

GREETING FROM THE DEPARTMENT HEAD

Hello Everyone,

It is hard to imagine that 2010 is drawing to a close. We have made much progress this year. This fall, thanks to the efforts of Dr. Randy Burd and several faculty and staff, we launched our new website (www.nutrition.arizona.edu). If you have not checked it out, this team did a fabulous job!! Through the website portal you can learn about our many and varied programs. If you explore the "Outreach" section, you will find we are initiating a new distance education program called "Online To You". In this section you also will find a link to the Arizona Nutrition Network and a description of our Extension programs. These programs have grown and now bring in millions dollars to our State. In "Research" our signature research areas are highlighted, as well as the research of our faculty. This area features our intervention studies that offer opportunities for you to engage with us in our research. These opportunities also are highlighted in "News." Finally, within "New Publications" you can find the recent publications of our faculty with the full article where possible.

At this time of good will, I am thinking about all the people that I would like to thank personally for their support of our Department and programs. A great big "THANK YOU" to those in the community who work with our students, to those who provide opportunities for students to teach, to engage in community work, and to benefit from exposure to "real world" interests and situations. These opportunities are vital to our student's training and would be impossible without your extra effort and willingness to participate. I also would personally thank again each individual who contributed to the financial support of our programs. You have no idea how encouraging your support is to me and to our Department, THANK YOU.

In reflecting on the past year, I am struck again by the dedication of our faculty and staff. For each of them I could tell you of some special time when they have "stepped up" and done more than was required to help a student, a parent, or another member of the faculty or staff. What can I say? It is these moments of generosity and kindness that make my day and make working in this Department such a pleasure. So to my faculty and staff each one I say "THANK YOU."

May the best of the Holiday Season be true for you and your households. I wish you all a wonderful New Year in 2011.



NEW GRANTS

A Collaborative Mind-Mapping Solution to the Obesity Challenge, USDA Higher Education Challenge Grant. *Funded by: USDA*

Randy Burd (PI) and Melanie Hingle (Co-PI)

Prevention of Melanoma by Targeting Tyrosinase with Dietary Quercetin. *Funded by: National Institutes of Health, National Cancer Institute*

Randy Burd (PI) and Kirsten Limesand (Co-PI)

Homestyles: Shaping Home Environments and Lifestyle Practices to Prevent Childhood Obesity: A Randomized Control Trial. *Funded by: USDA, AFRI A2101*

Nobuko Hongu (PI) and Denise Roe (Co-PI)

i-Challenge!, an Individually Tailored Web-Based Nutrition and Physical Activity Intervention Using Smart Phone: Randomized Controlled Trial. *Funded by: A Research Endowment Award, ADA Foundation*

Nobuko Hongu (PI) and Scott Going (Co-PI)

Advancing Dietary Assessment Methods Through Technology; Mobile Phone Food Pictures. *Funded by: Faculty Seed Grants, The University of Arizona Foundation*

Nobuko Hongu (PI)

Epigenetics of Breast Cancer and Modulation by Bioactive Compounds, *Funded by: American Institute for Cancer Research*

Donato Romagnolo (PI) and Ornella Selmin (Co-PI)

WELCOME

Amanda Andres, Laboratory Coordinator with Dr. Patricia Sparks.

Jennifer Bea, Associate in Extension with Dr. Scottie Misner.

Amy Butalla, Instructional Specialist, Sr. with Dr. Scott Going.

Zachary Conely, Undergraduate Student with Dr. Joy Winzerling's laboratory.

Tracy Armstrong Florian, Research Specialist with Dr. Scott Going.

Monique M. Whiting, Professional Undergraduate Advisor.

Schools Team for Dr. Scott Going on the Communities Putting Prevention to Work Initiative (CPPW).

- **Gayle Alleman**, Dietitian, Nutrition Program Coordinator, Sr.
- **Stephanie Andrews**, Youth Development Coordinator, Sr.
- **Kathleen Carroll**, Program Coordinator, Sr.
- **Mary Ann Judkins**, Instructional Specialist Coordinator
- **Tom Leitner**, Instructional Specialist Coordinator
- **Lee Ann Skow**, Program Coordinator
- **Tim Stawiski**, Instructional Specialist, Sr.

