

PROJECT ECHO® HEALTHY KIDS

Supporting children and families to build better health and lifestyle habits together.

Hosted by: Health and Wellbeing Queensland in partnership with The University of Queensland, and Children’s Health Queensland

PANEL: General Paediatrician, Physiotherapist/Exercise Physiologist, Paediatric Dietitian, and other guest presenters.

Date		Objectives / Learning Outcomes
Session 1	Environmental impacts and effects of chronic disease. The 5A’s approach when it comes to routine weight management care.	<ul style="list-style-type: none"> • Understand the environment impact on weight and chronic disease. • Understand the importance of early intervention in paediatric weight management. • Acknowledge the multiple factors that influence weight gain at an individual level. • Demonstrate an ability to raise the issue of weight in a sensitive and non-judgemental way
Session 2	Medical considerations for assessing and supporting children with higher weights.	<ul style="list-style-type: none"> • Improve confidence to complete medical assessments that consider weight complications. • Improve confidence in communicating and interpreting childhood growth with empathy. • Understand and interpret basic clinical tests that should be considered for children living with overweight or obesity
Session 3	Nutrition considerations and practical solutions when supporting children with higher weights	<ul style="list-style-type: none"> • Awareness of current national healthy eating guidelines for children. • Identify common eating behaviours that influence dietary quality in Australian children. • Improve confidence in completing basic dietary assessment and utilising these assessments to make dietary goals. • Have awareness of nutrition resources and referral pathways available within Queensland and locally
Session 4	Physical Activity and sleep considerations, with practical solutions when supporting children with higher weights.	<ul style="list-style-type: none"> • Awareness of current physical activity and sleep guidelines for children • Identify common contraindications and barriers that impact children achieving guidelines. • Knowledge of resources and referral pathways for support services available in Queensland in relation to physical activity and sleep
Session 5	A dive into behaviour change and how you can use it to support healthy behaviour goal setting in children and families	<ul style="list-style-type: none"> • Evaluate the child and family’s readiness to change • Improve confidence in creating health improving goals. • Improve confidence in avoiding weight-related conversations.

Project ECHO® is an online real-time interactive knowledge sharing and teaching model. Each weekly 1-hour session consists of a short presentation (10-15 minutes) from a panel expert with an opportunity to ask questions. This is followed by a presentation from a participant seeking input on a case presentation. A discussion (35-40 minutes) is led by the panel facilitator to formulate recommendations for the participant. The case study discussions provide an opportunity to revisit and reinforce topics covered throughout the series.

