



NRC-NCI ANNUAL RESEARCH SYMPOSIUM

November 8, 2019

8:30 AM - 3 PM

Location:

Saint Mary's College
Stapleton Lounge
Le Mans Hall, Notre Dame, IN

CONTACT

Cibele Webb, Program Chair
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(219) 851-0935

November 8, 2019, 8:30 AM - 3 PM

Family Affair: Decreasing Risks for Obesity & Finding Sustainable Interventions for Healthy Lifestyle Behaviors

Agenda:

8:10 – 8:30 a.m.	Registration and Continental Breakfast
8:30 – 11:00 a.m.	Healthy Habits to Decrease Obesity Risk in Families: Reversing the Pediatric Obesity Trend – Dr. Cynthia Danford
11:00 – 11:15 a.m.	Break
11:15 – 12:00 p.m.	Pediatric Obesity & Exercise Prescription – Dr. Kim Minich
12:00 – 12:45 p.m.	Lunch & NRC-NCI Annual Business Meeting
12:45 – 1:30 p.m.	Poster Presentations
1:30 – 2:45 p.m.	Pearls of Wisdom: Tips for Building a Successful Nursing Research Trajectory/Career – Dr. Cynthia Danford
2:45 – 3:00 p.m.	Program Evaluation
	4.75 Nursing Contact Hours provided

Learning Outcomes:

1. Identify innovative home- and community-based methods to help families with children choose healthy lifestyle behaviors to decrease obesity risk.
2. Discuss the importance of perception, context, and social determinants of health related to family-focused approaches to sustain healthy lifestyles and offset the obesity epidemic.
3. Explore strategies to build scholarship and advance nursing science.

Presenters:

Key Note Speaker

Dr. Cynthia Danford PhD, CRNP, PPCNP-BC, CPNP-PC

University of Pittsburgh School of Nursing, Pittsburgh, PA

Department of Health Promotion and Development

Dr. Danford's research focuses on issues related to childhood obesity in families with young children. The overall goal of her program of research is to decrease risk for obesity and cardiovascular problems and promote child health in vulnerable populations across cultures through sustainable family-centered interventions addressing healthy lifestyle behaviors. Dr. Danford's complete bio and CV are available at <https://www.nursing.pitt.edu/person/cynthia-danford>

Dr. Kim Minich DNP, RN, FNP

Saint Mary's College, Notre Dame, IN, Department of Nursing Science

Bio: <https://grad.saintmarys.edu/why-saint-marys/outstanding-faculty/kimberly-minich>

Saint Joseph Health System is approved as a provider of continuing nursing education by Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)

There are no conflicts of interest by any member of the planning committee or faculty presenters. A note of appreciation to the NRC-NCI planning committee members for organizing this event: C. Webb, Chair; J. Barnes, B. Dudash, M. Makielski, J. Riggs, & C. Whiteman; to April Lane and Annette Peacock-Johnson for their supportive roles, and to the financial co-sponsorship from the Alpha and Nu Omicron Chapters of Sigma.

Call for Poster Abstracts!

Nurses and nursing students are encouraged to submit abstracts for the Poster Session at the 2019 NRC-NCI Annual Research Symposium. Posters must be evidence-based, quality improvement, or nursing research projects. All nursing topics are considered, with preference given to topics related to health promotion.

Abstract submissions will be blinded and judged based on clarity and significance. Please submit abstracts to cwebb@saintmarys.edu by October 20, 2019.

Abstracts must not exceed 300 words and contain a title, purpose, outcomes, and a reference list. Acceptance notices will be sent via email by October 25, 2019.

NRC-NCI

Benefits of Membership

- Participation in a unique organization dedicated to the research efforts of area nurses
- Access to a network of nurse researchers with varied research interests
- Eligibility for funding of nursing research projects
- Annual Nursing Research Symposium featuring nationally known speakers
- Free or reduced-cost registration for NRC-NCI sponsored programs
- Annually published directory, listing members' interests, and mailing addresses
- Opportunity to participate in Board and committee activities.

NRC-NCI is a not-for-profit organization that draws

membership from the greater South Bend area (100-mile radius including IN & MI) and other regions. Check us out on Facebook!

Registration Form:

Send this form and payment by **November 1st, 2019** to:
Marta Makielski, 24341 High St, Edwardsburg MI, 49112
Checks payable to: **NRC-NCI**
Registration space is limited. Advance registration is required.

