

MACDONALD CENTER FOR OBESITY PREVENTION AND EDUCATION

Villanova University M. Louise Fitzpatrick College of Nursing

DECEMBER 2019



Are We Ready for Out of the Box Thinking?

Driscoll Hall, March 6th, 2020, 6 CPEUs, 6 Contact Hours awarded

[Details and Registration!](#)

This COPE continuing education event takes a contemporary look at targeted health and nutrition topics that will challenge you to rethink-and refine-conventional practice while opening doors to fresh ideas. Our speakers will discuss forward-thinking, transformative topics that build upon foundational knowledge while equipping you with new skills and knowledge to best meet clientele and patient needs.

Speaker and topic list:



At the Table with Trillions: Evaluating Dietary Recommendations from a Gut Microbiome Perspective,

[Corrie M. Whisner, PhD](#)

Associate Faculty, Biodesign Center for Fundamental and Applied Microbiomics;
Assistant Professor, School of Nutrition and Health Promotion, Arizona State University



Preventing Metabolic Adaptation During Weight Loss,

[Todd Miller, PhD, CSCS*D, TSAC-F, FNCSA;](#)

[Stephanie Mull, MS, RD, CSSD, CSCS](#)

Milken Institute of Public Health, George Washington University



Culinary Nutrition or Culinary Medicine: A Distinction with a Difference?

[Rosemary E. Riley, PhD, LD](#)

President, Straight Talk Nutrition, LLC



Appetite & Weight Management: The Impact of the Endocannabinoid System & Cannabis,

[Laura Lagano, MS, RDN, CDN](#)

Integrative Clinical Nutritionist



AFRIDS (Avoidant Food/Restrictive Intake Disorder) and the New Picky Eater: Why repetitive food presentation and hiding does not work and what to do instead,

[Kelly Dorfman, MS, LDN](#)



Craft Beers: Sustainability in Healthy Kitchens,

[Libby Mills, MS, RDN, LDN, FAND](#)

Dietitian, MacDonald Center for Obesity Prevention and Education

WEBINARS and ENDURING MATERIAL CATALOG

December 11, 2019

[*Prevention of ASCVD in South Asians: Impact of Diet Modification and Physical Activity as Primary Intervention*](#) presented by Geeta Sikand, MA, RDN, FAND, CDE, CLS, FNLA.

January 22, 2020

[*The Ketogenic Diet for Obesity and Diabetes- Does Enthusiasm Outpace Evidence?*](#) presented by Shivam Joshi, MD.

NEW! [ENDURING CONTINUING EDUCATION CATALOG!](#) Did you miss that webinar or conference speaker you really wanted to hear speak? Need last minute continuing education credit for licensure? You are now able to access our library of continuing education recordings and receive continuing education credit for viewing and taking our quick assessment. Use coupon code **Coupon20** at checkout for 2 courses (2 CPEUs) for \$20.

RESEARCH WITH IMPACT

Check out our recently published manuscript in the *Journal of Nutrition Education and Behavior*: [Barriers to Healthy Eating in a Community that Relies on an Emergency Food Pantry](#). This article stems from our work at Catholic Social Services (CSS) and Martha's Choice Marketplace (MCM) in Norristown, PA. Watch [OUR VIDEO](#) and hear from members of the CSS and MCM community who have been positively impacted by this partnership.

COMMUNITY COMMITMENT

WEIGHT BIAS - negative attitudes about individuals with excess weight – can have a negative and lasting impact on the quality of healthcare these individuals receive. The COPE team recognizes the important role that healthcare professionals play in addressing the problem of weight bias. COPE now offers a **ONE-HOUR WEIGHT BIAS SENSITIVITY TRAINING** tailored for the nursing profession.

**One Contact Hour awarded for each nurse participant.

Contact COPE Director [Rebecca Shenkman](#) for more information and to schedule this training at your site.

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NUTRITION TIP OF THE MONTH: Is Lunch Actually Important? Yes!

Two-thirds of us skip lunch or eat while working. Lunch helps control appetite later in the day, so you can make smarter snack and dinner decisions. It provides a great opportunity to increase fruit and vegetable consumption. A healthy lunch can also lead to a more productive afternoon. Try spending at least 20 minutes eating your lunch; it can lead to fewer calories consumed now and later. Reclaim your lunch break!
