



Canyon Ranch Center for  
Prevention & Health Promotion

To Your  
Health!

Fall 2012



**September 22:**  
Chinese Style Health Day  
Reid Park  
Part of Chinese Cultural Week

**October 6:**  
Tucson Culinary Festival  
<http://www.tucsonculinaryfestival.com/>

**October 12-14:**  
Tucson Meet Yourself  
<http://www.tucsonmeetyourself.org/>

**October 21:**  
BollyKids Cultural Day  
Children's Museum of Tucson

**October 24:**  
University of Arizona Food Day  
<http://uafoodday.com/>

**December 8:** Tucson Marathon  
Family Fitness Fest  
Registration now open  
<http://www.tucsonmarathon.com/>

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### Smart Choices Restaurant Update



The Smart Choices for Healthy Dining is off to a great start with 37 participating restaurants ranging from fast food to fine dining. We took part in the *Susan G. Komen Cook for the Cure* which highlights & promotes the benefits of healthy eating to a diverse audience. The Smart Choices Restaurants were recognized for

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## On The Research Front



- CRCPHP collaborated with the Activate Tucson Coalition to develop and submit a Community Transformation Grant (CTG) proposal to the Centers for Disease Control. The proposal, if funded, would support the advancement of multiple approaches to community health promotion, including 1. supporting healthy nutrition and physical activity approaches in schools and neighborhoods 2. supporting outreach to Tucson's disabled and elderly community to increase healthy living and emotional health and 3. advancing policy change to sustainably support a healthier Tucson. Partners include the University of Arizona's College of Public Health, Department of Nutritional Sciences, Cooperative Extension, Disabilities Resource Center, Drachman Institute; Pima County Department of Natural Resources, Parks, and Recreation, Pima County Health Department, Community Food Bank of Southern Arizona, Community Gardens of Tucson, Tucson Medical Center, United Healthcare, United Way and YMCA of Southern Arizona.
- Cyndi Thomson will be presented with the 2011 Huddleson award at this year's Food & Nutrition Conference and Expo (FNCE) in Philadelphia in October for her publication "*A Systematic Review of Behavioral Interventions to Promote Intake of Fruit and Vegetables.*" The Huddleson Award is named for Mary Pascoe Huddleson, Editor of the Academy of Nutrition and Dietetics Journal from 1927-1946, and honors a registered dietitian who made an important

their commitment to ensure healthy options are available to all Tucsonans when eating out. Next steps for the program will include a survey to participating restaurants and the implementation of an additional evaluation to measure the impact of the program in the community. Look for Smart Choices at other community events including: Tucson Culinary Festival, Tucson Meet Yourself and the University of Arizona Food Day.

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## Plattner meets White House Chef



Sabrina Plattner, Health Educator for the CRCPHP and our Healthy Children Arizona Program, attended the annual Society for Nutrition Education & Behavior conference in Washington DC. Ms. Plattner was able to meet Sam Kass, White House Assistant Chef and the Senior Policy Advisor for Healthy Food Initiatives. Mr. Kass works closely with the First Lady on the Let's Move! Initiative.

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contribution to dietetics and was the lead author on a published manuscript.

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## Worksite Wellness Initiative



Worksite Wellness continues to be a major focus of our Center. To this end we have the following opportunities open to our students, staff and faculty:

1. 24-7 Wellness Room on the 1st floor Drachman Hall
2. Fresh Fruit Fridays
3. Weekly stretch band classes each Wednesday
4. Noon-time walks with faculty
5. Healthy Cooking demonstrations

A recent meta-analysis of worksite wellness programs suggested an average 25% reduction in sick days and health plan costs as well as disability claims.

*(Chapman LS, Meta-analysis of worksite health promotion economic return studies: 2012 update. Amer J Health Promotion, 2012).*

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## Message from the Director

Another season has passed and the CRCPHP is moving forward at a fast pace. We have made significant headway on a number of fronts including research, outreach, and education. In this season's newsletter you will read of two new research grants submitted for federal funding, the Community Transformation Grant and the Protein Supplementation Grant for Aging Women. We also

## Fresh Fruit Friday



As part of our healthy workplace initiative, fresh fruit is offered every Friday on the 2nd floor in Drachman Hall at the College of Public Health. Please stop by to see what new fruits are offered. Donations welcome.

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## Diabetes Tool Kit for School-Aged Children



### The Need

It is well known that childhood obesity is a public health crisis affecting children of all ages, racial and ethnic backgrounds in the United States. The prevalence of diagnosed Type 2 Diabetes increased six-fold in the latter half of the last century. Diabetes risk factors such as obesity and physical inactivity have played a major role in this dramatic increase. Therefore, Arizona must take a multi-level approach to the prevention of childhood obesity through the

initiated the LIVES Study for lifestyle intervention (diet, physical activity), a national study of over 1070 ovarian cancer survivors.

Our outreach program is expanding with the goal of serving Tucson with the lifestyle wellness message. Up-coming events include The Tucson Marathon Family Fitness Fest Day, Chinese Health Festival and the BollyKids Health Festival. The Center provides the community with brief health assessments and educational information to support healthy choices.

In the area of education, we have created a new course for the College of Public Health graduate students "Applied Methods in Diet and Physical Activity Research". The course will equip our students to measure, assess and deliver diet and activity interventions for individuals and communities as well as appropriately interpret research in this vital area.

Thanks again to all who have contributed to our goal of creating a healthier Tucson!

Cyndi Thomson  
Professor, Mel & Enid Zuckerman College of Public Health  
Director, CRCPHP



***"Creating a Healthier Tucson"***

education of children, family members, and caregivers on the importance of healthy lifestyles as well as the promotion of physical education and healthy food options in the school and at home.

#### The Tool Kit

The toolkit titled "Don't Monkey Around with Diabetes" provides educational and interactive play and games to engage children of school-age using an active learning process about diabetes and obesity. Findings indicate that the best method for presenting information to youth (and adults) about diabetes and obesity is through school or community-based venues. The peer education approach creates and peaks interest among youth. The above image is a picture of the toolkit. Given the advances in technology, its affordability and popularity, we propose to develop an application for use by children that is interactive and educational.

#### The Plan

The toolkit will be disseminated to stakeholders including school nurses, health education instructors housed within community health centers and clinics, and other non-profit organizations that focus on the issues the toolkit is intended to address. Funding is currently being sought to design a children's application in the form of electronic textbook (e-book) that educates children on risk factors related to development of diabetes and prevention of obesity and diabetes. The design is based on a model which allows content to be presented by mixing graphic page mode, talking page mode, hypermedia page mode and web page mode. Each mode includes various activities which support and nurture as many children's intelligences and learning styles as possible.

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**Seasonal Wellness Tip**



## Moving gets you motivated!

Fall is a wonderful time to start a wellness program; walk, hike or bike to discover the beautiful scenery Arizona has to offer. It's a perfect time to revitalize your body, mind and spirit!

### Strive for the 3 C's:

Commitment: choose an activity and make it part of your daily routine

Convenience: choose a gym close by or an at home activity

Consistency: choose a specific time of day and increase activity time through the month

Allow 30 days for your body to adapt to lifestyle changes. Stay focused, Don't give up!

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MEL AND ENID  
ZUCKERMAN COLLEGE  
OF PUBLIC HEALTH

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**Our mailing address is:**  
1295 N. Martin Avenue  
Tucson, AZ 85724

[www.crcphp.arizona.edu](http://www.crcphp.arizona.edu)

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UA Canyon Ranch Ctr for Prevention & Health Promotion, Zuckerman College of  
Public Health · 1295 N. Martin Ave · Tucson, AZ 85724

