



**\*\*\*FREE COURSE\*\*\***

**\*\*FREE COURSE\*\***

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

**(Independently accredited by 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. Click the link: <https://www.discovery.uk.com/student-zone/regions/barnet>
2. Register the following mandatory information:

Full Name	
Job Title	
Place of work	
e-mail address	

3. You will be provided with a login name and password
4. Proceed with your learning
5. Answer the short test at the end of the course to gain certification

***You should set aside two hours to complete this course***

### **The course includes:**

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

### **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.”*