



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

To Your Health!

April 2014

South Tucson Outreach Events

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The CRCPHP participated in 2 outreach events held in the South Tucson Community.

The first event, the 3rd annual South Tucson Healthy Habits Community Health Fair, was held at the John Valenzuela



Youth Center. The purpose of this event is to create a healthier community through mind, body and spirit. Information on nutrition, behavioral health, and physical activity was provided to attendees.

The second event was held at the Garden Kitchen and the theme was Caribbean / African Culture. This event offered food demonstrations and samples in addition to live music and dance performances.

At both events, the CRCPHP's booth offered food as medicine displays and handout with unique foods native to these cultures.



Upcoming Events



The University of Arizona Mel & Enid Zuckerman College of Public Health, in conjunction with Blue Cross Blue Shield of Arizona, will offer a series of week long summer camps for children between the ages of 7-10. The 2nd annual summer camp will be held at the UA Campus Recreation Center and will include interactive activities to provide public health & wellness messaging with healthy cooking demonstrations, sun safety, physical activity, and team building. For more information and to register for the camp, please contact Nicole Bergier at nbergier@email.arizona.edu

Other Events in our Community

Thursday April 10: A Community Conversation on Health Equity

The Healthy Pima Initiative (Pima County Health Department) invites the community to learn about health equity at the YWCA, 525 N. Bonita Ave from 10am-12pm. Free and open to the public.

Saturday April 12: 3rd Annual Youth & Peace Conference

This conference offers activities for youth or those working with youth including skill building workshops, peace building performances, and art show. Located at Higher Ground at Wakefield, 101 44th Street. To learn more:

www.higherground.me/youthpeaceaz

On The Research Front



Dr. David Garcia was accepted to the American College of Sports Medicine (ACSM) Leader and Diversity Training Program. The

purpose of the program is to mentor and retain minority members by offering ACSM membership, involvement in ACSM meetings and committees, and pursuit of ACSM professional presentations, publications and fellowship. Dr. Garcia has received this honor an unprecedented five years in a row. His activities as an ACSM Diversity Leader Protégé include presenting at national & regional conferences and mentoring students. He is also a group member of the ACSM Minority Health & Research, Professional Education Committee, and Strategic Health Initiatives Behavioral Health Committee. He looks forward to continuing his pursuit of ACSM fellowship to serve as a leader in ACSM internal affairs.

In addition, Dr. Garcia has been awarded an R25 Fellowship through the UA Cancer Center. This position is supported by the National Cancer Institute and is designed to train qualified candidates in a diverse experiential environment within the Cancer Prevention & Control Program (CPC) enhancing the trainees knowledge in this area. The training program includes clear scientific & academic goals and provides guidance from a superior mentoring team. At completion of this program, fellows are well positioned to be competitive as leaders in grant funding in the cancer prevention field.

Dr. Garcia will be a featured speaker at this year's Arizona Public Health Association Meeting in Tempe. He will be presenting "Building Partnerships for Healthy, Active Children" highlighting outcomes from the 2013 Healthy 2B Me Summer camp and the Family Fitness Fest both of which are sponsored by the CRCPHP.

Members Publications

Klimentidis YC et al. CDKAL1 and HHEX are associated with type-2 diabetes-related traits among Yup'ik people. *J Diabetes*. Doi: 10.1111/1753-0407.12093, Sep 2013.

Kurzius-Spencer M et al. Contribution of diet to aggregate arsenic exposures -An analysis across populations. *J Expo Sci Environ Epidemiol*. 24(2): 156-62, 2014.

Janda J, **Loescher LJ** et al. Lesion selection by Melanoma high-risk consumers during skin self-examination using mobile teledermoscopy. *JAMA Dermatol*. Doi: 10.1001/jamadermatol.2013.7743, Feb 2014.



