



VILLANOVA UNIVERSITY

M. LOUISE FITZPATRICK COLLEGE OF NURSING



MacDonald
**CENTER FOR OBESITY
PREVENTION AND EDUCATION**

August 2018 COPE E-News

Thank you for staying connected to COPE through this email update!

Conference announcement:



Behavioral Science and Wellness: Innovations in Policy and Practice; co-presented by COPE and Villanova School of Business (VSB), November 9, 2018.

Healthy decision making is driven by many factors - psychological, environmental, social and behavioral – which ideally work together to produce an environment conducive to positive health outcomes. But the science behind **how** we eat and **which** environmental and behavioral **influencers** affect our daily food

decisions involves a complicated interplay of these factors. Join us here at Villanova University and hear from experts in the field who will enlighten and inspire you with the latest evidence-based research on novel approaches and relevant policies promoting healthy living. We have an impressive line-up of speakers including a keynote address by **Kelly D. Brownell**, Ph.D., Director, World Food Policy Center; Robert L. Flowers Professor of Public Policy, Duke University. Discounted rate for current Villanova employees and students; continuing education credits awarded. [Click here](#) for more information and to register today.

Interested in becoming a sponsor or exhibiting at this event? Please contact [Rebecca Shenkman](#), COPE Director, for more details.

Villanova University M. Louise Fitzpatrick College of Nursing (FCN), COPE and Catholic Social Services (CSS) partner on *Community Cooks* nutrition education initiative.



The *Community Cooks* program – funded with help from the [Patricia Kind Family Foundation](#) and [Catholic Foundation of Greater Philadelphia](#) – takes place at the CSS [Martha's Choice Marketplace \(MCM\)](#), an emergency food pantry “choice market” housed within the CSS Family Service Center. The goal of the program is to improve healthy food access, ongoing food security, and self-sufficiency through nutrition education among the pantry’s 900+ food insecure families. During the initial phase of *Community Cooks*,

COPE staff trained 11 peer mentors (members of the MCM community) in basic healthy eating messages and low cost nutritious meal preparation. It is the ultimate goal to have these peer mentors disseminate health food information throughout the pantry community, providing an ongoing source of credible nutrition information and practical assistance in health food preparation. Post-program evaluations revealed positive feedback, behavior change, and need for program growth.

COPE partnership with FCN faculty on obesity stigma education for nursing undergraduates

The sensitivity training was created to increase nursing students’ awareness of personal biases and provide a foundation to alleviate weight bias in practice. This curriculum was introduced into the junior level Practicum in Nursing Care of Adults and Older Adults course in fall 2017. It included the development, implementation, and evaluation of a teaching strategy to promote sensitivity training that equips nursing students in providing nondiscriminatory patient care to the overweight and obese population. Data analysis showed a statistically significant reduction in weight bias based on pre and post questionnaire scores administered before and after the education component and semester long intervention. These results are encouraging and may indicate a reduction in weight bias is possible through the incorporation of an education and training component embedded early into the clinical component of undergraduate curriculum.

Practical Nutrition Strategies for Nurse Practitioners

COPE joined forces with Associate Professor Tracy Oliver PhD, RDN LDN to deliver a nutrition lecture for FCN’s Adult-Gero Nurse Practitioners. As part of the day’s activity, COPE welcomed Gail Mitchell of [Villanova Dining Services](#), a member of COPE’s Advisory Committee, who demonstrated to students how to make a quick, healthy, and delicious meal with in-season ingredients.



COPE's National Nutrition Month (NNM) newsletter highlights importance of and ways to be sustainable and responsible food consumers.

This year's National Nutrition Month's theme was Go Further with Food - the focus being how to reduce food waste, save money and preserve nutrients. Read [COPE's NNM newsletter](#) which offers quick tips on how to eat sustainably, resources and recipe links for leftover food creations. Also check out the recording from [Libby's Luncheonette Radio Show](#) where COPE dietitians discuss what eating sustainably means and how people can make easy and sustainable changes to their eating behaviors.



