

# To Your Health!

Winter 2014

## Tucson Marathon Family Fitness Fest

Our 4th annual Tucson Marathon Family Fitness Fest was another huge success with over 800 registered participants! Thank you to our partners at the Tucson Marathon for another fun day at the UA Mall promoting physical activity and healthy behaviors to families in our community. A special thanks to all of the local Tucson school students for their enthusiastic participation in all of our events and to our wonderful wellness liaisons for their continued effort in working with these students to promote healthy lifestyles. The CRCPHP would also like to recognize and thank our many volunteers - your generous gift of time makes this event possible!

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### Upcoming Events

#### New Year, New You

Wednesday January 28: 11 a.m. -2 p.m.  
UA Mall

#### South Tucson Healthy Habits Fair

Saturday February 7: 10 a.m. -2 p.m.  
South Tucson (location TBD)



# On The Research Front

## Members Publications

Gibson-Young L, Turner-Henson A, **Gerald LB**, Vance DE, Lozano D. The relationships among family management behaviors and asthma morbidity in maternal caregivers of children with asthma. *J Fam Nurs*. 20(4): 442-461, 2014. PMID: 25351584.

Mahabee-Gittens M & **Gordon JS**. Missed opportunities to intervene with caregivers of young children highly exposed to secondhand tobacco smoke. *Prev Med*. Doi: 10.1016/j.ypmed.2014.10.031 epub ahead of print. PMID: 25449690.

**Klimentidis YC**, Zhou, Wineinger NE. Identification of allelic heterogeneity at type-2 diabetes Loci and impact on prediction. *PLoS One*. 9(11):e113072 doi: 10.1371/journal.pone.0113072. PMID: 25393876.

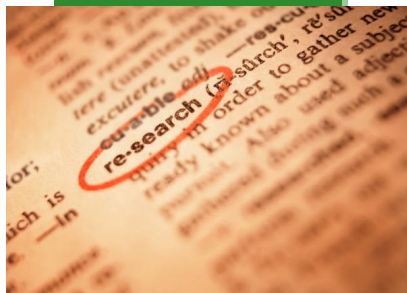
**Klimentidis YC**, Chen Z, Arora A, Hsu CH. Association of physical activity with lower type 2 diabetes incidence is weaker among individuals at high genetic risk. *Diabetologia*. 57(12): 2530-2534, 2014. PMID: 25393876.

**Langellier BA**, Glik D, Ortega AN, Prelipl ML. Trends in racial/ethnic disparities in overweight self-perception among US adults, 1988-1994 and 1999-2008. *Public Health Nutr*. Nov 20, 2014: 1-11. epub ahead of print. PMID: 25409833.

**Langellier BA**, Chen J, Vargas-Bustamante A, Inkelas M, Ortega AN. Understanding health-care access and utilization disparities among Latino children in the United States. *J Child Health Care*. Nov 13, 2014. pii: 1367493514555587. epub ahead of print. PMID: 25395597.

Chaparro MP, **Langellier BA**, Wang MC, Koleilat M, Whaley SE. Effects of parental nativity and length of stay in the US on fruit and vegetable intake among WIC-enrolled preschool-aged children. *J Immigr Minor Health*. Sept 2, 2014. epub ahead of print. PMID: 25179897.

**Thomson CA**, Crane TE, Wertheim BC, Neuhaus ML, Li W, Snetelaar L, Basen-Engquist K, Irwin ML. Diet quality and survival after ovarian cancer: results from the Women's Health Initiative. *JNCI*. doi: 10.1093/jnci/dju314. [PMID: 25665480].



Brent Langellier, PhD



## Member Highlight

Dr. Brent Langellier is an Assistant Professor of Public Health at the U of A. Dr. Langellier's main research interests are in health outcomes and interventions that affect Latino's and other underserved populations and focuses on understanding social determinants of obesity and cardiovascular disease risk factors.

Dr. Langellier is the Principal Investigator of a recently funded Robert Wood Johnson Foundation Grant "Developing an agent-based model to explore racial and ethnic disparities in food purchasing" which will explore racial and ethnic disparities in food purchasing behaviors.

# Healthy Eating: *Chunky Minestrone with Rosemary*

## Ingredients

2 tbsp. olive oil  
 2 small red or yellow onion, chopped  
 2 carrots, peeled & chopped  
 2 celery stalks, chopped  
 2 garlic cloves, chopped  
 2 sage leaves, chopped  
 1 container (32oz) low-sodium vegetable broth  
 1 can (28oz) diced tomatoes  
 1 can (15oz) low-sodium kidney beans, drained and rinsed  
 1 can (15oz) low-sodium chickpeas, drained and rinsed  
 1/2 lb green beans, fresh or frozen, cut into 1 inch chunks  
 2 sprigs fresh rosemary  
 1/2 lb frozen collard greens  
 1/2 cup grated fresh parmesan



Recipe from: **Yoga Journal**

## Preparation

In a large, heavy stockpot over medium heat, heat oil. Cook onion, carrots, celery, garlic, and sage, stirring occasionally, until vegetables begin to soften, 3 to 4 minutes. Add broth, tomatoes, kidney beans, chickpeas, green beans, rosemary and salt and pepper to taste. Reduce heat and simmer until kidney beans are warmed through and green beans begin to soften, 10 minutes. Add collards; cover and cook until warmed through, 1 minute. Serve topped with parmesan.

