Effects of a short messaging service-based skin cancer prevention campaign in adolescents. *Am J Prev Med*. Epub ahead of print. Jul 2014. PMID: 25053602.

Hingle MD, Wertheim BC, Tindle HA, Tinker L, Seguin RA, Rosal MC, **Thomson CA**. Optimism and diet quality in the Women’s Health Initiative. *J Acad Nutr Diet*. 114(7): 1036-1045. PMID: 24556429.

Klimentidis YC, Wineinger NE, Vazquez AI, de Los Campos G. Multiple metabolic genetic risk scores and type 2 diabetes risk in three racial/ethnic groups. *J Clin Endocrinol Metab*. Epub ahead of print. Sep 2014. PMID: 2490567.

Raison CL. Inflammatory depression: a trifecta of trouble. *J Clin Psychiatry*. 75(6): 663-664, 2014. PMID: 25004190.



Member Highlight

Margaret Kurzius-Spencer
PhD, MPH



Dr. Margaret Kurzius-Spencer is an Assistant Professor of Pediatrics & Public Health at the U of A. Dr. Kurzius-Spencer’s main research focus is assessing the effect of exposure to dietary and other environmental contaminants on certain health outcomes in public health & children.

Her background & training are in genetic, molecular and environmental epidemiology.

Dr. Kurzius-Spencer is a CRCPHP Pilot & Feasibility grant recipient for her project “Dietary toxicants, trace elements, obesity, and type 2 diabetes”.

***Kurzius-Spencer M.** et al. Contribution of diet to aggregate arsenic exposures-an analysis across populations. *J Expo Sci Environment Epidemiology*. 24(2):156-162, 2014.

***Kurzius-Spencer M.** et al. Measured versus modeled dietary arsenic and relation to urinary arsenic excretion and total exposure. *J Expo Sci Environment Epidemiology*. 23(4): 442-449, 2013.

Healthy Eating: *Edamame Hummus*

Ingredients

1 bag frozen shelled edamame
 2 clove garlic
 2 tbsp. tahini
 1 lemon (about 3 tablespoons), juiced
 2 tbsp. extra-virgin olive oil
 3/4 tsp. kosher salt
 1/2 tsp. ground cumin
 1/4 tsp. black pepper
 2 large red bell peppers, cored, seeded and cut into 24 strips

Suggested serving:

Sliced cucumbers, celery, and olives



Recipe from:
 Self.com

Nutritional Information

based on 1/4 cup serving

Calories: 188
Fat: 8g
Saturated fat: 1g
Protein: 8g
Carbohydrate: 22g
Fiber: 5g

Preparation

Heat oven to 450°. Bring edamame to a boil in a medium saucepan with enough water to cover; cook, stirring occasionally, about 3 minutes. Drain in a colander and run under cold water. Pulse edamame, garlic, tahini, juice, oil, salt, cumin and pepper in food processor until mixture is the consistency of guacamole; add water 1tbsp at a time if too thick. Cover; refrigerate until serving.



Food As Medicine Spotlight

Health Benefits of Edamame

Edamame is rich in protein, iron, and is a great source of Vitamins A & C.

Also rich in isoflavones, edamame reduces risk for insulin resistance, promotes healthy cholesterol levels, and has anti-inflammatory properties.

Zang Y et al. Anti-diabetic effects of a kaempferol glycoside-rich fraction from unripe soybean Edamame, *Glycine max L. Merrill. 'Jindai'* leaves on KK-A(y) mice. *Biosci Biotechnol Biochem.* 75(6): 1677-1684, 2011.

He J et al. Effect of soybean protein on blood pressure: a randomized controlled trial. *Ann Intern Med.* 143(1): 1-9, 2005.



"You Can Quit. We Can Help"

1-800-55-66-222

In May, Dr. Cynthia Thomson was selected as the new Director of the Arizona Smoker's Helpline (ASHLine). The ASHLine staff will continue to provide high level expertise in assisting the residents of Arizona in their quest to be tobacco free and lowering chronic disease risk. Under the newly organized structure, several MEZCOPH faculty will engage in ASHLine health promotion efforts from strategic planning to research. Welcome to the ASHLine team, Dr. John Ehiri, Health Promotion Sciences Division Director; Dr. Cecilia Rosales, Assistant Dean UA Phoenix Campus; Dr. Nicole Yuan, Assistant Professor, Health Promotion Sciences Division and Dr. Leila Barraza, Assistant Professor, Community, Environment and Policy Division.

The ASHLine is funded by the state tax on tobacco and has been helping residents with tobacco cessation since 1995. Over 2,000 Arizonans receive support annually with 7 month quit rates of over 30%, a leader nationally in impacting health through tobacco cessation.

Message from the Director

"Inspiring healthy lifestyles through research, education, and outreach"

Another summer has passed and this one was a whirlwind! From expansion of the Healthy 2B Me Camp to strategic planning in obesity & metabolic health for the Arizona Health Sciences Center to the acquisition of ASHLine programming the reach and impact of CRCPHP and our partners continue to expand. Our community partners are increasingly turning to us for support, expertise and formal partnerships. Times are good as we realize our dream of impacting the Tucson and surrounding communities to achieve health & wellness for all. Thanks to so many who contribute so much for our success!

Cynthia A. Thom



"Creating a Healthier Tucson"

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