See page 3 for more information about CPPW.

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PUBLICATIONS

R. BURD ET AL.

Hormesis and Synergy: Pathways and Mechanisms of Quercetin in Cancer Prevention and Management. (2010) *Nutr Rev.*, Jul;68(7):418-28. Review. PubMed PMID: 20591109.

Quercetin Abrogates Chemoresistance in Melanoma Cells by Modulating Δ Np73. (2010) *BMC Cancer*, Jun 11;10:282. PubMed PMID: 20540768; PubMed Central PMCID: PMC2895613.

N. HONGU ET AL.

Walk Across Arizona, Community-Based Walking Program: Promoting and Sustaining Physical Activity in Older Adults. *The Forum for Family and Consumer Issues*; Vol. 15, No. 2, 2010.

<http://www.ncsu.edu/ffci/publications/2010/v15-n2-2010-summer-fall/hongu-block-sanchez-day-harris.php>

Make My Map in Google: Overview, Arizona Extension Publication. (July, 2010) <http://cals.arizona.edu/pubs/health/az1524a.pdf>

K. LIMESAND ET AL.

IGF1 Activates Cell Cycle Arrest Following Irradiation by Reducing Binding of Δ Np63 to the p21 Promoter. (2010) *Cell Death and Disease*, 1:e50; doi:10.1038/cddis.2010.28.

Clinical Management of Salivary Gland Hypofunction and Xerostomia in Head and Neck Cancer Patients: Successes and Barriers. (2010) *International Journal of Radiation Oncology, Biology, Physics*, 15;78(4):983-91.

Restoration of Radiation Therapy-Induced Salivary Gland Dysfunction in Mice by Post Therapy IGF1 Administration. (2010) *BMC Cancer*, 10:417.

Head and Neck Tumor Cell Radiation Response Occurs in the Presence of IGF1. (2010) *Journal of Dental Research*. Accepted.

E. MEUILLET ET AL.

Recent Development of Anticancer Therapeutics Targeting Akt. Pubmed /21110830. (2010) *Recent Pat Anticancer Drug Discov.* Jan.1;6(1):146-59.

S. MISNER ET AL.

Individual and Family Correlates of Calcium-Rich Food Intake Among Parents of Early Adolescent Children. (2010) *J Am Diet Assoc.* In press.

Effects of Calcium-Loading on Egg Production in Ring-Necked Pheasants. (2010) *Journal of Wildlife Management*, 74, (6):1295-1300.

The Impact of Altitude and Diet on Anemia in School-Aged Children in Lago San Pablo, Ecuador. (2010) *Infant, Child & Adolescent Nutrition*. October, 2: 288-293.

D. ROMAGNOLO ET AL.

Nutritional Targeting of Cyclooxygenase-2 for Colon Cancer Prevention. (2010) *Inflamm Allergy Drug Targets*, July 1;9(3):181-91.

Series: Nutrition and Health. (2010) *Bioactive Compounds and Cancer*, Milner and Romagnolo, Eds.



C. THOMSON ET AL.

Improvement in Self-Reported Physical Health Predicts Longer Survival Among Women With a History of Breast Cancer. (2010) *Breast Cancer Res Treat.* Epub ahead of print DOI: 10.1007/s10549-010-1236-x.

Dietary Intake, Supplement Use, and Survival Among Women Diagnosed With Early Stage Breast Cancer. (2010) *Nutr Cancer*. Accepted.

Marine Fatty Acid Intake and Breast Cancer Prognosis. (2010) *J Nutr.* Accepted.

A Clinical Biomarker Study of Topically Applied d-limonene for Breast Cancer Prevention. (2010) *Cancer Epidemiol Biomarkers Prev.* Submitted.

Physical Activity and Survival in Postmenopausal Women with Breast Cancer: Results From the Women's Health Initiative. (2010) *Cancer Prev Research*. Submitted.

Clinical Biomarker Study of Topically Applied d-limonene for Breast Cancer Prevention. (2010) *Cancer Epidemiol Biomarkers Prev.* Submitted.

