



Translational Research for Healthy Zones

This workshop will use the characteristics of healthy regions to inform a public health model that could be applied to any community, population, or geographical area. Learn about current research, success stories, and recommendations for implementation, research, and policy.

Date: October 27, 2022

Time: 5:00pm-8:00pm

@ NAU School of Hotel and Restaurant Management

902 S Beaver St.

Flagstaff, AZ 86011

This workshop is sponsored by the Arizona Biomedical Research Centre (ABRC), in collaboration with the NAU Center for Health Equity Research (CHER)



ARIZONA DEPARTMENT
OF HEALTH SERVICES

ARIZONA BIOMEDICAL RESEARCH CENTRE

NAU NORTHERN ARIZONA
UNIVERSITY

Center for Health Equity Research



Translational Research for Healthy Zones

Agenda

5:00pm

Welcome and ABRC overview - John Garcia, MPA, CPM, Arizona Biomedical Research Centre (ABRC); Steve Palmer, PhD, Department of Health Sciences

5:10pm

Framing the evening - Overview of Blue Zones, Four Quadrants, and Healthy Zone supporting research - Jay Sutcliffe, PhD, RD, Department of Health Sciences

5:25pm

'Eat Wisely' tasting with a "Shooter" - Chef Mark Molinaro, NAU School of Hotel and Restaurant Management

5:30pm

'Move' and 'Right Outlook' followed by Q&A - Dr. Laurie Perrin, MD, FACOG, PAG

6:00pm

'Eat Wisely' tasting with a "1st Bite" - Chef Mark Molinaro, NAU School of Hotel and Restaurant Management

6:10pm

'Connect' followed by Q&A - Pastor Landon Merrill, Bridge Church Arizona

6:40pm

'Eat Wisely' tasting with "Soup/Bread" - Chef Mark Molinaro, NAU School of Hotel and Restaurant Management

6:50pm

Healthy Zones panel discussion and Q&A

- Jenna Rowell, Local First Arizona
- Tony Skrelunas, CEO Tribe Awaken & Founder Navajo Power PBC
- Debbie Accomazzo and Tomás Leon, Blue Zones Activate Greater South Phoenix Project

7:40pm

Wrap-up and future steps - Jay Sutcliffe, PhD, RD

7:50pm

Networking session with panelists

8:00pm

Workshop ends - 'Eat Wisely' tasting with a to-go dessert bag

Speaker and Panelist Bios

Jay Sutcliffe | PhD, RD | NAU Health Sciences | jay.sutcliffe@nau.edu



Workshop Host

Jay Sutcliffe, Ph.D., R.D. is an NIH-funded researcher and a member of the Northern Arizona University Health Sciences faculty where he is a Professor in the Nutrition & Foods Program. Jay's teaching and research interests are related to disease prevention and reversal using non-invasive lifestyle practices, wellness across the lifespan, and lifestyle habits of college students. In addition to his academic experience Jay has extensive experience in restaurant and health food store ownership/operation; years of experience in community and residentially-based health promotion programs; and broad experience working with athletes and those interested in wellness. Jay earned his doctoral degree in Public Health, his Master's degree in Health Education, and his Bachelor's degree in Food and Nutrition/Dietetics. Jay is also a Registered Dietitian.

Chef Mark Molinaro | NAU School of Hotel and Restaurant Management | mark.molinaro@nau.edu



Main Speaker

Completing his undergraduate studies in Anthropology Mark spent four months hiking on the Appalachian Trail deciding what to do with the rest of his life. Somewhere along the way he connected two of his passions: cooking and making people happy. Upon returning to his home in Cleveland, Ohio he secured a position with the Omni International Hotel Company where he was taken under the wing of the executive chef. After months of potato, carrot, and shrimp peeling Marks chef told him that if he wanted to truly follow his dream he needed to attend a culinary school.

After receiving his AOS from the New England Culinary Institute he spent time working with the Four Seasons Hotel Company in Boston before joining the Ritz-Carlton Hotel Company. It was here that Mark discovered the value of creating and nurturing guest loyalty. He was again taken under the wing of the executive chef and given his first role as restaurant sous chef for a brand new concept the company was investing in. After a successful launch of the restaurant he gained more experience accepting the responsibility of chef Garde Manger allowing him to train and develop a larger staff. After three years he was challenged again with the opening of The Ritz-Carlton Hotel in Half Moon Bay, California as a trainer. One year later he opened The Ritz-Carlton Hotel New York, Battery Park again as a trainer. After holding positions as Fine Dining instructor and Executive Chef with the New England Culinary Institute Mark is living his dream as a Core faculty member and Brew Club advisor by learning and teaching one of his passions; food and beverage and also inspiring and motivating another; people. His goal is to inspire a generation of young chefs who will apply their strengths in the promotion of enjoyable, healthy, and sustainable culinary arts. Currently he is pursuing his doctoral degree in Educational Leadership with Northern Arizona University.

