

Childhood Obesity - Raising the issue of weight

Course outline:

This course is provided by **Weight Management Centre** and is designed to assist health professionals and others working with children to raise the issue of weight with children, young people and parents who are overweight. This short course will provide sufficient information and competencies to allow the student to identify overweight (and obesity) by using the UK Standard Child Growth Charts. The student will be encouraged to master the skills to sensitively raise the issue of weight with the family. Candidates will be provided with a framework which will involve supporting the family to begin to enable the child to move back towards a healthier weight.

This course is for:

All health or fitness professionals working with children and young people who would wish to help families to recognise the need for weight management support, by raising the issue of weight and signposting families to local services.

Course Format:

- 3 hour attended tutorial and workshop

Course Content:

The Raising the issue of weight training investigates the issue of obesity in children, what the family issues are and what may be the barriers to change. The course covers the following areas:

- An overview of childhood obesity: determinants, identified risk factors, prevalence, social, health and economic consequence
- What to do and say when faced with a child/family experiencing weight difficulties
- How to raise the issue of an overweight child with the parents and the child
- Identification of overweight and obese children using UK Growth Charts and non-clinical means
- Provides a succinct framework for intervention and pertinent advice which is relevant and practical
- Offers ideas and methods for positive follow up with families, as well as how to refer families into other available related services.

The course includes:

- Course materials and handouts
- Weight Management Centre Certificate of attendance

Accreditation:

This course has been accredited for CPD by the Association for Nutrition: *“The learning activity has a clearly defined nutrition based objective. The content is clearly referenced to scientific evidence and professional practice. The learning activity clearly maintains and extends UKVRN registrants knowledge and skills in the area of weight management, and also provides an opportunity for registrants to network.”*

Entry Requirements:

Minimum age 18

To reserve a place please call or email Anna Luckett on 0208 417 0078 or anna.luckett@wmc.uk.com