

SPRING 2015

TO YOUR HEALTH!



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

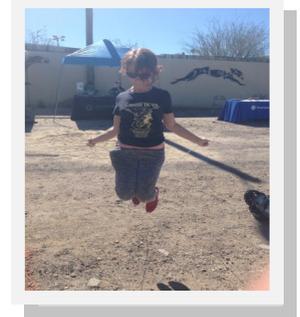
South Tucson's 4th Annual Health Fair

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The City of South Tucson's 4th Annual Health Fair on February 7th was a great success! This year's fair included music, a variety of interactive activities including a group bike ride. Our friends from the Garden Kitchen demonstrated how to make a simple, healthy salad dressing. At the CRCPHP booth, our interns & staff were promoting physical activity for children through jump roping. Our interns created an

informational flyer with the benefits of jump roping, provided jump ropes and had challenge games for the kids. A large number of families came to this event and we hope they felt inspired to create new healthy habits!



Benefits of Jumping Rope

- Jump ropes are a great affordable exercise
- 10 minutes of non-stop jumping is equivalent to: 30 minutes of jogging
- It is great for balance & hand-eye coordination
- Jump rope workouts may aid in weight loss and reduce disease risk

Upcoming Community Events

[Tucson Meet Yourself at Oro Valley](#)

March 21- 22, 2015: 10 a.m. -5 p.m. Oro Valley Marketplace

[Komen Southern Arizona - Race for the Cure](#)

March 22, 2015: 6:30 p.m. University of Arizona Mall

[Moving Day -National Parkinson Foundation](#)

April 12, 2015: 9 a.m. - 1 p.m. Reid Park

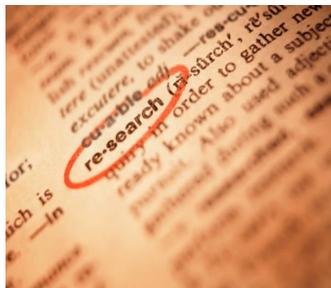
****Cyclovia**

April 19, 2015: 10 a.m. - 3 p.m. Downtown to South Tucson

****Look for the CRCPHP booth at this upcoming event!**

On The Research Front

Member Publications



Garcia DO, Wenheim BC, Manson JE, Chlebowski RT, Volpe SL, Howard BV, Stefanick ML, **Thomson CA**. Relationships between dog ownership and physical activity in postmenopausal women. *Prev Med*. 70:33-8, 2015. PMID: 25449694.

Dixon AE, **Gerald LB**. Promoting weight loss in asthma. *Respirology*. 20(2):179-80, 2015 doi: 10.1111/resp.12462. Jan 6, 2015. PMID: 25594113. [Epub ahead of print].

Muramoto ML, Howerter A, Matthews E, Floden L, **Gordon J**, Nichter M, Cunningham J, Ritenbaugh C. Tobacco brief intervention training for chiropractic, acupuncture, and massage practitioners: protocol for the CAM reach study. *BMC Complement Altern Med*. 14(1):510, 2014. doi: 10.1186/1472-6882-14-510. [Epub ahead of print].

Turner T, Spruijt-Metz D, Wen CK, **Hingle MD**. Prevention and treatment of pediatric obesity using mobile and wireless technologies: a systematic review. *Pediatr Obes*. Jan 12, 2015. doi: 10.1111/ijpo.12002. [Epub ahead of print].

Kurzius-Spencer M, Harris RB, Hartz V, Roberge J, Hsu CH, O'Rourke MK, Burgess JL. Relation of dietary inorganic arsenic to serum matrix metalloproteinase-9 (MMP-9) at different threshold concentrations of tap water arsenic. *J Expo Sci Environ Epidemiol*. Jan 21, 2015. doi: 10.1038/jes.2014.92. [Epub ahead of print]. PMID: 25605447.

Langellier BA. Consumption and expenditure on food prepared away from home among Mexican adults in 2006. *Salud Publica Mex*. 57(1):4-13, 2015.

Demark-Wahnefried W, Rogers LQ, Alfano CM, **Thomson CA**, Courneya KS, Meyerhardt JA, Stout NL, Kvale E, Ganzer H, Ligibel JA. Practical clinical interventions for diet, physical activity, and weight control in cancer survivors. *CA Cancer J Clin*. Feb 13, 2015. doi: 10.3322/caac.21265. [Epub ahead of print]. PMID: 25683894.

Greenberg JA, Manson JE, Buijsse B, Wang L, Allison MA, Neuhaus ML, Tinker L, Waring ME, Isasi CR, Martin LW, **Thomson CA**. Chocolate-candy consumption and 3-year weight gain among postmenopausal U.S. women. *Obesity (Silver Spring)*. 23(3):677-83, 2015. doi: 10.1002/oby.20983. [Epub ahead of print]. PMID: 25644711.