Dr. Laurie Perrin | MD, FACOG, PAG | Founder Slow N Steady 360 | www.slownsteady360.com



Main Speaker

Dr. Laurie Perrin has been in practice in Flagstaff, AZ for almost 20 years and offers the full gamut of Obstetrics & Gynecologic care. She was born and raised in Pennsylvania and spent 4 years on the Navajo reservation where she fell in love with the southwest. She loves living in Flagstaff because of the rural lifestyle and the outdoor experiences that living here affords her and her family to enjoy on a regular basis.

Dr. Perrin's passion for healthy living and exercise inspired her to create Slow N Steady 360, and over the past year her program has become a reality to share with the community. Dr. Perrin uses evidence-based approaches and personal coaching to build sustainable, long-lasting habits. She does this by building upon the urge for change- slowly and steadily. The SNS 360 philosophy is based on five habitual practices with three basic steps: learn a new habit, practice it, and make it a part of your everyday life.

Pastor Landon Merrill | Bridge Church | www.wearebridge.church



Main Speaker

Landon Merrill is a dynamic leader, pastor, and author with global insights on a wide array of issues. With over 20 years' experience Landon has logged thousands of hours challenging audiences from corporate boardrooms to auditoriums filled with thousands. He has inspired teens, athletes, parents, entrepreneurs, business leaders, and individuals from vastly diverse backgrounds to become the world-class influencers they were meant to be. Residing in Flagstaff, Arizona with his wife, Emily and daughter, Adèle, Landon is known for his captivating, energizing, and encouraging, speaking. Landon is a master at simplifying complex wisdom into bite-sized, user-friendly steps that can be applied by anyone who wants to live in their true "Significance".

Jenna Rowell | Local First Arizona Foundation | www.localfirstaz.com



Panelist

Jenna joined Local First in May 2022 to lead Rural Development. An Arizona native, her 25 years of business experience include managing community affairs and development for Arizona Public Service across 11 counties, in the Copper Corridor for BHP Copper, and in rural Central and Western Texas for the energy industry.

Debbie Accomazzo | Activate Blue Zones Greater South Phoenix Project | www.equalityhealthfoundation.org



Panelist

Debbie has led with her effervescent smile through an extensive professional background in Arizona. Her experience includes focus on small business and corporate entities as well as critically important nonprofit missions, with work in public relations, marketing, community engagement, and investor and donor stewardship. She is recognized as an accomplished business leader and community advocate.

While in the corporate sector, Debbie's work was focused on the office product and technology industry with a concentration on procurement. She then set her sights on community initiatives focused on youth development and health and human services. Debbie is known as an exceptional communicator, presenter and storyteller and has been recognized for her ability to effectively elevate brand and cultivate robust stakeholder relationships, whether internal to the operation or outward facing to capture client and investor attention.

Having merged business acumen with a deep sense of social purpose, Debbie embraces the pillars of conscious capitalism, namely, elevating humanity through business. Her achievements are grounded in study at Arizona State University and the University of Phoenix, with a focus on Business and Marketing, including an emphasis on Corporate Procurement. She has supplemented her professional development with nonprofit leadership study at the ASU Lodestar Center for Philanthropy and Nonprofit Innovation. Throughout her career, the work that has held the most meaning for Debbie has been contribution to community via the simplicity of volunteerism. Starting from her time as President of Most Holy Trinity Catholic School's Advisory Board, where the Phoenix institution was honored to achieve the National School Board of the Year Award from the National Catholic Educational Association, to more recently, Southwest Kids Cancer Foundation where she served as Vice Chair, and every volunteer moment in between, Debbie understands that to be a leader, you must start by serving. In her words, none of Debbie's accomplishments would be possible without the support of her husband of nearly 30-years and their two children. They have cheered her on in every endeavor she has undertaken, and also roll up their sleeves alongside her when community calls. As a proud Mississippi native, she embraces the words of Ms. Eudora Welty, world-renowned author and photographer, "All serious daring starts from within." Indeed, it does.

