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Contact:

Jan McIntire, 520-239-8561, Ext. 4123

jan@canyonranchinstitute.org

**Canyon Ranch Institute Recognizes Chef Barry Infuso
with Prevention Pioneer Award**

Distinction honors teacher's work to improve health of members of the Pascua Yaqui Tribe

TUCSON, Ariz., April 11, 2012 – Chef Barry Infuso, M.A., CEC, CCE, AAC, is the newest Canyon Ranch Institute (CRI) Prevention Pioneer. The award recognizes and honors individuals, organizations, and initiatives that are advancing health literacy, improving prevention, and eliminating health disparities.

Canyon Ranch Institute and Canyon Ranch Founder Mel Zuckerman, said, “My personal and professional vision is about preventing disease and inspiring people to make the healthy choices that can lead to optimal wellness. Barry Infuso shares my passion for health and well-being. By directing his attention and expertise to people who are ready to learn, he is an agent of healthy change here in the Greater Tucson community.”

Chef Barry began working with members of the Pascua Yaqui Tribe more than 10 years ago when he was asked to work with seniors and children in the Head Start Program to help them learn about heart healthy food choices. Most recently he has been a teacher in the Tribe’s “Cooking for the Health of It” program, assisting participants in preparing healthy recipes, providing information on plate size and portion control, and teaching participants how to prepare healthy foods at home. “Cooking for the Health of It” is part of the Tribe’s Centered Spirit Program, which takes an integrated behavioral health approach to help people at risk for diabetes, obesity, and other preventable health problems.

Reuben Howard, Executive Director of the Pascua Yaqui Health Department, says, “Over the years, Chef Barry has led Pascua Yaqui Tribal members to the realization that it is possible to prepare healthy food that is tasty and enjoyable. Our Tribal members have benefited tremendously from his nutritional knowledge and his dedication to helping us get healthier.”

Chef Barry said, “I’m a teacher at heart, and I try to approach my work with humor and practicality. I buy the foods we use in our classes from the local stores where the people shop,

and I encourage them to make small changes in the way they cook and the way they eat rather than attempting sweeping changes that are harder to stick with.”

Chef Barry credits his childhood experience of helping his grandmother cook with defining his career path. After earning a bachelor’s degree at the University of California, Berkeley, he earned a master’s in nutrition and anthropology from Prescott College, Prescott, AZ. Chef Barry is a Certified Executive Chef, Certified Culinary Educator, and a member of the American Academy of Chefs. He teaches culinary arts at Pima Community College in Tucson, AZ, where he is known as “the dean of cuisine.”

CRI Executive Director and Board Member Jennifer Cabe, M.A., describes Chef Barry as “an ideal example of the positive changes that can happen when someone who is passionate about health decides to make a difference in the community. Just as Barry learned from his grandmother, he is passing on his family’s customs of caring for one another, cooking real food, and being healthy. Based on Canyon Ranch’s more than 30 years of leadership in integrative health, these are traditions that Canyon Ranch Institute values.”

Chef Barry will be recognized at a ceremony co-hosted by the Pascua Yaqui Tribe and CRI. The CRI Prevention Pioneer Award confers a \$500 gift to a charity of Chef Barry’s choice.

Previous recipients of the CRI Prevention Pioneer Award are Todobebé, a multimedia company dedicated to families who are planning, expecting, and raising babies; Julio Frenk, M.D., M.P.H., Ph.D., Dean of the Harvard University School of Public Health and former Minister of Health for Mexico; Kenneth P. Moritsugu, M.D., M.P.H., FACPM, chairman of the Johnson & Johnson Diabetes Institute and former acting Surgeon General of the United States; and Paloma Izquierdo-Hernandez, M.P.H., M.S., president and CEO of Urban Health Plan, Inc., a federally qualified health center in the South Bronx, NY.

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About Canyon Ranch Institute®

Canyon Ranch Institute (CRI) is a non-profit organization that catalyzes the possibility of optimal health for all people by translating the best practices of Canyon Ranch and our partners to help educate, inspire, and empower *every person* to prevent disease and embrace a life of wellness. Canyon Ranch Institute and our partners believe in the power and possibility of a healthy world. More information is available at www.canyonranchinstitute.org.