VILLANOVA UNIVERSITY
H. LOUISE FITZPATRICK COLLEGE OF NURSING
MACDONALD CENTER FOR OBESITY PREVENTION AND EDUCATION

Villanova University's MacDonald Center for Obesity Prevention and Education (COPE) offers **free, on-campus nutritional counseling** to employees participating in the University's health plans. Improve your weight, maximize your nutrition, and better manage existing health conditions in a private, convenient location.

By participating in counseling services, employees are eligible to earn NovaFit points. Counseling services are available as a 6-session package or can be customized to fit your needs and lifestyle.

Getting to Know You
Our registered dietitian will help you complete a Nutrition Intake Form, and perform a health history assessment. Together, you will discuss goals, personal preferences and develop a tailored strategy that fits your lifestyle.

Meal Plan
Let us take the planning off your plate. Become inspired by simple, healthy and delicious options that meet your tastes and busy lifestyle.

Healthy Preparation
Develop easy freezer-to-table meals in a snap. Turn leftovers into exciting lunches. Based on your preferences and nutritional plan, we'll ease the stress of week day meal prep.

What's in Your Fridge?
Prior to this session, take pictures of the areas where you keep your food. Our registered dietitian will evaluate the contents of your refrigerator, pantry and/or food cabinets and make suggestions.

Let's Go Shopping
Bring along a copy of your most recent grocery list - we provide feedback on your shopping and organize your next trip based on your nutritional goals and plans.

Next Steps
Let's build on your strengths and create a strategy that adapts to your evolving goals so you can stay on course for the long term.

TO SCHEDULE YOUR COUNSELING SESSION(S), EMAIL COPE@VILLANOVA.EDU OR VISIT VILLANOVA.EDU/COPE AND CLICK THE COUNSELING SIGNUP BUTTON. QUESTIONS, CONTACT REBECCA SHENKMAN 610-519-5931

COPE Nutrition Counseling Program for Villanova Employees introduces its 6-visit personalized package

A special thank you to COPE's Registered Dietitian Nutritionist Libby Mills, MS, RD, LDN, FAND for her dedication to our employee nutrition counseling program. COPE is excited to introduce our 6-visit nutrition package. Each visit is designed to improve your nutritional health, whether that means discovering new recipes, revamping your grocery list or focusing on weight management. Libby walks each client through a personalized visit to set achievable goals. If you are a Villanova employee who carries VU's health benefits and are interested in meeting with Libby, [click here to access our easy-to-use online scheduling system](#).

COPE Congratulates Our Interns!

Each year, COPE hosts students from surrounding areas who are looking for an experience rich in community outreach and nutrition education opportunities. This year, we were thrilled to work with 3 interns, who contributed to COPE through their participation in our nutrition education classes and/or grant-writing skills.

Karen Kruza. A West Chester University graduate student, Karen completed a COPE internship as part of her requirements for a Master's in Public Health. Karen lent her expertise in grant-writing to COPE and assisted in program planning and delivery of the Community Cooks program at Martha's Choice Marketplace, a food pantry run by Catholic Social Services.

Kayleigh Ney and Austin Kepp spent 4 weeks at COPE as part of their Aramark Dietetic Internship. They each planned and conducted a nutrition class for peer mentors in the Community Cooks program and assisted COPE staff in program planning and evaluation. We thank all our interns for their superb contributions while at COPE, congratulate them on their exceptional accomplishments and wish them the very best in their next endeavors

Ask COPE Column:

Do you have a nutrition question? Ask a COPE registered dietitian! Send your questions to cope@villanova.edu Ask COPE: What is MCT oil? MCT stands for

medium-chain triglycerides. Triglycerides are a storage and transport form of fat found in the body. MCTs, found abundantly in coconut and palm oil, have recently been credited with improving brain function, speeding up weight loss, and improving energy levels. However, strong support for these claims does not yet exist. In fact, excess MCT oil may actually raise cholesterol levels and triglyceride levels to unhealthy levels. Until more is known, it is good idea to stick with moderate amounts of healthy fats, such as olive or canola oil.