Manuel Tomás León | MBA | Activate Blue Zones Greater South Phoenix Project | www.equalityhealthfoundation.org



Panelist

Tomás León serves as the President of the Equality Health Foundation, an Arizona-based nonprofit organization focused on advancing equal health for all. He recently led Equality Health LLC's marketing and strategy, with the responsibility of building a purpose-driven brand across multiple markets that contributed to securing PE investment by General Atlantic and Town Hall Ventures. With over two decades of collective experience in healthcare, business development, community mobilization, health equity, policy advocacy, philanthropy and marketing communications, Tomás brings an innovative, purpose-driven approach to advancing equity, diversity, and inclusion in healthcare. In a prior role as the president and CEO of the Institute for Diversity in Health Management, an affiliate of the American Hospital Association, he created and launched an award-winning equity of care campaign to eliminate health care disparities that engaged nearly 1,500 hospitals and health systems and 50 state hospital associations in this national initiative.

His previous senior executive roles include president and CEO of the People of Color Network, Inc.; president of Friendship Community Mental Health Center; equity partner of MarCom Worldwide LLC; vice president of the Community Foundation of Southern Arizona, president and CEO of the Tucson Hispanic Chamber of Commerce, executive director of Youth On Their Own, Inc.; and associate director of the Border Health Foundation.

As a tireless leader on behalf of underserved communities and diverse populations, Tomás has been recognized with numerous awards for his work and advocacy, including AZ Business Magazine Diverse Business Leaders To Watch, Diversity MBA's Top 100 Under 50 Emerging Leaders Award, Wellness Council of Arizona's Executive Champion for Worksite Wellness Award, and achievement honors from the Arizona Healthcare Executives and the Diversity Leadership Alliance.

An expert on nonprofit and healthcare management, Tomás has been invited to teach a master's level course at the University of Arizona and continues to speak across the country as a subject matter expert. He has served on numerous boards and committees, including the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Arizona Hispanic Chamber of Commerce, Arizona Council of Human Service Providers, Arizona Health Care Cost Containment System and the Arizona Department of Health Services. He holds a bachelor's degree in psychology from The University of Arizona and an MBA from the University of Phoenix.

Tomás has authored numerous non-peer reviewed reports on health outcomes and quality control studies. In 2018, he co-authored an article published by The Joint Commission Journal on Quality and Patient Safety: Hospital Leadership Diversity and Strategies to Advance Health Equity.

An avid outdoorsman and aspiring chef, Tomás has been married to Wendy León for nearly 31 years, and they have four beautiful children: sons Thomas and Alec, and daughters Austin-Nicole and Sasha.

Tony Skrelunas | MBA | CEO Tribe Awaken & Founder Navajo Power PBC | www.tribeawaken.com



Panelist

Tony was raised in the Navajo way by his grandparents. He followed their teachings of resilience to attain B.A. and M.B.A. Business Degrees and a fulfilling career. Mr. Skrelunas is a founder of a breakthrough company Navajo Power PBC, where he drives work in developing a utility scale solar development company that provides benefits to local land permittees and communities. He is also the founder of Tribe Awaken under which he advises community leaders and entrepreneurs on health and wellness, just transition business planning, strategic planning, partnership creation, with a focus on shopping centers, bed & breakfasts, agriculture, food companies and grocery stores. He runs a website and an online publication called <https://www.tribeawaken.com/>.

Mr. Skrelunas founded Grand Canyon Trust's Native America Program and the Arizona American Indian Tourism Association (AAITA). He was one of the youngest Navajo Nation executives responsible for the Local Governance Act in his 20's. He then changed the game as the Executive Director of Economic Development for the Navajo Nation by getting Federal delegation of business site leasing authority from the BIA, creating the local sales tax that stays in the local community of tax incidence, serving as the chief negotiator on the \$80 million Antelope Point Marina, and privatizing the Navajo Times and Navajo Shopping Centers Corporations.

Eat Wisely

4-course light meal, recipes inspired by Blue Zones
by Chef Mark Molinaro

Course One:

Immune Elixir

(4 each, 8-ounce servings)

Ingredients:

- 4 ounces local raw honey
- 4 lemons, freshly juiced
- 1 ounce fresh ginger, juiced
- 1 tbsp organic black seed oil
- 1 tsp fresh ground black pepper
- 1 tsp ground tumeric
- 1/2 tsp cinnamon
- 1 qt hot water

Instructions:

- Add first seven ingredients into 2 quart heat safe pitcher.
- Pour 180F water into pitcher and whisk until combined well.
- Portion into tea or coffee cup.
- Drink immediately.