Soy Food Consumption and Breast Cancer Prognosis. (2010) *Cancer Epidemiol Biomarkers Prev.* Submitted.

Effect of a Free Prepared Meal and Incentivized Weight Loss Program on Weight Loss and Weight Loss Maintenance in Obese and Overweight Women: A Randomized Controlled Trial. (2010) *JAMA*, Epub ahead of print October 9, 2010 (doi: 10.1001/jama.2010.1503). 304(16): 1803-1810.

AWARDS, NOTABLES, AND IN THE NEWS



Congratulations to **Dr. Wanda Howell** who was inducted into the College of Agriculture and Life Sciences Bart Cardon Academy for Teaching Excellence.

Dr. Kirsten Limesand was featured in *UANews* for an article that appeared in *Inside Tucson Business* titled "Working to Reverse Tissue Damage in Cancer Patients." The article describes her research to understand why salivary glands are sensitive to radiation and to potentially restore gland function in people with head and throat cancers. Full article available at <http://nutrition.arizona.edu>.



Dr. Emmanuelle Meuillet was featured in a *UANews* article titled "Researcher Awarded \$1.8M to Develop Colon Cancer Therapy." The article describes Dr. Meuillet's research to study the role of inflammation in colon carcinogenesis and to develop a new therapy to treat colon cancer. Full article available at <http://nutrition.arizona.edu>.



Dr. Meuillet filed two Provisional patents applications: 1) UA11-038, Identification of a Novel Chemical Scaffold Targeting the PH Domain of ECT2. 2) UA11-014, PH-427, a Novel AKT Inhibitor for Prevention of UVB-Induced Skin Cancer.

Dr. Cynthia Thomson was awarded the 2010 Mom's Choice Awards Gold in the Adult Books category: Honoring excellence in family-friendly media, products and services for the American Cancer Society, "Complete Guide to Nutrition for Cancer Survivors."

Dr. Thomson was also selected as the 2010-2011 Chair for The Obesity Society-Cancer Obesity Working Group and as the 2010-2011 Chair for the Women's Health Initiative (WHI) Publications & Presentations Committee. She also will serve on the Editorial Board for the Journal of American Dietetic Association.

PRESENTATIONS, SEMINARS, AND CONFERENCES

DR. BURD

Invited Presentation: "Using Cutting-Edge Radiation Biology to Improve Therapeutic Gain." Annual Lambda Nu, Chi Chapter Lecture. Honor society for the radiologic and imaging sciences. Holy Family University, Philadelphia, PA, October, 2010.

DRS. GOING, HINGLE, HOUTKOOPER AND ERIN NURSS, MPH

Chaired Conference: Biennial Sports Nutrition Conference: Fueling Fitness and Performance. BIO5 Keating, University of Arizona, Tucson, AZ, October, 2010.

DR. HONGU

Symposium Presentation: "Stealth Health: Impacting Youth Physical Activity and Nutrition Behaviors Through Mobile Technologies" and "New Ways Media Is Used: Can It Help to Prevent Obesity?" Obesity, 28th Annual Scientific Meeting, San Diego, CA, October, 2010.

Presentation: "As Bills Pile Up, So Do the Pounds. How Could We Help?" National Extension Association of Family & Consumer Sciences, Annual Session & Exhibits, Portland, ME, September, 2010.

DR. LIMESAND

Presentation: "Mechanisms of IGF1-mediated Prevention of Radiation-Induced Salivary Gland Dysfunction." 2010 Research Workshop on the Biology, Prevention and Treatment of Head and Neck Cancer, American Head and Neck Society, Washington, DC, October, 2010.

Poster Presentation: "Restoration of Radiation Therapy-Induced Salivary Gland Dysfunction in Mice by Post Therapy IGF1 Administration." American Society for Radiation Oncology Conference, San Diego, CA, November, 2010.

DR. MISNER

Poster Presentation: "Individual and Family Correlates of Calcium Intake in Parents of Early Adolescent Children." International Society for Behavioral Nutrition and Physical Activity Annual Meeting, Minneapolis, MN, June, 2010.

