

# VILLANOVA UNIVERSITY

## COLLEGE OF NURSING



### MacDonald CENTER FOR OBESITY PREVENTION AND EDUCATION

## August 2015

As summer draws to a close, we'd like to bring you up to date on the happenings with COPE. We are excited about the local and national response we have received from dietitians, nurses, and other health professionals who have joined the COPE family and are supporting us in our endeavors.



#### **Rebecca Shenkman, MPH, RDN, LDN has been named Director of COPE**

Rebecca Shenkman joined COPE in April 2013 as Program Manager where she led the expansion of the webinar series and its audience. Additionally, she has facilitated the grant partnership with Independence Blue Cross Foundation on the multi-disciplinary Healthy Futures Initiative to combat pediatric obesity in the Philadelphia area. Rebecca has been Interim Director since Erin Winterhalter Caroulis MPH, RDN, LDN, CDE left in November 2014. She assumed the position of Director in July 2015.



#### **Libby Mills MS, RDN, LDN joins COPE as a part time dietitian**

Libby will assume responsibility for the nutrition counseling that is available to Villanova University employees. She is a dynamic, sought-after Registered Dietitian Nutritionist and spokesperson for the Academy of Nutrition and Dietetics known nationally as a food and nutrition authority. Known for her ability to connect with people, Libby uses her expertise, energy and creativity to bring food, nutrition and health alive through her nutrition coaching skills.

#### **Year 2 of Healthy Futures completed**

COPE continues to be a partner with Independence Blue Cross Foundation's Healthy Futures Initiative.

Year 2 of 3 is now in the books. Our programming at the four

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#### What's New at COPE?

#### Academic Programs

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Do you have comments, suggestions or want to get involved? We'd love to hear from you! Email us at [cope@villanova.edu](mailto:cope@villanova.edu).

#### Sponsors and Exhibitors

As a non-profit Center, COPE supports collaboration in the prevention of obesity. For details on how you can become a Sponsor or Exhibitor email [cope@villanova.edu](mailto:cope@villanova.edu).

## IBC Foundation Healthy Futures



“core” schools - the schools that are receiving all the partners’ interventions – was again deemed successful. More parents completed the online nutrition assessment tool this year. We had four enlightening and entertaining focus group sessions with the fifth graders. Based on the focus group questions, we learned that healthy lifestyle role models were primarily family members, television and sports figures and that a healthy lifestyle was linked to exercising and eating fruit. The children were excited to talk about the healthy foods they were eating and there was less discussion about fast food. Children equated health with having more energy, not getting sick and being proud of oneself!

Read more about the [IBC Foundation Healthy Futures program](#). Follow them on Twitter @ibxfrdn and [LIKE their Facebook page!](#)

### **COPE and the Philadelphia Freedom Valley YMCA working together to keep kids healthy!**

COPE has partnered with the Philadelphia Freedom Valley YMCA to implement “Wild for Wellness,” a pediatric obesity prevention after school program at the Christian Street YMCA in Philadelphia. The program involves children ages 10 to 14 years old and began in January 2015 and runs through December 2015. Wild for Wellness educates students on healthy eating habits and provides an opportunity to participate in regular physical activities. Expected program outcomes include increased exposure to nutrition education and physical activity for children who may not otherwise have had access. The program is funded by a one-year Aetna Foundation GoLocal: Cultivating Healthy Communities grant.



### **COPE now offers free nutrition counseling to Villanova employees**

Started in April 2015, COPE now offers nutrition counseling visits exclusive to Villanova employees enrolled in Villanova’s health plan. Employees can receive up to 6 free visits with a COPE dietitian per calendar year. [Click here to read more](#) and [sign up if you are a Villanova employee interested in scheduling an appointment!](#)

**As we head into the busy fall and school season, click the links below for helpful breakfast and lunch ideas**

[Best breakfasts for your school crew](#)

[Breakfast ideas for busy mornings](#)

[Make-Your-Own Granola](#)

[25 quick and easy schools lunches to pack for your kids](#)

[22 healthy lunch ideas](#)



### **Eat locally and seasonally**

[Click here](#) to find your local Community Supported Agriculture (CSA) or Farmers Market to get the best in-season produce!



### **Thank you to our supporters!**

Please email us at [cope@villanova.edu](mailto:cope@villanova.edu) with ideas, comments or any interest in becoming involved or partnering with us. Please [Like us on Facebook](#) and follow us on Twitter [@VillanovaCOPE!](#)

[More obesity news...](#)

## **2015 and 2016 EVENTS**

**September 16** - COPE webinar series: [Improve Your Practice Through the Application of Current Recommendations in Diabetes and Nutrition](#) with Lynn Parker Klees, MA, RDN, LDN, CDE.

**October 9** - COPE and Continuing Education 1-day conference: [Motivational Interviewing](#) with Nicholas D. Frye, LCPC, NCC, DCC and Jennifer B. Christman, RDN, LDN. Driscoll Hall, Villanova University, 9AM-4PM, 5.5 contact hours and 5.5 CPEUs awarded.

**October 15** - COPE webinar series: [Creating a Culture of School Wellness](#) with David Genova, BS, District Wellness Coordinator at Pottstown School District.

**November 11** - COPE webinar series: [Hormones: The Missing Link in Weight Loss Resistance](#) with Dr. Nadia Ali, MD, MPH, ABIHM, FACP.

**January 20** - COPE webinar series: [Zzzz's and lbs.: The impact of sleep on weight](#) with Devon Golem, PhD, RD, LD.