Member Highlight

Melanie Hingle,
PhD, MPH, RD



Dr. Melanie Hingle is an Assistant Research Professor in the Department of Nutritional Sciences, College of Agriculture & Life Sciences. Dr. Hingle is an Early Stage Investigator with a background in clinical nutrition & dietetics and nutrition education & health promotion. Her research focus is in intervention

design and implementation as well as body composition assessment methods. Her major research interest areas include mobile technologies & digital media and how they influence attitudes and behaviors related to diet, physical activity, and screen media use in diverse populations.

***Hingle M,** et al. Collection and visualization of dietary behavior and reasons for eating using Twitter. *J Med Internet Res*. 15(6): e125, 2013.

***Hingle M,** et al. Optimism and Diet Quality in the Women's Health Initiative. *J Acad Nutr Diet*. doi: 10.1016/j.jand.2013.12.018 (Epub ahead of print)

Healthy Eating: Chickpea & Potato



Recipe from:
TheGardenKitchen.org

Nutritional Information

serves 10 (1/2 cup servings)

Calories: 305
Fat: 9g
Saturated fat: 1g
Protein: 13g
Carbohydrate: 45g
Fiber: 12g
Cholesterol: 0mg
Iron: 4.4mg
Sodium: 253mg
Calcium: 81mg

Ingredients

- *1/4 cup olive oil
- *1 1/2 cup finely diced onion
- *2 tbsp. finely chopped chives
- *2 tbsp. finely chopped cilantro
- *2 tbsp. finely chopped green onion
- *1 1/2 tbsp. curry powder
- *1 tbsp. grated or powdered ginger
- *1 1/2 tsp. chopped garlic
- *3 cups garbanzo beans (chickpeas)
- *2 cups diced potatoes, 1/2inch pieces
- *2 cups water
- *1 tsp. salt, to taste

Preparation

1. Wash produce well & prepare as directed.
2. Heat oil in a large skillet until hot, pour in onion and cook on medium high for about 5 minutes until translucent.
3. Sprinkle with chives, cilantro, green onion, curry powder, ginger, garlic. Stir to mix and scrape bottom of pan so that curry powder doesn't stick.
4. Pour chickpeas, potatoes, water and salt into pan. Toss to coat.
5. Cover & simmer on low for 25-30 minutes until potatoes are tender. Serve immediately.



Food As Medicine Spotlight

Health Benefits of Chickpeas

Chickpeas are rich in fiber, protein, copper and a great source of folate
May assist in digestion and may have beneficial effects on CVD & type 2 diabetes

Jukanti AK, et al. Nutritional quality and health benefits of chickpea (*Cicer arietinum L.*): a review. *Br J. Nutrition.* 108(S): S11-26, 2012.

Murty CM, et al. Chickpea supplementation in an Australian diet affects food choice, satiety and bowel health. *Appetite.* 54(2): 282-288, 2010.

CRCPHP Relocates to South Campus!

The CRCPHP recently moved to our new location at 3950 S. Country Club near UAMC south campus. The UA Collaboratory research facility is designed to focus the strengths of team science to help find solutions to significant health issues. Scientists and practitioners from the Mel & Enid Zuckerman College of Public Health, College of Agriculture & Life Sciences and the College of Medicine are working together to address primary health care issues such as metabolic disease and cancer to further our collaborative efforts including a commitment to translating research findings into community programs and health care delivery. The new facility provides centralized services, equipment, and expertise in the areas of lifestyle evaluation, body composition assessment and novel approaches to promote health behavior change to reduce disease risk.



Message from the Director

“Inspiring healthy lifestyles through research, education, and outreach”

Spring is the time of year when we celebrate the accomplishments of our students as they graduate toward the next stage of life. This spring the Center faculty will graduate over 15 students in COPH, NSC as well as students in other health related majors. Their impact on the health of Tucsonans (and beyond) has been significant including programs to advance health education in youth or low income mothers, improve balance in cancer patients with neuropathy, increase sun safety in high school students and advance our understanding of the effects of obesity on the immune system. It is the intellect, passion, and commitment of the next generation that not only assures a better future, but also adds to the satisfaction and gratitude of an academic career.

Thank you to all our graduates. We wish you continued growth and prosperity as you venture out!



“Creating a Healthier Tucson”

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