Chaired "How to Motivate Parents to Promote Calcium Intake Among Early Adolescents." The W-2003 Multi State Project, Fayetteville, AR, October, 2010.

Presentation and Poster: "Consumer Food Safety Within the EFNEP and SNAP-Ed Programs." Food Safety Retreat, Westward Look Resort, Tucson, AZ, September, 2010.

Chaired the In-service Update for SNAP-Ed and EFNEP faculty and staff, Maricopa County Extension, Phoenix, AZ, December, 2010. Assisted by Jennifer Bea and Traci Armstrong Florian.

DR. ROMAGNOLO

Chaired the Scientific Section on Proteomics and presented "Proteins as Nutrition Targets in Cancer Prevention." 2010 Annual Meeting of the American Institute for Cancer Research, Washington, D.C., October, 2010.

DR. THOMSON

Presentation: "Diet Measurement and Diet-Cancer Associations: Lessons Learned From the Women's Health Initiative." World Cancer Congress, Shenzhen, China, August, 2010.

Presentation: "Mobility and Mortality After Breast Cancer, the Role of Diet & Body Weight." University of Massachusetts Grand Rounds, University of Massachusetts, Amherst, MA, September, 2010.

Presentation: "Food and Activity: Thriving (Not Just Surviving) After Breast Cancer," Avenues of Healing, Rhode Island, October, 2010.

DR. WILHELM

Invited Presentation: "Using Propensity Score Methodology to Construct Reasonable Comparison Groups for the Evaluation of Education Interventions: A GEAR UP Example." NCEP Conference, Washington, DC, July, 2010.

Invited Presentation: "Digital Advantage: A 21st Century Approach to Implementing GEAR UP Initiatives." NCCP Conference, Washington, DC, July, 2010.

Invited Presentation: "Following the True Experts: The Development of an Effective Promotora Directed Cervical Cancer Prevention Outreach and Education Campaign." National Latino Cancer Summit, San Francisco, CA, July, 2010.



COMMUNITIES PUTTING PREVENTION TO WORK (CPPW)

CPPW is a two-year national initiative of the Centers of Disease Control and Prevention. Pima County was one of 44 communities nationwide to receive funding for the CPPW grant. This initiative is aimed at preventing and reducing obesity and related chronic diseases by increasing opportunities for improved nutrition and active living via policy, systems and environmental change.

Scott Going, Jennifer Reeves, and Dan McDonald are the leaders of the University of Arizona's Schools Team for Pima County's CPPW initiative. The Schools Team is charged with engaging school officials, teachers, staff, and students in the formation and implementation of policies aimed at establishing schools as "healthy school zones" and "centers of wellness" and promoting healthy nutrition and physical activity before, during and after school.



DEPARTMENT SEMINARS - FALL 2010

Dr. Charles Gerba, Professor. University of Arizona, Department of Soil, Water and Environmental Sciences. "How to Keep Salmonella Out of Your Salad."

Dr. Kelly R. Bright, Assistant Research Scientist. University of Arizona, Department of Soil, Water and Environmental Sciences. "Innovative Approaches to Controlling Foodborne Microorganisms."

Dr. Zhao Chen, Professor. University of Arizona, Mel and Enid Zuckerman College of Public Health. "Nutrition and Osteoporosis in Older Women."

Dr. Megan Smithey, Research Associate. University of Arizona, Department of Immunology. "Aging-Associated CD8 T-Cell Defects Increase Susceptibility to *L. monocytogenes*."

Dr. Melanie Hingle, Assistant Research Scientist. University of Arizona, Department of Nutritional Sciences. "The Use of Mobile Technologies to Impact Youth Health Behavior: Nutrition Education in 160 Characters or Less."

GRADUATE DEGREES AND AWARDS



Doctors of Philosophy



Congratulations to **Jessica Miller** who accepted a post-doctoral position working with Dr. Sherry Chow and Dr. Patricia Thompson at the Arizona Cancer Center.

Awards and Notables

Congratulations to **Randy Vazquez** who received a two year American Heart Association fellowship with Dr. Larson of the University of Arizona Sarver Heart Center.

