

SUMMER 2015



TO YOUR HEALTH!

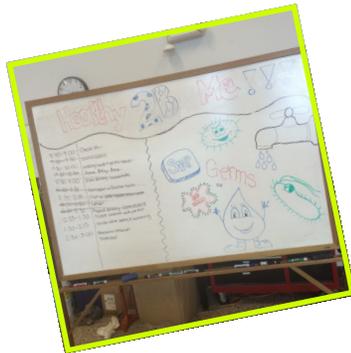


MEL AND ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH
Canyon Ranch Center for Prevention and Health Promotion

Healthy 2B Me Summer Camp 2015

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The Mel & Enid Zuckerman College of Public Health's Canyon Ranch Center for Prevention & Health Promotion along with generous support from donors in the greater Tucson Community have again partnered to offer the 3rd Annual *Healthy 2B Me* Summer Camp. The three camp sessions are held at the UA Campus Recreation Center which offers a unique opportunity to visit the beautiful UA Campus. The camp consists of activities and lessons with public health messaging for children between the ages of 7-10. Our programming includes presentations from UA experts in sun safety and environmental science. We offer a variety of physical activities including Zumba and swimming and offer a day highlighting friendship and kindness. A special thanks to our friends with the Community Intervention Associates in Nogales, Arizona for bringing children to our camp this year!



Most needed back to school supplies

- Pencils/pencil sharpener
- Notebooks
- Erasers
- Crayons/markers
- Highlighters

To donate items between July 1-20, 2015 please contact Jennifer Peters at petersjs@email.arizona.edu for drop off location.



Upcoming Community Event

The Healthy South Tucson coalition, in the City of South Tucson, is planning and organizing a Back to School Block Party on Tuesday, July 28th at City Hall (1601 S. 6th Ave) from 6:00p.m.-8:30p.m. This is a FUN, FREE, FAMILY EVENT.

Goals for the event are:

- To encourage local youth to return to school with a positive attitude and ready for the classroom.
- To assist our schools and community centers in their efforts to support students and families.

Educational attainment is known to be one of the most critical social determinants of health outcomes. Along with music, food, and fun, there will be an exhibitor expo for community-oriented agencies and organizations. Organizations have an opportunity to reach a broad section of the City of South Tucson community and promote their organization through useful information and demonstrations related to school readiness, attitudes, and safety. To participate in the event as an exhibitor or contribute to a school supply drive, please contact Jennifer Peters at petersjs@email.arizona.edu.

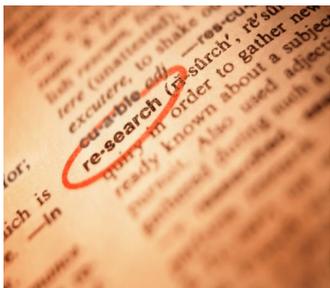
On The Research Front

CRCPHP Student Highlights

Nutritional Sciences graduate student Meghan Strom has been awarded a National Cancer Institute R25E Summer Research Experience at the University of Texas MD Anderson's *Cancer Prevention Training Program*. One of twenty students, Meghan will be working in Houston from June to August 2015 under the mentorship of Karen Basen-Engquist. Projects will include quantifying visceral adipose tissue in CT scans of a subsample of ovarian cancer survivors in the LiVES study as well as testing post motivational strategies in the Health for Families Study.



Meghan Strom



Abigail Schneider

Abigail Schneider presented her research “*Estimation of Arsenic Intake from Food in Mexico and Arizona*” at a recent honors student symposium on the UA campus. Analysis of arsenic (As) content of foods with major sources of dietary As were; cereal, bread, pasta, and rice food products. Intake of As on average, was reported to be higher in the U.S. compared to Mexico. Individuals with a higher BMI consumed more high As foods than individuals with a lower BMI. Additionally, individuals with lower levels of education had reportedly higher intakes of high As foods when compared to individuals with higher levels of education.

Member Publications

Harrington KF, Zhang B, Magruder T, Bailey WC, **Gerald LB**. The impact of parent's health literacy on pediatric asthma outcomes. *Pediatr Allergy Immunol Pulmonol*. 28(1): 20-26, 2015. PMID: 25852967.

Gerald JK, Gerald LB, Vasquez MM, Morgan WJ, Boehmer SJ, et al. Markers of differential response to inhaled corticosteroid treatment among children with mild persistent asthma. *J Allergy Clin Immunol Pract*. [Epub ahead of print]. PMID: 25783161.

Mahabee-Gittens EM, Khoury JC, Ho M, Stone L, **Gordon JS**. A smoking cessation intervention for low-income smokers in the ED. *Am J Emerg Med*. [Epub ahead of print]. PMID: 25976268.

Floden L, Howerter A, Matthews E, Nichter M, Cunningham JK, Ritenbaugh D, **Gordon JS**, Muramoto ML. Considerations for practice-based research: a cross-sectional survey of chiropractic, acupuncture and massage practices. *BMC Complement Altern Med*. 15(1): 140, 2015. PMID: 25933801.

Tabung FK, Steck SE, Zhange 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. PMID: 25900255.

Diep CS, **Hingle M**, Chen TA, Dadabhoy HR, Beltran A, Baranowski J, Subar AF, Baranowski T. The automated self-administered 24-hour dietary recall for children, 2012 version for youth aged 9-11 years: a validation study. *J Acad Nutr Diet*. April 2015. [Epub ahead of print]. PMID: 25887784.