Neuhaus ML, Cheng TY, Beresford SA, Brown E, Song X, Miller JW, Zheng Y, **Thomson CA**, Shikany JM, Vitolins MZ, Rohan T, Green R, Ulrich CM. Red blood cell folate and plasma folate are not associated with risk of incident colorectal cancer in the Women's Health Initiative observational study. *Int J Cancer*. Jan 24, 2015. doi: 10.1002/ijc.29453. [Epub ahead of print]. PMID: 25643945.

Haynes P, **Sbarra D**. Obituary: Richard R. Bootzin (1940-2014). *Behav Sleep Med*. 13(2):89-91, 2015. doi: 10.1080/15402002.2015.1011952.

Hasselmo K, **Sbarra DA**, O'Connor MF, Moreno FA. Psychological distress following marital separation interacts with a polymorphism in the serotonin transporter gene to predict cardiac vagal control in the laboratory. *Psychophysiology*. Jan 29, 2015. doi: 10.1111/psyp.12409. [Epub ahead of print].



Tucson Moves a Million Miles!!!

Since January 2014 Tucsonans have moved over a million miles. For more info please see Mayor Rothschild's website:

<http://www.mayorrothschild.com/>

Member Highlight



Dr. Charles Raison

Dr. Charles Raison, MD is a Professor of Psychiatry and Family & Consumer Sciences at UA. Dr. Raison's major area of interest focuses on inflammation and the development of depression in response to illness and stress. He has significant knowledge & experience in the research of major depression disorder (MDD) and clinical trials. Dr. Raison continues his research in mind-body medicine by examining interdependent processes at all levels from genes to society and how they contribute to health & well-being. We would like to congratulate Dr. Raison on his new endeavor at the University of Wisconsin and look forward to our continued collaborations!

Raison CL. Cingulate and insula: the pain in the brain is not all the same. *Biol Psychiatry*. 77(3): 205-6, 2015.

Raison CL et al. Somatic Influences on subjective well-being and affective disorders: the convergence of therosensory and central serotonergic systems. *Front Psychol*. Doi:10.3389/fpsyg.2014.01580, 2015.

Healthy Eating: Cactus Salad

Ingredients

1 pound diced cactus (nopales), cleaned and trimmed
 2 medium diced fresh tomatoes
 1 diced fresh onion
 1 fresh serrano chile, minced
 1/2 cup chopped fresh cilantro
 1 tsp lemon juice
 Salt to taste
 1/2 cup crumbled queso fresco
 Avocado for garnish
 Salt to taste
 Tostada/crackers



This salad is fresh, healthy and simple to prepare.

Adapted from:

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=280594>

Preparation

In a medium pot, boil the diced cactus (nopales) in salted water for about 15-20 minutes until it become tender and the color becomes darker. Meanwhile, chop the tomatoes, onions, cilantro and serrano chile placing these ingredients in a bowl. Once the cactus is cooked, place it in a colander, rinse and drain. Add the cactus to the bowl with the tomato and onion mixture adding lemon juice and salt as needed for taste. Serve on a tostada or with crackers with queso fresco and garnish with slices of avocado.

Nutritional Information

Calories: 205.9 | Fat: 10.4g | Protein: 11.8g | Carbohydrates: 19.9g | Dietary Fiber: 6.9g | Sodium: 428.4mg

Food As Medicine Spotlight: Health Benefits of Cactus (Nopales)

- Cactus (Nopales) may lower cholesterol and blood sugar levels.
- Cactus (Nopales) is high in fiber, vitamins, protein, mucilage and is also rich in antioxidants.

Hegwood DA. Human Health Discoveries with *Opuntia* sp. (Prickly Pear). *HortScience*. 25(12): 1515-16, 1990.

Najm W. Herbs used for diabetes, obesity, and metabolic syndrome. *Primary Care: Clinics in Office Practice*. 37(2): 237-54, 2010.



Message from the Director

Cynthia A. Thomson, PhD, RD

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

Having a positive impact on the health of our "community" is a laudable goal. It is also satisfying and achievable. At times resources seem too few and the tasks at hand overwhelming, but over the past three years I have seen tremendous growth and impact of the Center's efforts. Who would have known three years ago that over 1500 children would have run their first mile through programming delivered on our UA campus? Or that over fifty children would have attended their first summer camp to promote individual and family wellness- all at no financial burden to their families? Or that dozens of faculty and staff would look at a calendar or health-promoting emails on a regular basis, reminding them of the importance of self-health and well-being or that numerous public health students would experience for the first time the joy of delivering health messaging to those in need? What is clear is that none of this has been accomplished in isolation. The community partnerships have guided our vision and in turn the opportunity to make a difference. The campus partnerships with the College of Agriculture and Life Sciences, the Cancer Center, Well U (just to name a few) have assured a greater and more informed reach and the colleagues and friends that have become our "team" have rallied for a common goal. Tucson is a remarkable place. Today it is also a little healthier.

Cynthia A. Thomson



A special thanks to the our partners with the Tucson Marathon for this beautiful trophy presented to the CRCPHP staff in recognition of our continued partnership in the promotion of wellness for the Tucson Community and our yearly Tucson Marathon Family Fitness Fest.



"Creating a Healthier Tucson"

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