

Workshop Topic: Healthy Weights

Mississippi is leading the nation in obesity, type II diabetes, heart disease and hypertension. The goal of this workshop is to increase application of positive lifestyle changes to improve healthy weights among women and their families in Mississippi. Participants who attend this workshop will be able to: (1) identify nutrition-related medical conditions (2) adopt health-wise food choices to reduce the risk factors associated with chronic disease, (3) promote healthy living among family and friends (4) support community efforts of improving environment factors in childhood obesity and (5) integrate physical fitness into their daily routines to benefit health and reduce weight.

Biography

Ms. Deborah Caples, comes to us from the “Academic Resort”, Alcorn State University where she serves as the Director of Nutrition PLUS with Alcorn’s Cooperative Extension Program. She holds a Master degree in Nutrition Education, certification as a Registered Dietitian with the American Dietetic Association (ADA) and is licensed with the State of Mississippi as a Nutritionist. Ms. Caples has special training with the ADA Commission on Dietetic Registration in Adult Weight Management. Ms. Caples 23 years work history exemplifies a strong commitment to human services in model design of nutrition intervention programs to improve nutrition-related health concerns throughout Mississippi. During her tenure she has received several outstanding awards in recognition for her distinguished service in nutrition.