CRCPHP Spring NEWSLETTER 2018



THE UNIVERSITY OF ARIZONA MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH

Canyon Ranch Center for Prevention & Health **Promotion**



Step into Spring!

In this Issue:

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Healthy Recipe

Food as Medicine

Recognitions 3

Community Events

Member Publications





University of Arizona Mall, 1303 E. University Blvd. Tucson, AZ

The first 500 registered participants will receive a free UA superhero cape on the day of the event!

> • 8:00am Health Expo and warm up yoga

• 9:00am Fun stations begin

• 10:00am Fun Run around the UA Mall

Join us for family fun, music, and physical activity!





Canyon Ranch Center



Cooperative Extension



Nutritional Sciences

Healthy Eating:

Roasted Carrot Tart with Carrot-Green Pesto

Ingredients

10 medium carrots with multicolored greens

6 tablespoons extra-virgin olive oil

½ teaspoon salt

1/4 cup chopped fresh dill

1/4 cup chopped fresh tarragon

1/4 cup grated parmesan cheese

2 tablespoons slivered almonds

1 clove garlic

1 sheet frozen puff pastry (thawed)

6 tablespoons whole-milk ricotta

1 tablespoon minced shallot



Recipe adapted from www.eatingwell.com

Preparation

- Preheat oven to 400°F. Coat baking sheet with cooking spray. Line another baking sheet with parchment.
- 2. Cut greens off carrots if still attached; reserve. Halve the carrots lengthwise and toss with 1 tablespoon oil and ¼ teaspoon each salt and pepper. Place on the sprayed baking sheet. Roast, stirring occasionally, until tender, 20 to 25 minutes.
- 3. Place 1 cup of the reserved carrot greens, dill, tarragon, Parmesan, almonds, garlic and the remaining ½ teaspoon salt and pepper in a food processor, coarsely chopping. Continue adding the remaining 5 tablespoons oil and continue to process until well combined. Set aside.
- 4. Roll puff pastry on a lightly floured surface and transfer to a parchment-lined baking sheet. Using a knife, lightly score a ½-inch border all around the edge of the pastry. Prick with a fork everywhere but the border. Bake until puffy and lightly browned, 10 to 12 minutes.
- 5. Combine ricotta and shallot in a small bowl. Evenly spread the mixture on the pastry, then spread 5 tablespoons of the carrot-green pesto over it. Arrange the roasted carrots in a single layer on the pesto.
- Bake until the crust is golden brown, 15 to 20 minutes. While still warm, brush the carrots with 1 tablespoon of the pesto (reserve the remaining pesto for another use). Garnish with more carrot greens, dill and tarragon, if desired.

Nutritional Information

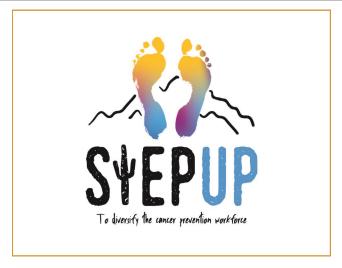
Calories: 374 | Fat: 27g | Protein: 6g | Carbohydrates: 27g | Dietary Fiber: 3g

Food As Medicine Spotlight: Carrots

Carrots are a good source of beta-carotene, fiber, Vitamin K and potassium. These root vegetables are typically orange in color, but come in a variety of colors. Results of a study conducted in 2012 suggested that daily intake of fresh carrot juice is a simple and effective approach to increasing plasma total carotenoids and in turn reduces oxidative stress. (1)



 Butalla AC et al. Effects of a carrot juice intervention on plasma carotenoids, oxidative stress, and inflammation in overweight breast cancer survivors. Nutr Cancer. 64(2): 331-41, 2012. PMID: 22292424.



Congratulations to MEZCOPH Faculty; Dr.'s Cynthia Thomson, John Ehiri and Robin Harris on their newly funded NIH-NCI training grant! STEP-UP is a summer research program designed to train undergraduate and Master's level students in cancer prevention and control research, with an emphasis on clinical trials, mechanisms and biomarkers, and community based research. This unique training experience will utilize UA resources campus wide and will include real life experiences within our community. Students will be matched with University of Arizona Cancer Center faculty that will serve as mentors during this 12 week program. Sixteen students have been accepted into this summer program from a pool of nearly 80 applicants.

Upcoming Community Events:

Healthy South Tucson Resource Fair

Saturday April 14, 2018 from 9 a.m.—1p.m.

House of Neighborly Services: 243 W. 33rd St. Tucson, AZ 85713

Food, fun, physical activity, music and raffles

Summer Camp for Kids

The University of Arizona Mel & Enid Zuckerman College of Public Health will offer a series of weeklong summer camps for children ages 7-10, designed to share public health messaging with fun, interactive activities! Lessons are taught by experts at the University of Arizona, the Canyon Ranch Center for Prevention & Health Promotion and by members of the Tucson community.