So this may lead to another question...is coconut oil healthy to use? Coconut oil is one of the cooking oils highest in saturated fat at 90%, compared to olive oil (14%). Some

studies do show coconut oil raises HDL (“healthy” cholesterol). Unfortunately, it also raises LDL (“lousy” cholesterol). It contains 117 calories per tablespoon, so using it in excess can cause weight gain. Coconut oil used sparingly to provide a nutty, rich flavor should be fine. However, it is not appropriate for everyday use so for every day needs, stick with olive or canola oil.

Celebrate the Academy of Nutrition and Dietetics' Kids Eat Right Month this August

As vacations wrap up and the school year begins, it's time to refocus on the importance of healthy eating and active lifestyles for children and their families.

Kids Eat Right Month is the perfect time to reassess your family's eating and activities. And getting the kids involved helps create a lifetime of healthy behaviors. Some simple tips include:

Shop Smart and involve kids in weekly meal planning. When at the grocery store, farmer's market or in your backyard garden, encourage kids to pick a fruit or vegetable they would like to eat.

Cook Healthy, don't worry about the mess! Letting kids be kitchen helpers lets them explore their creativity and new flavors while practicing reading, following instructions, math, science and geography. See what kitchen tasks are appropriate for the age of your child:

[Kid Friendly Kitchen Tasks](#)

Eat Right for nutrition wellbeing. For meals and snacks, include plenty of vegetable and fruit choices and, for those over the age of two, two to three servings of low-fat dairy. And, lean proteins like legumes, fish, poultry and meat along with nuts and seeds, when age appropriate will help kids get the nutrients their bodies need. Varying the presentation, flavors, preparations of food can make disliked foods, new favorites. But, they will never know without a “no thank you” bite. Model what the choices you want your kids to make.

Rest Well In addition to getting 7-8 hours of sleep a night, include some wind down time each evening as part of the bedtime routine. Trade TV for soothing and calming music, lighting, conversation and quiet time. Stick to a schedule.

Play Hard. Be active as a family. Some screen time is okay, but define how much. Be active together – whatever it is you're doing, doing activities together is good for everyone.

For recipes, videos, tips and information, please visit [Eatright.org](#)



COPE in the News

[Click here](#) to read the articles COPE's Rebecca Shenkman, Lisa Diewald, and Libby Mills have been quoted in this past year.

COPE EVENTS

SAVE THE DATE



November 9, 2018:

***Behavioral Science and Wellness:
Innovations in Policy and Practice***

[Details available here!](#)

Mark your calendar for these upcoming fall 2018 webinar dates!



September 2018

The Gut Microbiome-Diabetes Connection presented by **Patricia Davidson, DCN, RDN, CDE, LDN, FAND**. Wednesday September 26, 2018 at 12 noon EST.

October 2018

Parental feeding practices and child overweight presented by **Myles Faith, PhD**. Wednesday October 17, 2018 at 12 noon EST

November 2018

Celiac disease and non-celiac gluten sensitivity presented by **Alessio Fasano, MD**. Monday November 5, 2018 at 1PM EDT.

December 2018

Intermittent Fasting and Weight Management presented by **Dorothy Sears, PhD**. Wednesday December 12, 2018 at 12 noon EDT.

For complete [details and registration click here!](#)

Child Abuse Recognition and Reporting Course required for health professional

This course is approved by the Department of Human Services (DHS) and complies with the Pennsylvania Bureau of Professional and Occupational Affairs continuing education requirements for healthcare professionals. Completion of this course will award two contact hours for nurses and two continuing professional education units for dietitians of training in accordance with Act 31 of 2014 entitled "Child Abuse: Recognition and Reporting" that took effect January 1, 2015. [Click here](#) to register for the course.

Please email us with ideas, comments or any interest in becoming more involved or in partnering with our organization at 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.



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