
VILLANOVA UNIVERSITY

COLLEGE OF NURSING



MacDonald
**CENTER FOR OBESITY
PREVENTION AND EDUCATION**

August 2016

Happy summer! Welcome back and thank you for staying connected to COPE through this email update.

We are excited to share the latest COPE happenings with our community of dietitians, nurses, and other health professionals who are part of the COPE family and our endeavors.

Hellos and Goodbyes

A big thank you to **Lyn DeSilets**, EdD, RN-BC, Assistant Dean and Director, Continuing Education in Nursing and Health Care, who has overseen the day-to-day operations of COPE since its inception in 2011 and is retiring at the end of the month. We welcome **Evie Lengetti**, MSN, who will be assuming Lyn's role as Director of Continuing Education and comes to us as the former Director of Education at The Children's Hospital of Philadelphia.



COPE intern creates workplace wellness programming

West Chester University Master's in Public Health intern Jessica McCoppin, has been hard at work this summer creating a series of evidence-based education materials based on best practices for use in workplace wellness programs. COPE intends to launch workplace wellness services to local school districts in the upcoming year. For more information about COPE's wellness packages, please contact [Rebecca Shenkman](#).

COPE's Motivational Interviewing workshop - a great success!

Thank you to all the health professionals who attended our July 13th 1-day workshop: Moving People from Resistance to Willingness: A Skills-based Motivational Interviewing Workshop. Our two presenters, Nicholas D. Frye, LCPC, NCC and Jennifer Christman, RDN, LDN, CPT, prepared an informative and engaging workshop that included lecture, role-playing, and dynamic discussions to help apply motivational interviewing techniques in health practices.



COPE presented at 4th Annual Health Care Connect Conference at Lankenau Hospital

Employee wellness programs strive to maintain and improve the health and wellbeing of their participants. Identifying and understanding best practices to maximize a program's effectiveness is a continual challenge. COPE's presentation included information on how to establish best practices within worksite wellness, more specifically what COPE is doing to create a successful and sustainable onsite nutrition counseling program.

COPE and Dining Services highlight ways to stay healthy on and off campus during Alumni Weekend 2016!



COPE and Villanova's Dining Services joined forces to provide alumni with a fabulous session on how we can fit healthy and delicious food into our busy lives. For copies of the recipes used during the presentation, including a popcorn trail mix, edamame hummus and peanut butter energy balls, please contact [Rebecca Shenkman](mailto:Rebecca.Shenkman).

Ask COPE Column:

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

Ask COPE: Is coconut oil healthy for me to use?



Coconut oil is finding its way into the news these days as a health food, yet for years we've heard using it was a recipe for disaster due to its high saturated fat content. Saturated fat is thought to raise LDL cholesterol and potentially increase heart disease risk. Like many things in life, however, there are two sides to every story. The fat in coconut oil is far and away a leader in saturated fat content at 90%, compared with butter (64%) or olive oil (14%). However, some studies have demonstrated that coconut oil raises HDL ("healthy" cholesterol). Unfortunately, it also raises LDL ("lousy" cholesterol). In addition, being a fat, it still contains a hefty dose of calories (117 per tablespoon) so using too much can cause weight gain. While the jury is still out on coconut oil, using it sparingly on occasion to provide a rich, nutty flavor should be fine. If you do use it, choose the less refined (virgin) coconut oil varieties. For now, though, tried-and-true olive oil and soybean oil may still provide the healthier options as they both lower LDL AND raise HDL.



COPE in the News

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

National Nutrition News

[FDA proposes changes to food label](#)
[Philadelphia to become biggest city to impose soda tax](#)
[40% of U.S. women are now considered obese](#)



Become a conscious consumer

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

2016 EVENTS

Upcoming On-Site Workshop:



COPE Breakfast Series: Sharing Secrets and Successes: Best Practices in Weight Management. Wednesday, September 14, 2016, 7:30 AM to 10:30 AM. \$45 early bird rate, 2 CPEUs awarded; all health professionals welcome.

Feeling “stuck”? Looking for ways to boost your effectiveness in working with clients and patients on weight management issues? Need some new ideas to incorporate into your practice? During this breakfast program hear from a panel of registered dietitians who have made inroads into the obesity fight by using a variety of approaches and evidence-based practices. Panelists will elaborate on their clinical perspectives and successful strategies in helping clients and patients achieve lasting lifestyle changes. [Click here for details and registration.](#)

Upcoming Webinar Series:



September 2016

Changing Food-Related Behavior: Insights from Behavioral Science with speaker **Beth Vallen**, PhD. Wednesday September 28th 2016 at 12 noon EST. [Click here to register!](#)

October 2016

Safety and Efficacy of Low Calorie Sweeteners in Weight Management presented by **Berna Magnuson**, PhD, ATS.

November 2016

Resistant Starch presented by **Paul Arciero**, PhD

December 2016

Social and Cognitive Psychology in Weight Management presented by **Jeremy Clófene**, PhD

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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