

MEL AND ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH Canyon Ranch Center for

Prevention and Health Promotion

To Your Health!

May 2013

UA Food Drive

The CRCPHP along with the Mel & Enid Zuckerman College of Public Health participated in the annual UA4Food faculty and staff food drive in March with "Stuff the Cat Tran", sponsored by the UA Staff Advisory Council and Parking and Transportation. This event helps fight hunger in Pima County. Amelia Lobos was the Food Ambassador for the COPH and gathered nearly 200 pounds of food from faculty, staff and students. Members of the CRCPHP assisted in the pick up and delivery of the food on April 3 to the CatTran. **Great job Amelia!**

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Save The Date

Join us for: First Fit Saturday

CRCPHP is partnering with Extension Services, College of Agriculture & Life Sciences & the South Tucson Community to promote local fitness thru healthy diet & physical activity

Meet at the Garden Kitchen 2205 S. 4th Ave Tucson, AZ 85713

May 4, 2013 June 1, 2013 July 6, 2013 August 3, 2013



Healthy 2B Me Camp For 2-5 graders at the **UA Recreation Center** 1400 E. 6th Street Tucson, AZ 85721

June 3-7, 2013 June 24-28, 2013 July 15-19, 2013

Campers will learn about wellness thru interactive activities including: nutrition, cooking and physical activity.

For more information please email Sabrina Plattner plattner@email.arizona.edu

To Your Health!



On The Research Front

- The CRCPHP announces a new Pilot/Feasibility Study Grant Program funding cycle for projects to start in Fall 2013. The new Request for Proposals will be released in June 2013. Preference will be given to CRCPHP Members; to apply for membership, please visit: http://crcphp.arizona.edu/membership. For more information, contact Jennifer Peters at petersjs@email.arizona.edu
- The P/F Study Grants serve to stimulate research and support collaborations that will strengthen the overall mission and specific goals of the CRCPHP. Updates on the current grantees include:
- CRCPHP Pilot/Feasibility Study grantees Margaret Kurzius Spencer, PhD, MPH, and Rebecca Drummond, MA. Their projects' respective titles are: "Dietary toxicants, trace elements, obesity, and type 2 diabetes;" and "Stress and Food Selection in American Indian Families."
- CRCPHP Pilot/Feasibility Study Director's Choice grantee, Angela Valencia, MPH, successfully completed the qualitative data collection phased of her project," Healthy Growing Infants: WIC Growth Chart Study with Latina mothers."
- CRCPHP Pilot/Feasibility Study grantee Sheila Parker, MS, DrPH submitted a final report for her research project, "Honoring Your Gift." Dr. Parker's project entailed a pilot collaboration between the University of Arizona Mel and Enid Zuckerman College of Public Health, Freedom's Gate Ministries, and Ministerios Getsemani. The project assessed the efficacy of a program of health promotion strategies targeting specific modifiable risk factors for heart disease in multiethnic southwest Tucson.
- New Center Member and public health doctoral student, Elizabeth Kizer, received a grant award from the Arizona Area Health Education Centers (AHEC) Program to support her proposal, "Surveying the Nutritional Environment in Florence, Arizona." Ms. Kizer, a prior health department director for Apache County, AZ, is also a staff member of the Center for Rural Health at the UA Mel & Enid Zuckerman College of Public Health. With this award, she will work in a small, rural community to measure environmental facilitators and barriers to nutrition, as well as engage community residents in ways to improve the nutritional environment.

Lobos wins award

Amelia Lobos, CRCPHP staff member, was recognized for her work with the Women's Health Initiative (WHI) in a ceremony held at Duval Auditorium on April 11, 2013. Ms. Lobos was awarded the College of Public Health's "Award for Excellence in Research".

She has worked with WHI since 1993 and has consistently been dedicated to her participants in this national study. Her work ethic and commitment to this study is outstanding.

Congratulations Amelia on a job well done!