For more information or to register contact Nicole Bergier (nbergier@email.arizona.edu) or 520-626-5470

"Creating a Healthier Tucson"

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To be added to our email list
please contact
Nicole Bergier
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Page 4 Spring 2018

On The Research Front

Member Publications

36-Item Short Form Survey (SF-36) Versus Gait Speed As Predictor of Preclinical Mobility Disability in Older Women: The Women's Health Initiative.

Laddu DR, Wertheim BC, **Garcia DO**, Woods NF, LaMonte MJ, Chen B, Anton-Culver H, Zaslavsky O, Cauley JA, Chlebowski R, Manson JE, **Thomson CA**, Stefanick ML; Women's Health Initiative Investigators. *J Am Geriatr Soc.* 2018. [Epub ahead of print] PMID: 29427503.

A Low-Fat Dietary Pattern and Diabetes: A Secondary Analysis From the Women's Health Initiative Dietary Modification Trial.

Howard BV, Aragaki AK, Tinker LF, Allison M, Hingle MD, Johnson KC, Manson JE, Shadyab AH, Shikany JM, Snetselaar LG, **Thomson CA**, Zaslavsky O, Prentice RL. *Diabetes Care*. 2017. [Epub ahead of print] PMID: 29282203.

A Test of The Risk Perception Attitude Framework as a Message Tailoring Strategy to Promote Diabetes Screening.

Rains SA, **Hingle MD**, Surdeanu M, Bell D, Kobourov S. *Health Commun*. 26:1-8, 2018. [Epub ahead of print] PMID: 29373042.

An Electronic Health Record-Based Strategy to Address Child Tobacco Smoke Exposure.

Mahabee-Gittens EM, Dexheimer JW, Tabangin M, Khoury JC, Merianos AL, Stone L, Meyers GT,

Gordon JS. Am J Prev Med. 54(1):64-71, 2018. PMID: 29102458.

<u>Desvenlafaxine Versus Placebo in a Fluoxetine-Referenced Study of Children and Adolescents with Major Depressive Disorder.</u>

Weihs KL, Murphy W, Abbas R, Chiles D, England RD, Ramaker S, Wajsbrot DB. *J Child Adolesc Psychopharmacol*. 28(1):36-46, 2018. PMID: 29189044.

<u>Feasibility and acceptability of a beverage intervention for Hispanic adults: a protocol for a pilot randomized controlled trial.</u>

Morrill KE, Aceves B, Valdez LA, **Thomson CA**, Hakim IA, Bell ML, Martinez JA, **Garcia DO**. *Nutr J*. 17 (1):16, 2018. PMID: 29426328.

Nutrients in one-carbon metabolism and urinary arsenic methylation in the National Health and Nutrition Examination Survey (NHANES) 2003-2004.

Kurzius-Spencer M, da Silva V, Thomson CA, Hartz V, Hsu CH, Burgess JL, O'Rourke MK, Harris RB. Sci Total Environ. 607-608:381-390, 2017. PMID: 28697391.

<u>Predicting future major depression and persistent depressive symptoms: Development of a prognostic screener and PHQ-4 cutoffs in breast cancer patients.</u>

Weihs KL, Wiley JF, Crespi CM, Krull JL, Stanton AL. *Psychooncology*. 27(2):420-426, 2018. PMID: 28600855.

<u>Quit Outcomes and Program Utilization by Mode of Entry Among Clients Enrolling in a Quitline.</u>

Nair US, Reikowsky RC, Wertheim BC, **Thomson CA**, **Gordon JS**. *Am J Health Promot*. 2018. [Epub ahead of print] PMID: 29325439.

The Effect of Sleep Disorders, Sedating Medications, and Depression on Cognitive Processing Therapy Outcomes: A Fuzzy Set Qualitative Comparative Analysis.

Haynes PL, Emert SE, Epstein D, Perkins S, Parthasarathy S, Wilcox J. *J Trauma Stress*. 30(6):635-645, 2017.PMID: 29160555.

<u>Use of a disposable valved-holding chamber (spacer) in a school-based asthma trial.</u>
Goodwin JL, **Gerald LB**, Johnson JLH, **Gerald JK**. *J Allergy Clin Immunol Pract*. 6(1):307-309, 2018. PMID: 28970085.

<u>Validity of the Asthma Control Test Questionnaire Among Smoking Asthmatics.</u>
Soler X, Holbrook JT, **Gerald LB**, Berry CE, Saams J, Henderson RJ, Sugar E, Wise RA, Ramsdell JW. *J Allergy Clin Immunol Pract.* 6(1):151-158, 2018. PMID: 28669892.