Eat Wisely

4-course light meal, recipes inspired by Blue Zones
by Chef Mark Molinaro

Course Two:

Fall Squash Soup with Maple and Toasted Pepitas

Ingredients:

- 2 tbsp butter
- 1 red onion, small dice
- 1 bunch leeks (white only), washed, small dice
- 2 medium carrots, peeled, small dice
- 1 butternut squash, peeled, deseeded, small dice
- 1 acorn squash, peeled, deseeded, small dice
- **1/2 tsp cinnamon**
- 1/4 tsp clove
- 1/8 tsp nutmeg, freshly grated
- enough water to “just” cover
- 1/2 cup cream
- 1/4 cup maple syrup
- salt and black pepper to taste

Instructions:

- In 8 qt heavy bottomed stainless steel pot, melt butter and sweat onion and leek until tender (about 3 minutes over medium heat, no color)
- Add next 3 ingredients and sweat until tender.
- Add the next 3 spiced and cook for 2-3 minutes.
- Add just enough water to reach the top of the vegetables (not too much).
- Simmer for 15-20 minutes until vegetables are completely tender.
- Blend thoroughly in vitamix style blender until velvety.
- Pour back into cleaned out pot and add cream, maple syrup, salt and black pepper to taste making sure to get to desired soup temperature.
- This soup gets better after a few days and is great served piping hot with a dollop of heavy cream with a pinch of cinnamon and toasted pepitas.



Eat Wisely

4-course light meal, recipes inspired by Blue Zones
by Chef Mark Molinaro

Course Three:

Blue Zones Flatbread with White Bean Puree, Baby Arugula, toasted pine nuts, caramelized onions, and balsamic glaze

Adapted from: <https://www.bluezones.com/recipe/white-bean-flatbread/>

Dough Ingredients:

- 300 grams pizza or all-purpose flour
- 200 gram lukewarm water
- 1 packet instant yeast
- 15 gram extra virgin olive oil

Bean Puree Ingredients:

- 1½ cups (375 mL) cooked cannellini beans, drained and rinsed
- 2 tablespoons (30 mL) extra-virgin olive oil
- 3 tablespoons (45 mL) fresh lemon juice
- 1 small garlic clove
- Sea salt and freshly ground black pepper

Bean Puree Instructions:

- In a food processor, combine the cannellini beans, olive oil, lemon juice, garlic, and a few generous pinches of salt and pepper.
- Season to taste.
- Chill until ready to use.

Dough Instructions:

- Combine all ingredients in Kitchen aid style mixer bowl (or mix by hand in large stainless-steel bowl).
- Cover and rest for 30 minutes
- Stretch or knead the dough for 3 minutes
- Let rest for 1 to 3 hours
- Punch down dough and divide in half
- Form into balls and let rest for 1 hour
- Heat grill
- Flatten dough to 9" circles and place on grill turning and flipping as needed until fully cooked
- Coat flatbread with olive oil and fresh garlic then bean puree and dressed baby arugula and balsamic glaze, toasted pine nuts and caramelized onions



Eat Wisely

4-course light meal, recipes inspired by Blue Zones
by Chef Mark Molinaro

Course Four:

Strawberry Vanilla-Chia Pudding

From Blue Zones, <https://www.bluezones.com/recipe/strawberry-vanilla-chia-seed-pudding/>

Ingredients:

- 3 cups unsweetened almond milk
- 2 tsp vanilla extract
- 3 tbsp maple syrup
- 1/2 tsp cinnamon
- 1/2 cup + 2 tbsp chia seeds
- 3 cups fresh strawberries

Instructions:

- In a bowl, whisk together unsweetened almond milk, vanilla extract, maple syrup, and cinnamon
- Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir it well, so that none of the chia seeds are sticking together. This ensures they're all able to absorb the liquid and create a pudding-like consistency.
- Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially. Soaking time is vital for the end product!
- In the morning, rinse and slice fresh strawberries
- Stir chia pudding and top with fresh strawberries



Thank you for participating in our ABRC workshop!

Please take a moment to fill out the workshop evaluation. Your feedback is greatly appreciated, and will help us to improve future workshops.



Scan the QR code
or visit
<https://bit.ly/3zjRNhu>

Upcoming 2023 ABRC Workshops:

February 18, 2023

Expanding Healthcare Workforce for Underserved Populations
Phoenix, AZ

March 2023 (TBD)

Translatable Lessons from the COVID-19 Pandemic
Flagstaff, AZ

May 19, 2023

5th Annual Review of Community Engagement & Collective Approach to Action
Yuma, AZ

June 2023 (TBD)

Supporting our Future - Whole School, Whole Community, Whole Child
Approach to Supporting Children
Flagstaff, AZ

Registration links coming soon. For more information, please visit the CHER website, www.nau.edu/cher/events, or contact CHER Events Coordinator, Nic Beckett, at nicolas.beckett@nau.edu for more information.