

CRCPHP Winter NEWSLETTER 2016



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

2016 Tucson Marathon Family Fitness Festival

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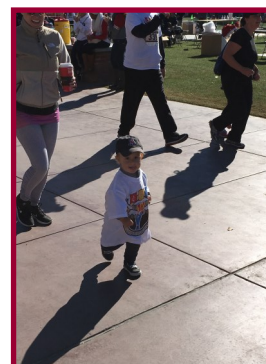
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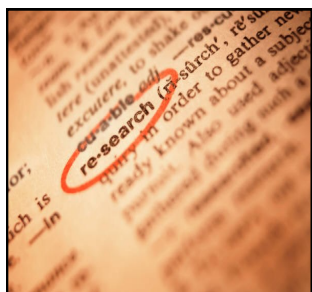
The fifth annual Tucson Marathon Family Fitness Fest was held Saturday December 3 on the UA Mall. This was another successful event for the staff and students of the Canyon Ranch Center for Prevention and Health Promotion.

A sincere thanks to all of the nearly 80 volunteers that helped in many capacities to make sure the day ran smoothly including CRCPHP Interns, members of Theta Chi Fraternity and students from Dr. Garcia's CPH178 course. A special note of gratitude also to our partners with the Tucson Marathon and the College of Agriculture and Life Sciences for all of their hard work and time in preparation for this wonderful community event!



On The Research Front

Member Publications



Argenbright CA, Taylor-Pilae RE, **Loescher LJ**. Bowenwork for symptom management of women breast cancer survivors with lymphedema: a pilot study. *Complement Ther Clin Pract*. 25:142-49, 2016. [PMID: 27863604].

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Bime C, **Gerald JK**, Wei CY, Holbrook JT, Teague WG, Wise RA, **Gerald LB**. Measurement characteristics of the childhood asthma-control test and a shortened, child-only version. *NPJ Prim Care Respir Med*. Epub ahead of print, 2016. [PMID:27763622].

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Chongpison Y, Hornbrook MC, Harris RB, Herrinton LJ, **Gerald JK**, Grant M, Bulkey JE, Wendel CS, Krouse RS. Self-reported depression and perceived financial burden among long-term rectal cancer survivors. *Psychooncology*. 25(11):1350-56, 2016. [PMID: 26365584].

Czamanski-Cohen J, **Weihls KL**. The bodymind model: a platform for studying the mechanism of change induced by art therapy. *Arts Psychother*. 51:63-71, 2016. [PMID: 27777492].

Gerald JK, Gerald LB. The unfulfilled promise of school-centered asthma care. *J Allergy Clin Immunol Pract*. 4(5):980-81, 2016. [PMID: 27587323].

Gordon JS, Armin JS, Cunningham JK, Muramoto ML, Christiansen SM, Jacobs TA. Lessons learned in the development and evaluation of RxCoach™, an mHealth app to increase tobacco cessation medication adherence. *Patient Educ Couns*. Epub ahead of print, 2016. [PMID: 27839891].

Marroquin B, Czamanski-Cohen J, **Weihls KL**, Stanton AL. Implicit loneliness, emotion regulation, and depressive symptoms in breast cancer survivors. *J Behav Med*. 39(5):832-44, 2016. [PMID: 27287618].

Martinez JA, Chalasani P, **Thomson CA**, Roe D, Altbach M, Galons JP, Stopeck A, Thompson PA, Villa-Guillen DE, Chow HH. Phase II study of metformin for reduction of obesity-associated breast cancer risk: a randomized controlled trial protocol. *BMC Cancer*. 16:500, 2016. [PMID: 27430256].

Pedersen AL, Pettygrove S, Lu Z, Andrews J, Meaney FJ, **Kurzius-Spencer M**, Lee LC, Durkin MS, Cunniff C. DSM criteria that best differentiate intellectual disability from autism spectrum disorder. *Child Psychiatry Hum Dev*. Epub ahead of print, 2016. [PMID: 27558812].

Sullivan SD, Lehman A, Nathan NK, **Thomson CA**, Howard BV. Age of menopause and fracture risk in postmenopausal women randomized to calcium + vitamin D, hormone therapy, or the combination: results from the Women's Health Initiative. *Menopause*. Epub ahead of print, 2016. [PMID: 27801706].

Weiss CH, Krisnan JA, Au DH, Bender BG, Carson SS, Cattamanchi A, Cloutier MM, Cook CR, Erickson K, George M, **Gerald JK, Gerald LB**, et al. An official American Thoracic Society Research Statement: Implementation science in pulmonary, critical care, and sleep medicine. *Am J Respir Crit Care Med*. 194(8):1015-25, 2016. [PMID: 27739895].



