

To Your Health!

Spring
March 1, 2013

South Tucson Health Fair

The CRCPHP, as part of our commitment to support community health promotion in South Tucson, joined in the planning and preparation for the *2nd Annual City of South Tucson Healthy Habits Community Wide Health Fair* on Saturday January 26 at Mission View Elementary School. We provided our healthy tips handouts in English and Spanish and visited with families to promote healthy eating and physical activity. Wilbur, Wilma and UA Cheerleaders made a special guest appearance and the excitement on the children's faces was amazing! Our booth also featured balloon twister, Daniel Ravia, creating fruits and vegetables for the children with colorful balloons. Planners estimate that over 500 people attended the fair, which provided information on health and social services from over 60 exhibitors.

In This Edition:

On the Research	2
Wellness Room	2
Fit First Saturday	2
Healthy Recipe	3
Food As Medicine	3
Summer Camp	4
Message from the Director	4



Save The Date

Campus Rec Lecture Series Drachman Hall, COPH

Friday March 22:

"Green Healing : Chinese Herbology" Don Lightner, Room A116 at noon.

Friday March 29: "Supermarket Sick" Dr. Cynthia Thomson, Room A122 at noon.

April 19 "What's on Tap: Safety of Your Drinking Water" Dr. Kelly Reynolds, Room A122 at noon.

Dr. Dean Ornish

University of Arizona Medical Center welcomes Dr. Dean Ornish, best selling author and fighting heart disease expert to speak on Wednesday, **April 3 at 6 p.m.** DuVal Auditorium in UAMC facility.

Healthy Eating on St. Patrick's Day

Irish Colcannon & Thyme Soup

Ingredients:

- ◆ 2 tablespoons butter, divided
- ◆ 2 1/2 cups diced, peeled baking potato (~14 ounces)
- ◆ 1 cup diced onion (~ 4 ounces)
- ◆ 1/2 teaspoon salt, divided
- ◆ 1/2 teaspoon freshly ground black pepper
- ◆ 3 cups fat-free, less sodium chicken broth
- ◆ 2 cups water
- ◆ 3 tablespoons water
- ◆ 8 cups thinly sliced savoy cabbage (~ 1 pound)
- ◆ 1 tablespoon chopped fresh thyme leaves

Preparation:

- ◆ Melt 1 TBSP butter in a large saucepan over medium heat. Add potato, onion, 1/4 tsp salt, and 1/4 tsp pepper. Cover and cook 6 minutes. Add broth and 2 cups water; bring to a boil. Cook 10 minutes or until potato is tender.
- ◆ Combine 3 TBSP water and remaining 1 TBSP butter in a large Dutch oven; bring to a simmer. Add cabbage and thyme. Cover and cook 5 minutes, stirring occasionally. Remove from heat; stir in remaining 1/4 tsp salt and remaining 1/4 tsp pepper.
- ◆ Place half of potato mixture in blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining potato mixture. Add potato mixture to cabbage mixture; cook over medium-low heat until thoroughly heated.



Recipe and photo from Cooking Light

Nutritional Information (per 1 1/3 serving)

Calories: 130; Calories from fat: 28%; Fat: 4.1g; Saturated fat: 2.5g; Monounsaturated fat: 1.1g; Polyunsaturated fat: 0.3g; Protein: 4.2g; Carbohydrate: 21g; Fiber: 4.5g; Cholesterol: 10mg; Iron: 0.9mg; Sodium: 442mg; Calcium: 48mg

Food As Medicine Spotlight: Thyme



Thyme is a Mediterranean garden herb with small, curled, fragrant leaves most commonly used as a seasoning.

Health Benefits of Thyme:

- ◆ May support menstrual cramp relief
- ◆ May aid in digestion
- ◆ Mix 1 tsp Thyme, tea & honey to support your respiratory function
- ◆ Use as a natural aromatic household cleaner; boiled water, a tad bit of soap & crushed thyme



Healthy 2B Me Camp

The Center & MEZCOPH are partnering with UA Campus Recreation to deliver a wellness experience to children ages 8-11. Camp will be held at the Campus Rec Center during the summer months. Each camp session is 1 week, Monday-Friday 9 am-3 pm.

- ◆ Fun, active days
- ◆ Health/wellness learning activities
- ◆ Healthy food preparation
- ◆ Food safety

For more information please contact:
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Message from the Director

As I enter my second year as Director of the Canyon Ranch Center for Prevention & Health Promotion I am inspired by the relationships developed and impact we are beginning to make in our community. In just a few short months we have established our vision and mission, set priorities and planning and most importantly begun to act to improve the health of Tucsonans.

Among the highlights for 2012-13 are the new and expanding partnership with the City of South Tucson to support their efforts to become healthy and resilient, our Family Fitness Festival that engaged over 600 members of our community in physical activity to promote health all while visiting the academic setting of our University campus, development of a website to expand access to and information on health and wellness and to share the important health research being conducted in our college, our university and the community, the award of small grants that will provide the research foundation for future larger scale efforts, the development of new training opportunities for our Public Health students to provide them the knowledge, skills and resources to reach out to our community with the wellness message. Additionally our efforts to walk the talk in MEZCOPH by supporting students, staff and faculty to achieve their fitness goals and integrate activity and healthy eating in their work lives. None of this would have been possible without the many key partnerships and friendships we have developed over the year.

We look forward to continued efforts to advance wellness in our community through research, education and community service. Thank you to all of you who have played a role.

Cyndi Thomson
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Director, CRCPHP



“Creating a Healthier Tucson”

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