Manahan MN, Soyer HP, **Loescher LJ**, Horsham C, Vagenas D, Whiteman DC, Olsen CM, Janda M. A pilot trial of mobile, patient-performed teledermoscopy. *Br J Dermatol*. 172(4): 1072-80, 2015. PMID: 25418126.

Sbarra DA, Hasselmo K, Bourassa KJ. Divorce and health: beyond individual differences. *Curr Dir Psychol Sci*. 24(2): 109-113, 2015. PMID: 25892857.



Healthy Eating: Corn & Summer Vegetable Sauté

Ingredients

- 1 tablespoon canola oil
- 1/2 cup chopped green onions (about 4)
- 1 garlic clove, minced
- 1 cup sliced okra (about 4 ounces)
- 1 cup chopped red bell pepper (and other colorful peppers)
- 1 finely chopped seeded jalapeno pepper
- 1 cup fresh corn kernels (about 2 ears)
- 1 15oz can black beans, rinsed and drained
- 1/3 cup minced fresh cilantro
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper



Adapted from: Cooking Light magazine

Preparation

Heat oil in a large nonstick skillet over low heat. Add onions and garlic; sauté 3-4 minutes. Add okra; sauté 5 minutes. Add bell pepper and jalapeño; cook 5-8 minutes. Add corn; cook 5 minutes. Stir in beans; cook 2 minutes. Stir in cilantro; sprinkle with salt and black pepper. Try to keep on low heat and slow cook.

Nutritional Information

Calories: 90 | Fat: 2.7g | Protein: 3.7g | Carbohydrates: 15.9g | Dietary Fiber: 4.8g | Sodium: 232mg



Food As Medicine Spotlight: Health Benefits of Chipotles

Chipotles are smoke dried jalapeños originating in Mexico and are commonly used in Mexican and southwestern dishes. Chipotles are picked from the jalapeno field when the peppers turn a bright red color and are fully ripe. They are then smoke dried to enhance the sweet and smoky flavor and heat of the pepper. Chipotles are known for their distinctive smoky spice, unlike the jalapeno they start out as.

Chipotles are a rich source of Vitamins A, B6, C, and K. These peppers contain a nutritive compound called capsaicin that may contain anti-carcinogenic and anti-diabetic properties. Because chipotles are dried they can be found year round, but their flavor is best in the summer months when they are freshest. If you are looking for some added flavor and heat, chipotles are a great way to spice up your recipe.

Venier NA et al. Capsaicin reduces the metastatic burden in the transgenic adenocarcinoma of the mouse prostate model. *Prostate*. 2015. [Epub ahead of print]. PMID: 26047020.

Abdel-Aal el, SM et al. Dietary sources of lutein and zeaxanthin carotenoids and their role in eye health. *Nutrients*. 5(4): 1169-85, 2015. PMID: 23571649.

Wahyuni Y et al. Secondary Metabolites of Capsicum Species and Their Importance in the Human Diet. *J Nat Prod*. 76(4): 783-93, 2013.

Canyon Ranch Center for Prevention & Health Promotion

National Leadership Academy for the Public's Health (NLAPH)



From left to right: Arthur Chen, MD (NLAPH Coach); Montserrat Caballero (Arizona State Director, Enroll America); Yamila El-Kayat (UAHSL); Judith A. Monroe, MD (Deputy Director, Centers for Disease Control & Prevention); Annemarie Medina (YMCA of Southern Arizona); Jennifer Peters (UA CRCPHP)

March 23 2015 Emory University Atlanta GA

CRCPHP is one of four leaders in the Healthy Pima Initiative which has been selected to participate in the National Leadership Academy for the Public's Health (NLAPH) program, funded by the Centers for Disease Control and Prevention (CDC). NLAPH is a national program focused on improving population health by working with multi-sector leadership teams and training the teams through an applied, team-based collaborative leadership development model. The program is implemented by the Center for Health Leadership and Practice (CHLP), a center of the Public Health Institute (PHI), and provides training and support for a period of one year.

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. Pima County currently ranks sixth among all counties in the State of Arizona according to the County Health Rankings & Roadmaps program, which is designed to help communities create solutions addressing specific factors that are known to affect health. The Healthy Pima team engages a broad stakeholder group in the development of a comprehensive health promotion model that prioritizes inclusion, equity, and access for people with chronic disease. The goal of the project is to address health disparities by complementing existing health promotion programs with screening and training tools related to housing, food security, transportation, and violence. The team assembled to undertake this critical issue works closely with the Pima County Health Department, and includes representation from: Enroll Arizona (Montserrat Caballero); YMCA of Southern Arizona (Annemarie Medina); University of Arizona Mel and Enid Zuckerman College of Public Health CRCPHP (Jennifer Peters); and University of Arizona Health Sciences Center (Yamila El-Khayat).

Message from the Director

Cynthia A. Thomson, PhD, RD

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

Welcome to summer! Although the heat is upon us and its important to hydrate, summer remains a great time for active living. Enjoy a sunrise hike or a bike ride around Sahuaro monuments at sunset. Jump in the pool or dance to some beach music. The opportunities are endless! Our Healthy 2BMe Camp is a model for enjoying summer fun and setting healthy behaviors that children can carry with them for life. After all the summer activities, settle into a fresh summer salad and a refreshing glass of antioxidant rich green iced tea with fresh fruit. Before we know it the heat will subside as we are blessed with beautiful monsoon rain storms and the accompanying sunsets!

Cynthia A. Thomson



"Creating a Healthier Tucson"

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