

# CANYON RANCH.

## DR. RICHARD H. CARMONA HONORED BY HEALTH LITERACY MEDIA WITH PRESTIGIOUS CECILIA AND LEONARD DOAK HEALTH LITERACY CHAMPION AWARD

**FORT WORTH, TX** (August 31, 2017) – Canyon Ranch is proud to announce Chief of Health Innovations and 17th Surgeon General of the United States (2002-2006) Richard H. Carmona, M.D., M.P.H., FACS, will be recognized with Health Literacy Media’s 2017 Cecilia and Leonard Doak Health Literacy Champion Award.

The award, named after the founders of the health literacy movement, honors individuals and organizations who make outstanding contributions in health literacy and whose work focuses on bridging the gap between the skills of people and the demands of the health care system.

“Dr. Carmona has been a tireless champion of health literacy for decades,” said Steve Pu, M.D., HLM board president and a surgeon in private practice in Kennett, Mo. “He has made countless contributions to this important field at the highest levels, and we are honored to give him this lifetime achievement award.”

Dr. Carmona holds a medical degree from University of California and a master’s degree in public health from the University of Arizona. Currently, he is a Distinguished Professor at the Mel and Enid Zuckerman College of Public Health at the University of Arizona and serves as an executive within the Canyon Ranch Health and Healing Triad, the trio tasked with guiding Canyon Ranch’s innovation and immersive approach to the world of Preventative Medicine.

In 2002, Dr. Carmona was nominated by President George W. Bush and unanimously confirmed by the United States Senate as the 17th Surgeon General of the United States. In that position, Dr. Carmona focused on prevention, preparedness, health disparities, health literacy, and global health, including health diplomacy. He also issued many landmark communications during his tenure, including the definitive Surgeon General’s Report about the dangers of second-hand smoke.

Throughout Dr. Carmona’s extensive career, he has held various positions spanning many disciplines such as sheriff, SWAT team leader, medical director of police and fire departments, integrative medicine physician and trauma surgeon. He is also a combat-decorated U.S. Army Special Forces Vietnam veteran. Additionally, Dr. Carmona is the author of *30 Days to a Better Brain: A Groundbreaking Program for Improving Your Memory, Concentration, Mood, and Overall Well-Being*.

Dr. Carmona will receive the award at the 8th Annual Health Literacy Summit Luncheon on Oct. 26 at The Kauffman Foundation Conference Center in Kansas City, where he will also provide the keynote address. This is part of a two-day event celebrating Health Literacy Month.

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**About Canyon Ranch®**

Canyon Ranch® has been a pioneer and an industry-leading proponent of the wellness lifestyle for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Ariz. and Lenox, Mass. In addition, Canyon Ranch operates a SpaClub® day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nev., Canyon Ranch SpaClub at Sea® facilities onboard Cunard's Queen Mary 2® luxury ocean liner, Oceania® and Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award, an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award and is recognized as the 'Best Wellness Program' by Virtuoso's 'Best of the Best' 2017 awards.