Professor Co-authors Research Article Examining Strategies to Maintain Weight Loss After Regain

Science shows that weight regain over time is common, but a new study — co-authored by Suzanne Phelan, director of Cal Poly's Center for Health Research and professor of kinesiology and public health — assisted in the article published Oct. 25 in Obesity, a peer-reviewed journal covering topics regarding health and medicine in association with weight-related topics. Phelan’s team surveyed thousands of participants in the WW (WeightWatchers) program. The study used data from extensive questionnaires, distributed to participants in 2019-20, that surveyed behaviors, goals, successes and setbacks. “This asks the very question: ‘How do people who have successfully maintained weight loss over the long-term do it?’” said Phelan, whose body of research is focused on discovering ways to promote weight loss and weight gain prevention in a variety of settings. Key study findings revealed individuals who successfully maintained weight loss: resumed weight loss efforts responsively after showing limited gains; frequently self-monitored; and used coping and problem-solving skills to get back on track. Read more on calpolynews.calpoly.edu.

Take Survey to Help Campus Dining Build a Better Dining Experience

Campus Dining is looking to build a better dining experience and seeks feedback from the campus community. Creating an eclectic, on-trend dining experience is a job that takes near constant tweaking and research. The annual fall survey is a big part of that process. Completing the survey, which takes about eight minutes, enters respondents into a sweepstakes to win one of three prizes: an Apple Watch Series 8; a Keurig coffee maker plus a $100 Amazon gift card; or a Nintendo Switch. Responses will help Campus Dining improve the customer experience for staff, faculty and students, and help develop more innovative ways to deliver products and serve the campus. The survey is open from Nov. 7-18 and can be accessed at calpolydining.com/survey.

Cal Poly Foundation Board of Directors to Meet Nov. 12

The Cal Poly Foundation board of directors will hold its fall quarterly meeting at 9:30 a.m. Saturday, Nov. 12. Request a copy of the agenda by emailing calpolyfoundation@calpoly.edu. According to Cal Poly Foundation Policy 122, written comments must be emailed to calpolyfoundation@calpoly.edu before the meeting. The submission deadline is 5 p.m. Friday, Nov. 4. Staff and members of the public are encouraged to participate virtually, but they must register first. Request Zoom login information by registering as a non-speaking guest at least 72 hours before the meeting with the Cal Poly Foundation Office, at calpolyfoundation@calpoly.edu. For more information, email calpolyfoundation@calpoly.edu or call ext. 6-7147.

ASI Poly Escapes Climbing Park to Close for Maintenance Nov. 6

Starting Sunday, Nov. 6, the ASI Poly Escapes Climbing Park will undergo routine maintenance to prepare for winter quarter. This revitalization will provide the campus community with new climbing routes and the latest weathering features for the Climbing Wall. For more information, visit https://www.asi.calpoly.edu/get-active/climbing-park.
Reminder on Employee State Law and CSU Election Compliance

With the upcoming general election, it is important that all faculty and staff comply with state law and CSU policy regarding the use of CSU resources in connection with election issues. Section 8314 of the California Government Code provides: (a) It is unlawful for ... any state or local appointee, employee or consultant, to use or permit others to use public resources for a campaign activity or personal or other purposes which are not authorized by law. In this context, “public resources” means any property or asset owned by the state or any local agency, including, but not limited to, land, buildings, facilities, funds, equipment, supplies, telephones, computers, email system, vehicles, travel and state-compensated time. (Cal. Gov’t Code § 8314(b)(3).) CSU policy regarding what election-related activities are allowed and what activities can be prohibited, as well as guidelines on how to exercise appropriate discretion, are set forth in the CSU Handbook of Election Issues published by the Office of the General Counsel: https://www.calstate.edu/csu-system/administration/general-counsel/Documents/Election%20Issues%20Handbook.pdf.

Fire Sprinkler Installation to Impact University Union

The McPhee University Union will see some interruptions of facilities because of a safety-enhancement project, according to ASI. By Monday, Nov. 7, second-floor UU programs and organizations will be relocated to temporary locations. On Friday, Nov. 11, work crews will resume installation of a new fire sprinkler system. As a campus student hub, ASI is excited to move on to the next phase of a project to increase the facility’s safety features. Through winter quarter, second-floor conference rooms, professional workspaces and lounges will see periodic closures to accommodate the construction. Contact individual departments directly for more information on new locations and service operations. Learn more at https://www.asi.calpoly.edu/facilities/facility-projects.

Campus Coronavirus Site to Sunset Nov. 10, Visit Roadmap for Updates

As part of Cal Poly’s continued response to the coronavirus pandemic, several changes are coming to campus websites. The coronavirus website will be removed on Thursday, Nov. 10, and redirected to the Roadmap website at https://www.calpoly.edu/roadmap, which contains the latest updates and links to information for students, faculty, staff and visitors. Roadmap will continue to be updated, and campus community members are encouraged to bookmark the site and check back for any changes to campus COVID-19 protocols. In depth information for students and employees has been moved to websites managed by Student Affairs and University Personnel; information on student vaccination, testing, isolation and other resources is available on Campus Health and Wellbeing’s website at chw.calpoly.edu/covid-19. Employees will soon be able to check Human Resources webpages for information on employee vaccination and testing resources. Can’t find the information you need? Email Cynthia Lambert, communications specialist, at cmlamber@calpoly.edu.

Trauma Healing for Educators of Color to be Offered Nov. 9

As part of the Building Toward Equity faculty development program, faculty of color at Cal Poly are invited to join the “Trauma Healing for Educators of Color” a workshop from 4:30-6:30 p.m. Wednesday, Nov. 9. It aims to provide faculty of color with a space to acknowledge, process and begin to heal from traumatic experiences, especially experiences with racism, discrimination and other negative experiences resulting from the oppression of marginalized and intersecting identities. Workshop activities will include an opportunity to discuss and process negative racialized academic experiences with similarly marginalized peers. Participants will also use evidence-based practices, such as letter writing, breathing exercises and affirmations development to heal from those experiences and become more efficacious and self-assured in an environment that often denigrates and invalidates BIPOC faculty. It will be facilitated by faculty members Susana López, Joni Roberts and Amber Williams, OUDI/CTLT Faculty Associates for Diversity, Equity and Inclusion in Teaching. Learn more and register at https://ctlt.calpoly.edu/trauma-healing-educators-color.

Exposing Hidden Bias Workshops Offered Nov. 18 and Dec. 7

Employee and Organization Development continues to offer the Exposing Hidden Bias workshop with sessions scheduled for Friday, Nov. 18, and Wednesday, Dec 7. The workshop brings attention to the unconscious biases we all possess and provides some strategies for overcoming its impact in our work and relationships. Attendees will learn about diversity and inclusion at Cal Poly, how to recognize areas where unconscious bias may surface, identify strategies for avoiding bias, and learn of resources available for additional learning and involvement. To view these opportunities, visit https://afd.calpoly.edu/learn-and-grow/courses-workshops/live-learning. Registration begins Monday, Nov. 28, for the Dec. 7 session.