## Nutritional Information

Calories: 174 | Fat: 5g | Saturated fat: 1g | Protein: 8g | Carbohydrate: 24g | Fiber: 2g | Sodium: 568mg



## Food As Medicine Spotlight

### Health Benefits of Rosemary & Sage

**Rosemary** contains small amounts of iron, calcium and vitamin B6. It is under study for its role in the prevention of brain aging, boosting the immune system and improving eye health.

**Sage** contains small amounts of antioxidants and vitamin K. Limited evidence has suggested it may have a role in digestive health, improving memory and glucose control.

Azad N et al. Neuroprotective effects of carnosic acid in an experimental model of Alzheimer's disease in rats. *Cell J.* 13(1):39-44. 2011 PMID: 23671826.

Kianbakht S & Hashem Dabaghian F. Improved glycemic control and lipid profile in hyperlipidemic type 2 diabetic patients consuming *Salvia officinalis* L. Leaf extract: a randomized placebo. Controlled clinical trial. *Complement Ther Med.* 21(5):441-446, 2013. PMID: 24050577.



## 2014 Innovation Award

This year's recipient of the CRCPHP 2014-15 Wellness Innovation Award is Laura Still. Laura's idea was to develop an implementation plan and develop

an evaluation for the Take 15 in 2015 program, designed to help MEZCOPH reduce stress as we enter 2015 (and beyond). Stress reduction was cited as a priority area for MEZCOPH in our 2014 wellness survey and Take 15 was identified as a possible solution, but without a student lead and a strong evaluation component, the program's sustainability would be in question. Laura reviewed the program, tried it out first hand, and decided it was time to move this idea to the next level. Look for more information in early 2015—we look forward to YOUR participation and a chance to Take 15 in 2015!

## Service Learning Course

Each semester CRCPHP faculty and academic professionals offer Public Health for Community Wellness, a service learning course, with a community partner. The course is designed to prepare undergraduate and graduate students to develop skills including assessment of lifestyle behaviors with an emphasis on diet and physical activity, development of wellness related programming and curriculum, and delivery of healthy lifestyle related programs to the public. Emphasis is placed on communities facing numerous health and social disparities. In Fall 2014, we partnered with Kate Meyer, program director for La Escuelita, an afterschool program of Our Family Services which is delivered at the House of Neighborly Service in South Tucson. MPH candidate Lauren Sheehan offers the following reflections on her experience:

<http://uapublichealth.wordpress.com/2014/12/13/lessons-from-elementary-school-students/>

## Message from the Director

Cynthia A. Thomson, PhD, RD

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

Wow! It is always so rewarding to see the impact of our wellness efforts in the community. The Family Fitness Festival is an example of how a little effort from many people builds a healthy community over time. This year's event attracted over 800 people, family members of all ages, enjoying time together in a physically active environment. But it is not just the families that benefit - certainly that has been our goal - but we as volunteers. It is an amazing thing to see. The diversity of participation, the laughter, the perseverance and the competition all make for a memorable and impactful day. This year I want to specifically acknowledge our students who worked to support the children at House Neighborly Services as they trained up for the big run! Not only did our MEZCOPH students help the students "practice" they went above and beyond in identifying resources thru social media to purchase tennis shoes and sweatshirts for the children to assure each was appropriately dressed for the big run. Amazing. Their engagement throughout the semester with these children will likely change their lives and importantly has shown them what a difference they can make with a little creativity and commitment.

As we reflect on the year and all the accomplishments I have to smile. So many achievements by so many faculty, staff and students, and our community partners, to promote the wellness message and support each other in our daily walk toward wellness. The impact is real. More importantly the possibilities continue to present themselves and CRCPHP will continue to embrace those opportunities through outreach, education, research and service. Thank you all for everything you do - Have a wonderful Holiday Season!



*Cynthia A. Thomson*

## "Creating a Healthier Tucson"



3950 S. Country Club  
Tucson, AZ 85714  
Phone: 520-626-5470  
[crcphp.arizona.edu](http://crcphp.arizona.edu)

To be added to our email list please contact  
Nicole Bergier ([nbergier@email.arizona.edu](mailto:nbergier@email.arizona.edu))