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OTTERBEIN
UNIVERSITY

MASTER OF SCIENCE
IN ALLIED HEALTH

Allied Health

Fall 2021

Graduate School News Highlights



Erica Van Dop

DIRECTOR, MASTER OF SCIENCE IN
ALLIED HEALTH, ASSISTANT PROFESSOR,
EXERCISE SCIENCE & HEALTH PROMOTION

ALLIED HEALTH

From **Bridget M. Newell, Ph.D. Interim Associate Provost for Graduate Studies**

Transitions

The start of the fall semester is typically associated with change and transition. This year is no different. This fall, 59 new graduate students transitioned into the first semester of their first year of graduate school. Some of our graduate students transitioned into their last year or last semester of graduate work. Others, like the nursing graduate students who joined us in the summer, transitioned to the next stage in their graduate education. All these transitions bring with them the excitement of a fresh start, the challenges of a next step, and positive associations that accompany forward momentum. In addition to prompting us to look forward, times of transition provide the opportunity to look backward, assess where we are, acknowledge how far we've come, and anticipate what is to come. [Continue reading >>](#)

The Graduate School Lecture Series

Distinguished Speaker

Hilary Stone MBA '20

**If It's Broke, Fix It: Applying
Management Concepts to Career,
Community, and Life**

Wed., October 13, 2021

5:30 p.m. - 7:00 p.m. Roush Hall 114

[Register Now>](#)



OTTERBEIN GRADUATE SCHOOL **INFORMATION SESSIONS**

Graduate Programs:

- > **Allied Health**
 - Health & Wellness • Healthcare Administration
- > **Education**
- > **MBA**
- > **Nursing**



**OTTERBEIN
UNIVERSITY**

GRADUATE SCHOOL

REGISTER TODAY!

Still Accepting Applications

Allied Health Eat Your Way to Lower Stress

The adage, “an apple a day keeps the doctor at bay,” may extend to wellbeing and not just chronic health conditions.

In a recent study on the impact of fruit and vegetable consumption on overall perceived stress levels, [Radavelli-Bagatini et al. \(2021\)](#) observed that increased fruit and vegetable consumption, measured subjectively with questionnaires and objectively through serum carotenoids, were associated with lower stress levels. Higher fruit and vegetable consumption were significantly associated with lower perceived stress in men ($p = 0.009$) and women ($p = 0.012$), separately. Perceived stress and serum carotenoid levels were inversely associated without any adjustment; but after adjusting for age and other confounding factors the relationship was not significant (Radavelli-Bagatini et al., 2021).

This is novel as many individuals associate one health behavior with having self-efficacy to maintain several health behaviors (fruit and vegetable intake, physical activity, wellbeing, etc.). This study highlights the importance of public health messaging and information available to encourage fruit and vegetable consumption to abate chronic disease risk, but also manage perceived stress. [Continue reading >>](#)

Erica Van Dop
MSAH Graduate Director

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Grad School



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MBA



Allied Health



Education



Educational Math