Healthy Eating for Cinco de Mayo

Shrimp & Black Bean Nachos

Ingredients:

- ♦ 3/4 cup chopped fresh cilantro
- 1/2 cup diced red onion
- 2 tablespoons fresh lime juice
- 1 tablespoon minced seeded serrano chile
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Worcestershire sauce
- ♦ 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- ♦ 3/4 pound medium shrimp, cooked, peeled, and chopped
- 2 cups diced tomato
- 1/2 cup diced peeled avocado

Remaining ingredients:

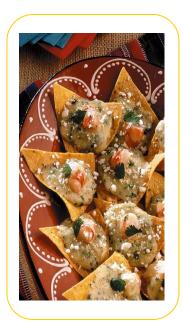
- 1 cup drained canned black beans
- ♦ 1/2 teaspoon ground cumin
- ♦ 30 baked tortilla chips

Preparation:

- To prepare shrimp salsa, combine first 9 ingredients in a large bowl; toss well. Cover and refrigerate 30 minutes. Add tomato and avocado; stir well.
- Place the beans and cumin in a food processor or blender, and process 30 seconds or until smooth. Spread each chip with 1 teaspoon blackbean mixture. Top with 1 tablespoon shrimp salsa. Serve immediately

Nutritional Information (per serving; recipe makes 15 servings)

Calories: 83 Calories from fat: 26% Fat: 2.4g Saturated fat: 0.4g Monounsaturated fat: 1.4g Polyunsaturated fat: 0.4g Protein: 5.4g Carbohydrate: 10.7g Fiber: 1.6g Cholesterol: 26mg Iron: 1.2mg Sodium: 187mg Calcium: 29mg



Recipe from Cooking Light

Food As Medicine Spotlight: Cilantro (Coriander)



Health Benefits of Cilantro (coriander):

May support lowering blood pressure & heart rate

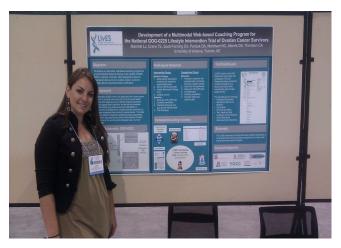
Jabeen Q et al. Coriander fruit exhibits gut modulatory, blood pressure lowering and diuretic activities. J Ethnopharmacol. 122(1)L 123-30, 2009.

May aid in reducing Low Density Lipoprotein (LDL)

Sreelatha S and Inbavalli R. Antioxidant, antihyperglycemic, and antihyperlipidemic effects of coriandrum sativum leaf and stem in alloxan-induced diabetic rats. J Food Sci, 77(7)L T119-23, 2012.



Larissa Marshel, graduate student in nutritional sciences and CRCPHP staff memeber, attended and presented her work at the Annual Federation of American Societies for Experimental Biology (FASEB) conference in Boston. Her work "Development of a Multimodal Web-based Coaching Program for the National GOG-0225 Lifestyle Intervention Trial of Ovarian Cancer Survivors", is a web-based coaching program designed to improve progression-free survival in ovarian cancer survivors through diet and physical activity modification.



Message from the Director



"Inspiring healthy lifestyles through research, education and outreach"

Faulty and staff from the Mel & Enid Zuckerman College of Public Health, College of Agriculture & Life Sciences, and the College of Medicine will join together to coalesce interdisciplinary faculty with the expertise to promote health and wellness for Tucsonans through the prevention and treatment of obesity-related metabolic disease. Resources, research and programing for the collaborator will be centralized on the UA South Medical Campus, a residence that will foster community, and county partnerships in an area with a significant identified need for wellness care, research and outreach.



"Creating a Healthier Tucson"

1295 N Martin Avenue Tucson, AZ 85724 Phone: 520-321-7441 crcphp.arizona.edu To be added to our email list please contact Nicole Bergier (nbergier@email.arizona.edu)

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