Our 4th annual Tucson Marathon Family Fitness Fest was another huge success with over 800 registered participants! Thank you to our partners at the Tucson Marathon for another fun day at the UA Mall promoting physical activity and healthy behaviors to families in our community. A special thanks to all of the local Tucson school students for their enthusiastic participation in all of our events and to our wonderful wellness liaisons for their continued effort in working with these students to promote healthy lifestyles. The CRCPHP would also like to recognize and thank our many volunteers - your generous gift of time makes this event possible!

Upcoming Events

New Year, New You
Wednesday January 28: 11 a.m. -2 p.m.
UA Mall

South Tucson Healthy Habits Fair
Saturday February 7: 10 a.m. -2 p.m.
South Tucson (location TBD)
On The Research Front

Members Publications


Member Highlight

Dr. Brent Langellier is an Assistant Professor of Public Health at the U of A. Dr. Langellier’s main research interests are in health outcomes and interventions that affect Latino’s and other underserved populations and focuses on understanding social determinants of obesity and cardiovascular disease risk factors.

Dr. Langellier is the Principal Investigator of a recently funded Robert Wood Johnson Foundation Grant “Developing an agent-based model to explore racial and ethnic disparities in food purchasing” which will explore racial and ethnic disparities in food purchasing behaviors.
Healthy Eating: Chunky Minestrone with Rosemary

Ingredients

2 tbsp. olive oil
2 small red or yellow onion, chopped
2 carrots, peeled & chopped
2 celery stalks, chopped
2 garlic cloves, chopped
2 sage leaves, chopped
1 container (32oz) low-sodium vegetable broth
1 can (28oz) diced tomatoes
1 can (15oz) low-sodium kidney beans, drained and rinsed
1 can (15oz) low-sodium chickpeas, drained and rinsed
1/2 lb green beans, fresh or frozen, cut into 1 inch chunks
2 sprigs fresh rosemary
1/2 lb frozen collard greens
1/2 cup grated fresh parmesan

Preparation

In a large, heavy stockpot over medium heat, heat oil. Cook onion, carrots, celery, garlic, and sage, stirring occasionally, until vegetables begin to soften, 3 to 4 minutes. Add broth, tomatoes, kidney beans, chickpeas, green beans, rosemary and salt and pepper to taste. Reduce heat and simmer until kidney beans are warmed through and green beans begin to soften, 10 minutes. Add collards; cover and cook until warmed through, 1 minute. Serve topped with parmesan.

Nutritional Information

Calories: 174│Fat: 5g│Saturated: 1g│Protein: 8g│Carbohydrate: 24g│Fiber: 2g│Sodium: 568mg

Food As Medicine Spotlight

Health Benefits of Rosemary & Sage

*Rosemary* contains small amounts of iron, calcium and vitamin B6. It is under study for its role in the prevention of brain aging, boosting the immune system and improving eye health.

*Sage* contains small amounts of antioxidants and vitamin K. Limited evidence has suggested it may have a role in digestive health, improving memory and glucose control.


Message from the Director

Cynthia A. Thomson, PhD, RD
“Inspiring healthy lifestyles through research, education, and outreach”

Wow! It is always so rewarding to see the impact of our wellness efforts in the community. The Family Fitness Festival is an example of how a little effort from many people builds a healthy community over time. This year’s event attracted over 800 people, family members of all ages, enjoying time together in a physically active environment. But it is not just the families that benefit - certainly that has been our goal - but we as volunteers. It is an amazing thing to see. The diversity of participation, the laughter, the perseverance and the competition all make for a memorable and impactful day. This year I want to specifically acknowledge our students who worked to support the children at House Neighborly Services as they trained up for the big run! Not only did our MEZCOPH students help the students “practice” they went above and beyond in identifying resources thru social media to purchase tennis shoes and sweatshirts for the children to assure each was appropriately dressed for the big run. Amazing. Their engagement throughout the semester with these children will likely change their lives and importantly has shown them what a difference they can make with a little creativity and commitment.

As we reflect on the year and all the accomplishments I have to smile. So many achievements by so many faculty, staff and students, and our community partners, to promote the wellness message and support each other in our daily walk toward wellness. The impact is real. More importantly the possibilities continue to present themselves and CRCPHP will continue to embrace those opportunities through outreach, education, research and service. Thank you all for everything you do - Have a wonderful Holiday Season!

“Creating a Healthier Tucson”

3950 S. Country Club
Tucson, AZ 85714
Phone: 520-626-5470
crcphp.arizona.edu

To be added to our email list please contact
Nicole Bergier (nbergier@email.arizona.edu)