Healthy Eating: *Sopa De Milpa*

Ingredients

15 squash blossoms
 2 fresh poblano chiles, roasted, peeled, and seeded
 ½ medium white onion, finely chopped
 1 tbsp olive oil
 2 garlic cloves, peeled and finely diced
 6 cups (1 ½ L) corn stock
 2 medium zucchinis, sliced into bite-sized quarter-rounds
 2-3 ears of corn, to make 2 cups (500 mL) kernels
 2 tbsp chopped fresh epazote or cilantro
 ½ tsp sea salt
 1/8 tsp white pepper
 2 avocados, peeled, seeded, and cubed
 6 oz. (175 g) queso fresco, cubed (optional)



Recipe from the recipe book Decolonize Your Diet

Preparation

To prepare squash blossoms: Remove and discard long pistil in center of blossom. Rinse flowers gently under cool water and tear squash blossoms in half.

Lightly roast poblano chiles. Tear chiles into strips about 1/4-in wide.

In a large saucepan on medium heat, saute onions in oil about 10 minutes, until golden brown. Add garlic and stir until fragrance is released, about 30 seconds. Add corn stock, chiles, zucchini, corn, and epazote and bring to a light boil. Simmer for 20 minutes. Add squash blossom pieces and cook for 5-10 minutes, or until zucchini is crisp-tender. Add salt and pepper. Taste and adjust seasonings. Ladle soup into bowls and serve topped with avocado cubes and queso fresco as desired.

Nutritional Information

Calories: 383 | Fat: 27.8g | Protein: 11.6g | Carbohydrates: 28.6g | Dietary Fiber: 10.4g



Food As Medicine Spotlight: *Health Benefits of Epazote*

Epazote is an herb known as “Mexican tea” (*dysphania ambrosioides*) native to Central and South America and southern Mexico. It has been used in Mexican cuisine dating back to the Aztecs. It has a distinct, rich, perfume flavor and should be used in moderation when cooking.

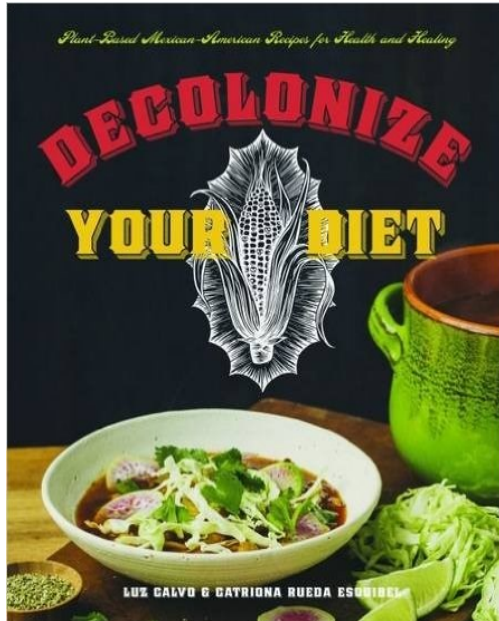
Cysne DN et al. Antimalarial potential of leaves of *chenopodium ambrosioides* L. *Parasitol Res.* 115(11):4327-34, 2016. PMID: 27492200.

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Shoaib M et al. Scientific investigation of crude alkaloids from medicinal plants for the management of pain. *BMC Complement Altern Med.* 16:178, 2016. PMID: 27296395.

Decolonize Your Diet

Recipes to Sustain Revolutionary Love



The UA Institute for LGBT Studies hosted guest lecturer Luz Calvo, professor of Ethnic Studies, at Cal State East Bay to discuss their book *Decolonize Your Diet*. The CRCPHP was a sponsor of the lecture series and collaborative cooking demonstration. Dr. Calvo and her partner Catriona R. Esquibel wrote the recipe book together to promote ancestral foods as medicine to help heal and nourish communities.

Members of the CRCPHP staff met with Dr. Calvo and attend the cooking demonstration. Dr. Calvo prepared ***Sopa de Milpa** (*soup of the sustainable crop-growing system throughout Mesoamerica*) and an **Agua Fresca** (*fresh water*).

The recipe book may be purchased on Amazon.

**recipe on page 3*

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HOME For The Holidays!!!

Idea's for Family's

1. Take a walk in your neighborhood to see holiday lights.
2. Make a healthy resolution as a family.
3. Create a new holiday tradition.
4. Prepare a healthy meal as a family.
5. Visit a fire department and bring a healthy treat to those working on the holiday.
6. Buy a special present and donate it to a family in need.
7. Pack stockings for the homeless.