

FALL 2015



Healthy Pima Hosts Site Visit from National Leadership Academy for the Public's Health

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In August, Healthy Pima welcomed Public Health Institute advisor Dr. Art Chen for a 3-day site visit to Tucson. As part of the National Leadership Academy for the Public's Health (NLAPH) program, the Healthy Pima team is working on an applied health leadership project that tackles an important population health issue with the goal of improving public health outcomes. Healthy Pima's project focuses on increasing the extent to which healthcare providers consistently and comprehensively screen clients for issues related to social determinants of health, including housing security, food security, health insurance literacy, and personal violence and trauma. The NLAPH program is funded by the Centers for Disease Control and Prevention (CDC).

During the three-day visit, the Healthy Pima team held a focus group to review current data collection tools being used to collect information related to social determinants of health. Dr. Chen was also able to attend a meeting of the Leadership Team for the Healthy Pima Initiative, which was facilitated by the Pima County Health Department. Along the way, there was time to tour neighborhoods of Tucson and South Tucson, meet directly with participating organizations, and experience a few local Tucson restaurants. Despite the 100+ degree weather, the Healthy Pima team made sure that Dr. Chen was steeped in Tucson's diverse community organizations and assets.

The Healthy Pima team includes representation from: Enroll America (Montserrat Caballero); YMCA of Southern Arizona (Annemarie Medina); University of Arizona Mel and Enid Zuckerman College of Public Health, Canyon Ranch Center for Prevention & Health Promotion (Jennifer Peters); and University of Arizona Health Sciences Center (Yamila El-Khayat). Art Chen is a Senior Fellow at Asian Health Services (AHS), a community health center in Oakland, CA where he has practiced as a family physician providing inpatient and outpatient medical care since 1983. He served as the Medical Director and Special Programs Director at AHS (1984-1996), was the Health Officer for Alameda County (1996-2001) and was the Chief Medical Officer and Medical Director of the Alameda Alliance for Health, serving 100,000 low income residents of Alameda County (2001-2009).



Pictured clockwise: Annemarie Medina, Yamila El-Khayat, Jennifer Peters, Monserrat Caballero, Dr. Art Chen

Upcoming Community Events

Saturday September 19: HungerWalk 2015, Kino Sports Complex, 8 a.m.

<http://www.hungerwalkarizona.org/>

Wednesday October 14: UA Food Day, UA Mall, 10 a.m.—2 p.m.

<http://uafoodday.com>

Sunday October 25: FAME Event, Children's Museum Tucson, 10 a.m.—2 p.m.

<http://www.childrensmuseumtucson.org>

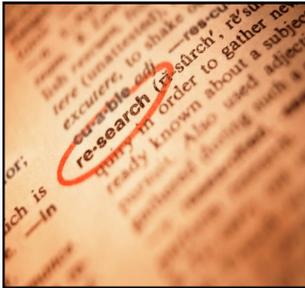
Saturday December 5: 7:30–11:30 a.m. Tucson Marathon Family Fitness Fest, UA Mall

<http://tucsonmarathon.com/2015/>



On The Research Front

Member Highlight



Dr. Kerstin Reinschmidt is an Assistant Professor at the UA College of Public Health and a Co-Investigator with the Arizona Prevention Research Center. Dr. Reinschmidt's research interests and expertise are in border populations, community health and chronic disease reduction. As a trained medical/cultural anthropologist she has extensive experience working with culturally diverse groups. She has worked with behavior and policy interventions focusing on depression and stress in populations effected by chronic disease. Dr. Reinschmidt is currently the Co-Investigator on a research grant "Understanding the Role of Community Health Representatives in Building Community Resilience in Native Communities" that aims to advocate for health education in diverse cultures.



Member Publications

Gerald JK, Gerald LB, Vasquez MM, Morgan WJ, Boehmer SJ, Lemanske RF Jr, et al. Markers of differential response to inhaled corticosteroid treatment among children with mild persistent asthma. *J Allergy Clin Immunol Pract.* 3(4): 540-546, 2015. PMID: 25783161.

Zaslavsky O, Palgi Y, Rillamas-Sun E, LaCroix AZ, Schnall E, Woods NF, Cochrane BB, Garcia L, **Hingle M**, et al. Dispositional optimism and terminal decline in global quality of life. *Dev Psychol.* 51(6): 856-863, 2015. PMID: 25938553.

Tabung FK, Steck SE, Zhang J, May Y, Liese AD, Agalliu I, **Hingle M**, et al. Construct validation of the dietary inflammatory index among postmenopausal women. *Ann Epidemiol.* 25(6): 398-405, 2015. PMID: 25900255.

Hibler EA, **Klimentidis YC**, Jurutka PW, Kohler LN, Lance P, Roe DJ, Thompson PA, Jacobs ET. CY24A1 And CYP27B1 polymorphisms, concentrations of vitamin D metabolites, and odds of colorectal adenoma recurrence. *Nutr Cancer.* 4:1-11, 2015. [Epub ahead of print]. PMID: 26241700.

Reinschmidt KM, Ingram M, Schachter K, Sabo S, Verdugo L, Carvajal S. The impact of integrating community advocacy into community health worker roles on health-focused organizations and community healthy workers in Southern Arizona. *J Ambul Care Manage.* 38(3): 244-253, 2015. PMID: 26049654.

Ingram M, Sabo SJ, Gomez S, Piper R, de Zapien JG, **Reinschmidt KM**, Schachter KA, Carvajal SC. Taking a community-based participatory research approach in the development of methods to measure a community health worker community advocacy intervention. *Prog Community Health Partnersh.* 9(1): 49-56, 2015. PMID: 25981424.

