



VILLANOVA UNIVERSITY

COLLEGE OF NURSING



MacDonald
**CENTER FOR OBESITY
PREVENTION AND EDUCATION**

August 2017 COPE E-News

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

Conference announcement:



Healthy Decision Making in a Food-Rich Environment, co-presented by COPE and Villanova School of Business (VSB), **September 15.**

Nurses, nurse practitioners, dietitians, health coaches, business professionals and policy experts – come join us on September 15th here at Villanova for this two-part conference, including the keynote “United States Food Policy and Its Impact on Food Choice” by Tatiana Andreyeva, PhD; Director of Economic Initiatives, UCONN Rudd Center for Food Policy and Obesity. Discounted rate for Villanova employees, students and alumni; 5 contact hours for nurses and 5 CEUs for dietitians. [Click here](#) for more information and to register today

Interested in becoming a sponsor or exhibiting at this event? [Click here for details!](#)

COPE Cooking Workshop *The Tast of Summer* - registration now open!

Paired with a delightful chef’s selection of wines, join Libby Mills, one of COPE’s Registered Dietitian Nutritionists, for an evening of summer flavor on August 22nd from 5PM-7PM at The Inn at Villanova University in Radnor, Pa. Experience easy recipes that will offer endless versatility/creativity and bring good health to your table. Taste your way through spicy appetizers for the patio, make-ahead one dish meals the family will love, marinated beef with zoodles of flavor and ready-made sweet fun on a stick. [Click here for more details and to register](#). Seating is limited!

COPE and Catholic Social Services (CSS) partner on nutrition education initiative

COPE and CSS received funding from the [Patricia Kind Family Foundation](#) to support a “train the trainer” program with peer mentors to provide a sustainable model of nutrition education at [Martha's Choice Marketplace \(MCM\)](#) - Catholic Social Services (CSS) of Montgomery County. MCM is a unique setting in which peer mentors can have a long-standing impact on the nutritional knowledge and behaviors of their community members. The program hopes to further leverage the resources available at this location and empower the marketplace members and their families to take charge of their health and food choices in ways that are realistic, culturally relevant, and mindful of food choices and budget.

COPE to partner with Villanova University College of Nursing (VU CON) Faculty on obesity stigma education for nursing undergraduates

Starting summer 2017, COPE will partner with VU CON's Associate Professors Tracy Oliver, PhD, RDN, LDN and Bing Bing Qi PhD, RN to develop, implement, and evaluate a teaching strategy to promote sensitivity training and prepare nursing students to provide nondiscriminatory patient care to the overweight and obese population. It is expected that sensitivity training will increase nursing students' awareness of personal biases and provide a foundation to alleviate weight bias. The development and cultivation of attitudes has the potential to influence their future conduct as nurses.



Practical Nutrition Strategies for Nurse Practitioners 1-day class

COPE joined forces with Associate Professor Tracy Oliver PhD, RDN LDN to deliver a 1-day nutrition class for VU CON'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 presents Lunch n' Learns for School District of Philadelphia Employees

COPE conducted two 1-hour Lunch n' Learns at the Office of Early Childhood Education of The School District of Philadelphia this calendar year. The first presentation was about how stress can impact food choices, followed by a discussion on foods that help combat stress and practical tips to combat a stressful work environment. The second presentation focused on nutrition myths versus facts, covering topics such as sports drinks, a gluten free diet and supplements. [Contact COPE](#) today to schedule a Lunch n Learn at your office!



COPE Nutrition Counseling Program for Villanova Employees surpasses 250th visit!

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 offers 6 free nutrition counseling visits annually to Villanova employees who are enrolled in the university's health plan. Libby has transformed the counseling service into an engaging and successful program that motivates individuals to start and stay on a path towards healthier living. If you are a Villanova employee interested in meeting with Libby, [click here to access our easy-to-use online scheduling system](#).

Ask COPE Column:

Do you have a nutrition question? Ask a COPE registered dietitian! Send your questions to cope@villanova.edu

Ask COPE: Should I follow a gluten free diet to get healthier?

Gluten free diets have become very popular over the past several years and retailers are stocking their shelves in response to the growing interest. It is important for consumers to know, though, a gluten free diet is not necessary for the majority of individuals and doesn't convey any additional health benefit. Celiac disease is a genetic autoimmune condition affecting 1% of the population in which the consumption of gluten, a protein found in wheat, barley and rye, triggers an immune reaction that damages the lining of the small intestine, leading to serious health consequences. For these individuals, following a gluten free diet is essential. Others may choose to go gluten free if they have a condition called non celiac gluten sensitivity, a less severe condition characterized by poor tolerance to gluten-containing foods, but not accompanied by serious health effects. For most, however, following a gluten free diet is unnecessary. Gluten free products often are significantly more expensive and in some cases, nutritionally inferior to their gluten-containing counterparts. Whether the whole grains, cereals and breads you select are gluten free or not, the other components of a balanced diet - including an abundance of fresh fruits and vegetables, lean protein sources (animal or plant-based), and low fat dairy products- remain the cornerstone of a healthy eating lifestyle.



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.



Become a conscious consumer

[Environmental Working Group's Dirty Dozen Guide to Pesticides in Produce](#)

[Environmental Working Group's Consumer Guide to Seafood](#)

COPE EVENTS

SAVE THE DATE



February 23, 2018: Practical Nutrition Workshop for NPs.

Covers nutrition care in: weight management, cancer, diabetes, gerontology. Contact hours available for nurses.

Details available soon!

Mark your calendar for these
upcoming fall 2017 webinar dates!



September 2017

Global Food Policy to Prevent Obesity: Current Evidence and Recommendations with speaker **Lindsey Taillie-Smith**, PhD. Wednesday September 27, 2017 at 12 noon EST.

October 2017

Metabolically Healthy Obesity: Myth or Reality? presented by **Carrie Dennett** MPH, RDN, CD. Wednesday October 11, 2017 at 12 noon EST.

November 2017

Food Marketing to Youth presented by **Maria Roma-Palofax**, PhD RD. Wednesday November 15, 2017 at 12 noon EDT.

December 2017

Exploring and Evaluating the Use of Telehealth in Nutritional Care presented by **Nina Crowley**, PhD, RD and **Molly Jones**, RD, LD. Wednesday December 13, 2017 at 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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