

# Childhood Obesity: raising the issue of weight and providing a Brief Intervention

## FREE online training for Health and Social Care Professionals

### Course outline:

This course is designed to assist individuals working with children and young people to raise the issue of weight. The training provides learners with information and skills to identify overweight and obesity, using the UK Standard Child Growth Charts, and to briefly assess key lifestyle factors such as diet and physical activity. Delegates will be encouraged to utilise brief intervention skills to sensitively raise the issue of weight and empower the family to make healthier lifestyle choices.

### Next Steps:

- ♥ Set aside 2-3 hours to complete the course
- ♥ Click this link: <http://www.discovery.uk.com/student-zone/regions/everyone-health>
- ♥ Provide the following mandatory information to register:
  - Full name
  - Job title
  - Place of work
  - Email address
- ♥ You will be provided with a user name and password from Discovery Learning Student Zone via the email address you have registered with.
- ♥ Proceed with the user login and password provided to access your training
- ♥ 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
- ♥ A 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."*