Name: _____

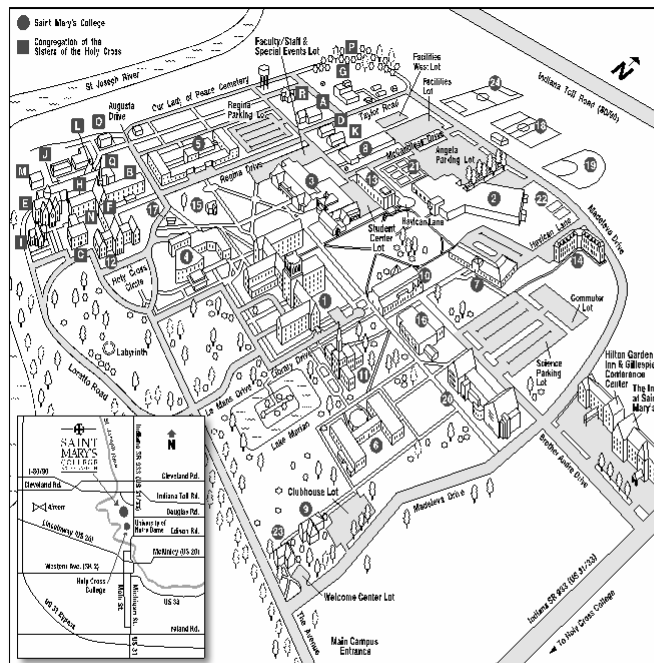
Title/Credentials: _____ City/State: _____

Employer/School: _____

E-mail: _____

Phone: _____

- ☐ NRC-NCI* or Sigma Alpha or Nu Omicron member \$75
- ☐ Non-member, all day \$90
- ☐ Full-time student, all day \$35
- ☐ Undergraduate student, morning only \$15 (no meal)
- ☐ *I wish to renew/become an NRC-NCI member.
Please submit membership due with registration.
- ☐ Regular/Associate membership \$20 annually
- ☐ Full-time student membership \$10 annually



Directions to campus: From the 80/90 Toll Road take exit 77 (South Bend/Notre Dame) and turn right (south) onto Indiana SR. 933 (US 31/39). The first light at The Inn at Saint Mary's is the north campus entrance (turn right onto Brother Andrew Drive). If you continue straight on SR. 933, the next light is the main campus entrance (turn right onto The Avenue).

CONGREGATION LOCATIONS

A	Angela Hall	B	Brother Andrew Hall	C	Brother Andrew Hall	D	Brother Andrew Hall	E	Brother Andrew Hall	F	Brother Andrew Hall	G	Brother Andrew Hall	H	Brother Andrew Hall	I	Brother Andrew Hall	J	Brother Andrew Hall	K	Brother Andrew Hall	L	Brother Andrew Hall	M	Brother Andrew Hall	N	Brother Andrew Hall	O	Brother Andrew Hall	P	Brother Andrew Hall	Q	Brother Andrew Hall	R	Brother Andrew Hall
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COLLEGE LOCATIONS	
1	Admission Office
2	Alumni/Relations Office
3	Angela Athletic & Wellness Complex
4	Bookstore
5	Box Office
6	Career Counseling Office
7	Card Auditorium
8	Center for Women's Interpersonal Leadership
9	Central Residing
10	Clubhouse
11	Cyber Cafe
12	Dining Hall
13	Document Center
14	Early Childhood Development Center
15	Facilities Building
16	Financial Aid
17	Hagan College Center
18	Hammock Gallery
19	Havican Hall
20	Holy Cross Hall (residence)
21	Human Resources
22	Lacrosse Field
23	Le Mans Hall (residence)
24	Library
25	Little Theatre Art Gallery
26	Madonna Hall
27	Mail Services
28	McCardine Hall (residence)
29	Monahan Center for the Arts
30	O'Laughlin Auditorium
31	Opus Hall (senior apartments)
32	Post Office
33	Purchasing
34	President's Office
35	Regina Hall (residence)
36	Registrar
37	Riding House
38	Science Hall
39	Security Hut
40	Sister Marie Rosemary Gallery
41	Soccer Field
42	St. Ignace Diamond
43	Spas Unica Hall
44	Student Center
45	Tennis Courts
46	Vander Vernet Theatre
47	Volleyball Courts/Intramural Football Field
48	Welcome Center

SAINT MARY'S COLLEGE
LE MANS CAMPUS, INDIANA
saintmarys.edu

Saint Mary's College Stapleton Lounge is located in Le Mans Hall, off the lobby of the main entrance. Parking is available in the following lots: Clubhouse, Commuter, Angela, Havican, and Regina.