Congratulations to **Sylvestor Moses** who received a fellowship from a training grant with the Molecular Cell Biology Department.

Graduate Assistant **Danielle Vassallo** has registered to participate in the Cookies for Kids' Cancer Fundraiser. Cookies for Kids' Cancer was created to raise awareness of and funds for pediatric cancer research. If you wish to place an order you can do so by contacting Danielle at dmv@email.arizona.edu. For any additional information regarding Cookies for Kids' Cancer please visit their website at <https://www.cookiesforkidscancer.org/>.

INTERNATIONAL EXCHANGE CONFERENCE

The Arizona 4-H Youth Development Team hosted a 4 week-long International Exchange Program (July 21st – August 19th, 2010). If you have children between the ages of 12-18 and would like to make a new friend in summer 2011, please contact:

Kay Hongu (hongu@email.arizona.edu).

<http://extension.arizona.edu/4h/programs/international-exchange>



UNDERGRADUATE STUDENT NEWS

Congratulations to **Dharti Bhakta** and **Pritesh Patel** who have been accepted into the PharmD program at Midwestern University's College of Pharmacy in Glendale, AZ.

Congratulations to **Sabrina Dumas** who was accepted into the Minority Access to Research Careers (MARC) program.

Kristina Gerboth was awarded the December 2010 Outstanding Graduating Senior Award of the Department of Nutritional Sciences, College of Agriculture and Life Sciences. She is a Nutrition major currently pursuing a PharmD at the UA College of Pharmacy.

Nicholas B. Knutson and **Bianca M. Teran** have been selected for the NASA Space Grant Internship Program for 2010-2011. They will be working on nutrition and physical activity research projects with their mentors, Dr. Kay Hongu (Department of Nutritional Sciences) and Dr. Barron Orr (Office of Arid Lands Studies).



Nicholas Knutson



Bianca Teran

Selena Meyer (Mentor: Kirsten Limesand) received 2nd place in the Biological Sciences division for the University of Arizona Student Showcase.

ALUMNI UPDATE - NANCY ROGERS, MS, RD



Nancy Rogers is home grown and intimately familiar with the UA. From spending time as a little girl on campus with her father, UA professor Dr. C. Roger Hungerford, to receiving her Bachelor of Science and Master of Science degrees in Human Nutrition and Dietetics, Nancy has spent a good many years at the UA. Life has a way of broadening experiences, and Nancy has been a part of many nutrition related positions. After completing a dietetic internship at University Medical Center and becoming a Registered Dietitian, Nancy worked as a Clinical Dietitian at Tucson Medical Center, and later as a Public Health Nutritionist for the Pima County WIC Program. Nancy and her husband, along with their three children, worked eight years with a Christian relief and development organization, bringing clean water and health promotion to the Tarahumara Indians of rural Mexico. She was involved with training indigenous health care workers in primary health care, nutrition therapy for malnourished children, developing a monthly well-baby check, and community development work surrounding the clean water project. Back in Tucson, she home-schooled her children until they started high school. All three have graduated from the UA. Since 1996, Nancy has been a health educator for an insurance company, taught nutrition classes for day care workers and for Central Arizona College's Dietetic Education Program, worked as a Clinical Dietitian for a rehabilitation hospital, and served as a Nutrition consultant for the Tucson Unified School District. From 2000-2005 she was a Lecturer for the UA Department of Nutritional Sciences. Nancy's most recent job is as Coordinator for the Worksite Wellness and Health Promotion component of UA Life & Work Connections. Since 2005, Nancy has been bringing research-based nutrition and health information to UA faculty and staff. Her work is varied - from 1:1 nutrition counseling to campus-wide campaigns, and from health screenings to all UA employees throughout the state, to website updates (<http://lifework.arizona.edu/wsw>), Nancy finds her work challenging and rewarding, and continues to enjoy being a part of the UA community.

This newsletter is also available online at: <http://nutrition.arizona.edu>. If you would like to receive our newsletter via email, please contact Theresa Spicer at 621-7126 or email tspicer@ag.arizona.edu. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.