Neuhouser ML, Aragaki AK, Prentice RL, Manson JE, Chlebowski R, Carty CL, Ocho-Balcom HM, **Thomson CA**, et al. Overweight, obesity, and postmenopausal invasive breast cancer risk: a secondary analysis of the Women's Health Initiative randomized clinical trials. *JAMA Oncol.* 1(5): 611-621, 2015. PMID: 26182172.

Vargas AJ, Ashbeck EL, Wertheim BC, Wallace RB, Neuhouser ML, **Thomson CA**, Thompson PA. Dietary polyamine intake and colorectal cancer risk in postmenopausal women. *Am J Clin Nutr.* 102(2): 411-419, 2015. PMID: 26135350.

Demark-Wahnefried W, Rogers LQ, Alfano CM, **Thomson CA**, Courneya KS, Meyerhardt JA, Stout NL, Kvale E, Ganzer H, Ligibel JA. Practical clinical interventions for diet, physical activity, and weight control in cancer survivors. *CA Cancer J Clin.* 65(3): 167-189, 2015. PMID: 25683894.



Healthy Eating: Tarragon Chicken Salad

Ingredients

2 cups shredded skinless chicken breast
 1/2 cup canola mayonnaise
 1/3 cup finely chopped celery
 1/4 cup Greek Yogurt
 3 TBSP chopped tarragon
 2 TBSP fresh lemon juice
 1/4 tsp ground black pepper
 4 large green lettuce leaves
 Cashews, optional



Adapted from:

Cooking Light magazine

**Whole grain bread, if desired

Preparation

Combine first 7 ingredients in a bowl, stirring well. Divide lettuce leaves and top with chicken mixture.

Nutritional Information

Calories: 356 | Fat: 13.5g | Protein: 31g | Carbohydrates: 27g | Dietary Fiber: 5g | Sodium: 752mg

nutritional information includes whole grain bread



Food As Medicine Spotlight: Health Benefits of Tarragon

Known scientifically as *Artemisia dracunculoides sativa*, Tarragon is a popular culinary herb in French cuisines. Thought to have originated in Central Asia it is shown to be rich in phytonutrients and antioxidants. Artemisia is a diverse group of plants from the daisy family with 200-400 species. Estragole (methyl chavicol) is one of the main essential oils in Tarragon.

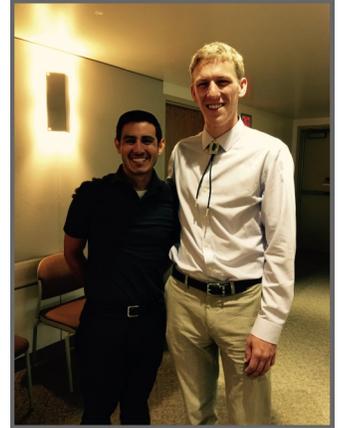
Tarragon contains several nutrients including Vitamins A, C and B complex (folates, niacin) and minerals including calcium, magnesium, iron, potassium and zinc. It may aid in stimulating appetite, controlling hiccups and relieving toothaches.

Kfoury M et al. Complexation of estragole as pure compound and as main component of basil and tarragon essential oils with cyclodextrins. Carbohydr Polym. 118:156-164, 2015. PMID: 25542121.

Tognolin M et al. Comparative screening of plant essential oils: phenylpropanoid moiety as basic core for antiplatelet activity. Life Sci. 78(13): 1419-1432, 2006. PMID: 16274702.

The Summer Institute on Medical Ignorance (SIMI)

Eric M. Lander, a second year medical student at the University of Arizona College of Medicine-Tucson, mentored by CRCPHP Director Dr. Cynthia Thomson and CRCPHP member Dr. David O. Garcia. Mr. Lander presented research on relationships between dog ownership and cancer risk at this year's Summer Institute on Medical Ignorance (SIMI) symposium. SIMI was developed to enrich medical student education and general health literacy beyond classroom lectures; additionally, it fosters closer relationships between local teachers and students and medical professionals. The College of Medicine sponsors a long-standing Medical Student Research Program (MSRP) and an innovative Curriculum on Medical Ignorance (CMI). Student research fellows gain familiarity with biologic horizons in both basic and clinical science, acquire a broad grasp of research skills, and learn to communicate ideas better, refine clinical problem identification and solving. They also meet distinguished visiting physicians and scientists, and work closely with faculty and other students at various levels in diverse laboratory and patient care settings both at The University of Arizona and other institutions throughout the world.



Dr. David Garcia with Eric Lander

Message from the Director

Cynthia A. Thomson, PhD, RD

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

Men.tor "to advise or train someone, especially a younger colleague". Watching Eric (Lander) present his work and having shared in his enthusiasm for science over the past several months reminded me that to mentor is one of the most rewarding experiences in life. Mentoring is in actuality our gift to the world. Think about it. We may leave this world having published a book or paper in a medical journal or even having developed a program to promote wellness in underserved youth, but it is the next generation -those we have the privilege to mentor- that builds on these efforts. It is these mentoring relationships that bring new enthusiasm and novelty to our dreams and thus assure they have relevance in an evolving world. And while mentors are defined as, "wise and trusted counselor or teacher", any mentor can tell you that the wisdom and trust is reciprocal. In fact, it is the mutual gains of the mentoring relationship that allows progress to be made. The work of the faculty, staff and student team of CRCPHP speaks to the expanded impact we can have in the Tucson Community as a result of mentoring. Share your commitment to a healthier Tucson through mentoring.

Cynthia A. Thomson



"Creating a Healthier Tucson"

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