



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

To Your Health! Spring 2012

Message from the Director

As Director of the CRCPHP I thank all the faculty, staff, students and community partners who have been meeting with us over the past 4 months as we jump-start our health promotion efforts. Through their involvement we have begun to develop a focused, high impact strategic plan to support our vision of a healthier Tucson. It's been a world-wind period full of enthusiasm and energy that we plan to capitalize on as we change the face of health in Tucson.

Cyndi Thomson, PhD, RD
Professor, MEZCOPH
Director, CRCPHP



"Creating a Healthier Tucson"

Seasonal Wellness Tip

A recent study shows that people take more steps when they are being monitored. Before lacing up, put a pedometer on to track your progress and for extra motivation, ask your friends to do the same!

Take kids on a nature walk to enjoy our blooming desert. It's a great way to get more walking into your day:



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VP Bootman calls for Center Status & Planning Report

The CRCPHP has recently been re-organized as a separate entity within the MEZCOPH no longer merged within the CDC-funded Arizona Prevention Center. This re-organization has afforded us a unique opportunity to define our mission, complete focused strategic planning, and best serve The University and Tucson communities in meeting today's prevention and health promotion needs. Our efforts are moving to implement the following strategic initiatives:

- New training opportunities (wellness MPH internships, service-based learning course in wellness interventions and a new field methods course in diet and physical activity methodology).
- A centralized center for implementing prevention & health promotion research and service that will include comprehensive body composition, physical activity and dietary assessment equipment and resources.
- Through collaboration with Bio5 Institute, development of a translational telephone-web-text-email coaching program to deliver, track and evaluate broad-based health behavior interventions.
- A worksite wellness effort to support healthier food choices & daily activity in a predominant office-based work setting.
- Delivery of a consistent and passionate wellness message through targeted programming and outreach (Smart Choices for Healthy Dining, Tucson Marathon Family Fitness Festival, etc).
- Delivery of effective, high impact pilot/feasibility grant program to support successful grant applications focused in the area of obesity risk reduction.

A sample of Smart Choices dining options and ingredients from two of the participating restaurants:



The 2011 Family Fitness Festival brought families together for physical activity and fun:



Smart Choices Restaurant Update

"Smart Choices for Healthy Dining" is an on-going program designed to provide healthy choices for Tucsonans when eating out. Since over 35% of meals are eaten away from home it is important that consumers have choices for delicious and healthy dining.

This program is an active partnership of the UA Canyon Ranch Center for Prevention & Health Promotion at the Zuckerman College of Public Health, the Pima County Health Department, and most importantly, committed restaurants throughout Pima County. The program seeks to represent the unique flavors and culture of Tucson and its food. Restaurants are invited to take this opportunity not only to highlight some of the already developed classic menu items, but also to be innovative in creating something specifically for this program. As of Spring 2012 over 30 Tucson restaurants have engaged in this important program.

Dining guides that list the participating restaurants are available through the CRCPHP. Look for the Smart Choices logo when you visit local restaurants.

Family Fitness Festival: December 8, 2012

The Tucson Marathon, in its 20th year, announces The University of Arizona Canyon Ranch Center for Prevention & Health Promotion at the Mel and Enid Zuckerman College of Public Health, as the title sponsor for the 2012 Tucson Marathon Family Fitness Fest. This partnership will promote health, fitness and education. The result is a weekend of fitness events for the whole community.

A great event for the whole family, the Tucson Marathon Family Fitness Fest will be held on the University Of Arizona Campus Mall on Saturday, December 8. Running events will include a 5K and 1 Mile run. The 5K is for runners of all abilities, including walkers and wheelchairs. We expect participants from 3 to 100 years old to share the excitement of completing the race.

The Wellness Room under construction at the Zuckerman College of Public Health:



Updated Guidelines for Nutrition and Physical Activity in Cancer Prevention

The American Cancer Society has recently released updated guidelines for Nutrition and Physical Activity to reduce the cancer burden. The new guidelines continue to support a plant-rich diet and regular physical activity and importantly the new guidelines also call for community action and policy change to promote health habits. The messaging is consistent with the mission/vision of the CRCPHP.

<http://www.cancer.org/acs/groups/cid/documents/webcontent/002577-pdf.pdf>

MEZCOPH Wellness Room Opening Soon

In an effort to support healthy habits at the workplace, the CRCPHP has initiated the design of a Wellness Room that will be located on the first floor of Drachman Hall, the home of the Zuckerman College of Public Health. The Wellness Room will provide employees and students an area for activities to combat physical inactivity and unhealthy eating, all within a safe, welcoming, and peaceful environment. The CRCPHP is working on this and other worksite wellness initiatives in collaboration with a Wellness Committee made up of faculty, academic professionals, staff, and students, as well with advisement from UA Life Work Connections, Well-U, and the YMCA.

Save the Dates

April 27, 2012: CRCPHP Strategic Planning Retreat

June 16, 2012: Juneteenth "Living Healthy Lifestyles" Event

November 2012: Cultural Health Family Festival

December 8, 2012: Tucson Marathon Family Fitness Fest

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