



****FREE COURSE****

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Childhood Obesity: Raising the issue of weight and providing a brief intervention

(Independently endorsed for CPD by the Association for Nutrition)

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 and to provide an effective brief intervention. The training will provide sufficient information and competencies to allow the student to identify overweight (and obesity) by using the UK Standard Child Growth Charts as well as briefly assess key lifestyle factors such as diet and physical activity levels. Delegates will be encouraged to master the skills to sensitively raise the issue of weight and to support the family, enabling the child to move towards a healthier weight.

How to access the training

1. Set aside 2-3 hours to complete the training
2. Click this link to the training landing page: <https://www.discovery.uk.com/student-zone/regions/croydon>
3. Provide the following mandatory information to register:
 - Full name
 - Job title
 - Place of work
 - Email address
4. You will be provided with a user name and password from Discovery Learning Student Zone via the email address you have registered with
5. Proceed with the user login and password provided to access your training
6. Complete the training and answer the questions at the end of the course to receive a printable certificate of completion

Course includes

- An accompanying, printable handout
- Weight Management Centre Certificate of attendance with CPD accreditation from AFN

Accreditation:

This course has been endorsed 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.”*