

MACDONALD CENTER FOR OBESITY PREVENTION AND EDUCATION

Villanova University M. Louise Fitzpatrick College of Nursing

APRIL 2020



Thank you for everyone who participated in this successful conference event! For those who missed the opportunity to join us that day, a recording of each talk will be posted to our [Enduring Material CE catalog](#) for purchase and Continuing Education credit soon. Please check our catalog for all our offerings.

COPE & COVID: Resources for Health

[Check here](#) for weekly updated resources provided by the COPE team during the COVID quarantine including health newsletters, schedules of live and recorded Lunch n Learns and Virtual Happy Hours.

Hot Off the Press

** Just released commentary in the journal [Obesity](#) by Dr. Bill Dietz and Dr. Carlos Santos-Burgoa, Director of Global Health Policy at the School of Public Health which looks at the impact of obesity on mortality from the H1N1 Influenza, and calls for aggressive treatment of such patients during the current COVID-19 pandemic.



[The Academy of Nutrition & Dietetics \(AND\) Resource Page to help keep you and your family healthy and safe during COVID-19 quarantine.](#)

Here you will find nutrition articles, tips, video and activities for individuals and families managing the challenging conditions of the COVID-19 outbreak.

WEBINARS and ENDURING MATERIAL CATALOG

April 8, 2020: Stress, Obesity, and Weight Stigma, *presented by A. Janet Tomiyama, PhD.* Recording, slides, and audio transcript available on the [COPE Webinar Archives](#) page.

May 20, 2020: Obesity Treatment, Beyond the Guidelines: Practical Suggestions for Clinical Practice *presented by Scott Kahan, MD.* Visit [COPE Webinar Series](#) for complete details and registration to be posted soon!

Rescheduled date! July 8, 2020: [Early life risk factors for obesity in children with Autism Spectrum Disorder](#), *presented by Tanja Kral PhD.*

[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

Published Manuscripts:

Barriers to Healthy Eating in a Community that Relies on an Emergency Food Pantry. [Journal of Nutrition Education and Behavior](#).

Oliver, T. L., Qi, B.B., Shenkman, R., Diewald, L.K. & Smeltzer, S.C. Weight Sensitivity Training among Undergraduate Nursing Students. *Journal of Nursing Education*.

Poster and Podium Presentations:

1) Poster Presentation: [Reflective Journaling of Nursing Students on Weight Bias](#); [Advancing Clinical Practice Through Research Evidence](#), March 12, 2020, virtually presented.

2) Poster Presentation: Challenges and Successes of Using a Peer Mentor Model for Nutrition Education within a Food Pantry: A Qualitative Study, 2020 Society for Nutrition Education and Behavior (SNEB) Annual Conference in San Diego, CA.

COMMUNITY COMMITMENT

COPE and Community Cooks! COPE staff continue to train and support peer mentors in delivering healthy eating messages at Catholic Social Service's Martha's Choice Marketplace in Norristown, an emergency food pantry helping individuals and families experiencing food insecurity. Over the coming months, these peer mentors, called "Community Cooks Coaches" will be using their training to provide simple nutrition messages and demonstrating easy, low cost and healthy recipes for the Martha's Choice Marketplace community. Check out our program featured in the [Spring 2020 Villanova Magazine](#).

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 dietetic and nursing professional and approved for one contact hour (CH) of continuing education for nurses and one continuing professional education unit (CPEU) for dietitians. Please contact [Rebecca Shenkman](#), COPE Director, for more information and to schedule this training at your site.

[See COPE's Curricular Case Study as featured on the STOP Obesity Alliance's website](#)

NUTRITION TIP OF THE MONTH: April means strawberry season!



Savor this sweet fruit that's packed with vitamin C, lowers cholesterol, and aids heart health. Vitamin C has many great benefits for the human body. This vitamin is a great antioxidant that boosts the strength of your immune system.

Since vitamin C is an antioxidant it prevents the development of free radicals, which have been linked to chronic disease. Vitamin C may help lower high blood pressure. It helps to reduce the risk of heart disease and gout. Vitamin C also improves the absorption of iron and boosts your white blood cells to help keep you healthy.

Quick, nourishing, and flavorful? Smoothies for the win!



Smoothies may not always have the best reputation for being healthy, but when you make them at home you have control over the type and amount of ingredients used. Many store-bought varieties use artificial sweeteners, fruit juice, and large amounts of fat or sweetened dairy products which make them a calorie and sugar nutritional bomb. The foundation for a healthy smoothie is finding the right balance of vegetables, fruit, protein, and fats. It may take time and experimentation, but once you strike the perfect combination...yum! And let us not forget the nutritional benefits of a well-rounded smoothie include fiber, calcium and vitamins A,C and K.

[Click here](#) for access to our website where you will find more information on *Breakfast Hits and Hacks* which feature smoothie recipes and more!

COPE IN THE NEWS

April 2020 issue- [Woman's Day, Keep Your Bones Strong](#)

COPE Program Manager Lisa Diewald talks about what you eat really does matter for bone health.

3/02/2020 - [Huffpost.com How Many Eggs are Health to Eat? Can eggs be part of a healthy diet?](#)

“One egg provides 6 grams of protein — about the amount found in an ounce of beef, turkey, chicken or fish — along with other nutrients such as vitamin A, vitamin B12, vitamin B6 and small amounts of iron and vitamin D, all for only 77 calories,” said [Lisa Diewald](#), a registered dietitian and program manager at Villanova University’s MacDonald Center for Obesity Prevention and Education.

3/18/2020 - [Parade.com Everything You Need to Know About Food Safety in the Time of the Coronavirus.](#)

“It is possible for the virus to get on food via a person’s respiratory droplets, which could happen with a cough or sneeze,” explains Elizabeth “Libby” Mills, a COPE registered dietitian nutritionist with the MacDonald Center for Obesity Prevention and Education. So taking extra steps can be the safest option.

JOIN THE CONVERSATION ON SOCIAL

We recognize the value of staying in touch with our followers. Please stay in touch with us!
Follow us on Facebook and Twitter



[Follow us on Facebook](#)



[Follow us on Twitter @VillanovaCOPE](#)

MACDONALD CENTER FOR OBESITY PREVENTION AND EDUCATION (COPE)
villanova.edu/COPE * cope@villanova.edu
