



Completed Research and Community Projects

For a complete listing and full synopses of research & outreach projects, visit our website at: <http://cpanarizona.org>

Project Title	Description	Community Outreach Contact Information
Adequate Calcium Today (ACT)	The goal of this multi-center study was to improve calcium intake and bone health among Asian, Caucasian, and Hispanic adolescents by incorporating DVD and CD-ROM based nutrition education into their school curriculum to help reduce risk for osteoporosis.	Dr. Scott Going going@u.arizona.edu
Body Image Study	This study examined the relationship between perception of a healthy body and actual body composition in a population of men and women and afforded the participant an opportunity to assess their health risks associated with his/her personal body composition.	Rob Blew rblew@u.arizona.edu
City of Tucson Wellness Series	This City of Tucson employee-wide wellness series uses curriculum developed by CPAN to provide education and skill development relating to physical activity, healthy eating, body image, positive attitude and wellness strategies with the goal of improving performance at the workplace.	Lauve Metcalfe lauve@u.arizona.edu
Compadres for Health and Wellness	This pilot project facilitated the implementation of the Sunnyside District's local wellness policy at two elementary schools, ultimately providing a template for replication at other elementary schools. (2006-2007 school year)	Dr. Dan McDonald mcdonald@ag.arizona.edu
Eat, Move, Learn	Eat, Move, Learn was a multi-site trial investigating the effects of an innovative science-based web-quest curriculum on weight and body composition in 6th grade boys and girls. The intervention encouraged energy expenditure (physical activity) and appropriate energy intake (healthy eating) within the framework of a science curriculum.	Dr. Scott Going going@u.arizona.edu
Green Tea Intervention for Weight Gain Prevention	This study was a randomized, double-blind, placebo-controlled design testing the effect of green tea versus placebo on weight loss among women who have completed chemotherapy for Stage I or II breast cancer.	Dr. Cyndi Thomson cthomson@email.arizona.edu
Healthy Weight for Life (HW4L)	Funded as an innovative research design, HW4L used a 16-week lifestyle weight loss program, followed by an intervention of weight-gain prevention using Internet as support in peri-menopausal women.	Dr. Tim Lohman lohman@u.arizona.edu
High Lycopene Tomato Feeding Study	This study was a collaborative project between Plant Sciences and Nutritional Sciences to evaluate the added market value in relation to high lycopene tomato consumption	Dr. Cyndi Thomson cthomson@email.arizona.edu
Isothiocyanates, Limonene and Breast Cancer Prevention	This research provided direction regarding the appropriate measurement tools necessary to accurately assess cruciferous vegetable intake as well as the utility of urinary metabolite excretion as a biomarker of intake of these compounds among study populations with high levels of intake.	Dr. Cyndi Thomson cthomson@email.arizona.edu
Osteoarthritis Study	This study is evaluating the effectiveness of a long-term multidimensional intervention incorporating a program of exercise and self-management, on improvement in physical function in a sample of men and women with early knee osteoarthritis.	Michelle Cornett mcornett@email.arizona.edu
Osteoporosis Risk Factor Study	This project was designed to determine the potential risk factors for development of osteoporosis in adult women and men.	Contact: Rob Blew rblew@u.arizona.edu
Partners for Healthy Active Children	Partners was a collaboration between the YMCA of Metropolitan Tucson, the Sunnyside Unified School District and the University of Arizona, addressing the nutritional and physical education needs of over 8,500 K-5 youth in the Sunnyside District and 500 youth participating in YMCA after school sites.	Vanessa Stanford Stanford@u.arizona.edu
Pathways	This nationwide study tested the efficacy of a school-based intervention focused on the primary prevention of obesity in pre-adolescent American Indians in an attempt to prevent associated health risk in adulthood.	Dr. Tim Lohman lohman@u.arizona.edu
Pyramid Power	This collaborative research project tests the effectiveness of a coordinated school and home-based intervention to prevent the decline of physical activity in adolescents.	Jennifer Reeves jreeves@u.arizona.edu
Trial of activity for Adolescent Girls (TAAG)	TAAG was a multi-center study that investigated whether a school-based and community linked intervention prevented decline in physical activity levels and cardio-respiratory fitness in middle school girls.	Dr. Tim Lohman lohman@u.arizona.edu
Tucson Challenge	This community-based model weight loss and physical activity program was created by Tucson community leaders, the Mayor's Office and CPAN to address the nutrition and physical inactivity issues targeted in the Healthy Arizona 2010 Strategic Plan.	Lauve Metcalfe lauve@u.arizona.edu
Women's Healthy Eating Study	The WHEL Study is determining whether a plant-based, low-fat diet reduces the risk of recurrence and death in women with Stage I, II, or III breast cancer previously treated by conventional methods. The primary results of this 7.2 year trial were published in JAMA, July 2007.	Dr. Cyndi Thomson cthomson@email.arizona.edu
Yuma on the Move	Yuma on the Move targets residents in Yuma, AZ, promoting increased physical activity through public service announcements, walking groups, worksite challenges, health fairs, and community events.	Yuma County Extension Office