

Childhood Overweight and Obesity Series

Panel: General Paediatrician, Psychologist, Paediatric Dietitian and Guest Presenters

Date	Topic	Objectives / Learning Outcomes
Session 1	Introduction to childhood obesity: practical primary approaches & scope of the problem Raising and discussing weight with a child and family	<ul style="list-style-type: none"> • Describe the challenges of childhood obesity management and treatment • Describe the aspects that can be addressed/achieved in primary care setting • Describe the environmental factors effecting the global obesity epidemic and how this applies to your local environment/setting • Describe appropriate options for opening the discussion with regards to weight with families and children/adolescents
Session 2	Defining and identifying childhood overweight and obesity 5As Paradigm	<ul style="list-style-type: none"> • Describe and be able to apply childhood overweight and obesity definitions and identifications • Describe key components of childhood growth monitoring • Describe and feel confident to use the 5As in the context of childhood overweight and obesity
Session 3	Psychosocial co-morbidities Counselling including Motivational Interviewing	<ul style="list-style-type: none"> • List some of the common psychosocial co-morbidities of overweight and obesity in young people • Describe how motivational interviewing can be used in counselling for overweight and obesity
Session 4	Nutrition action plan – assessment and goal setting	<ul style="list-style-type: none"> • Describe the key aspects of nutrition assessment • Describe nutrition goal setting using healthy lifestyle advice
Session 5	Medical co-morbidities (common & advanced)	<ul style="list-style-type: none"> • Describe common co-morbidities including prevalence, diagnosis standards and treatment • Describe the prevalence of secondary causes and how to consult with families • Describe the treatment implications of these co-morbidities as these relate to overweight and obesity
Session 6	Medical co-morbidities (advanced)	<ul style="list-style-type: none"> • Describe which children should be screened for Type 2 Diabetes and what screening test should be used • Describe the primary clinical features and initial management of girls with PCOS
Session 7	Physical activity, screen time and sleep	<ul style="list-style-type: none"> • Describe current age specific guidelines (sleep and screen time) • Describe physical activity and goal setting using healthy lifestyle advice