



Sign Up TODAY for
Preventing and Managing Obesity in Primary Care

The educational training consists of three modules: **Nutrition for Health, Family and Behavior for Health and Obesity Metabolic Disorders**. At the conclusion of this activity, participants should be able to:

- Describe how dietary components impact child nutrition and weight
- Identify and assess patient/family health habits in relation to obesity
- Identify messages to convey to patients/families about the role of nutrition, physical activity and other factors that impact health
- Describe how the identification and management of Comorbidities can be used to motivate patient/family lifestyle changes

At the conclusion of the **Nutrition for Health module**, participants should be able to:

- Identify actions of key nutritional components of foods
- Identify foods which provide key nutritional components
- Identify ways to convey nutritional messages to patients and families

At the conclusion of the **Family and Behavior for Health module**, participants should be able to:

- Identify the influences of early environmental exposure on nutritional status and dietary preferences
- Identify hormonal influences on eating
- Identify the influence of the family and peers on children's diet and activity behaviors
- Recognize the relationship of depression and behavior problems to obesity

At the conclusion of the **Obesity Metabolic Disorders module**, participants should be able to:

- Recognize how obesity leads to dysregulation of key metabolic systems
- Recognize risk factors for metabolic consequences of obesity
- Identify counseling strategies regarding laboratory test results

There is **no cost** for the educational training, which is jointly sponsored by the American Academy of Pediatrics and the Illinois Chapter, American Academy of Pediatrics. The AAP designates this educational activity for a maximum of 1.50 *AMA PRA Category 1 CreditsTM* for **each module completed**.

This program is possible by funding from the Otho S.A. Sprague Memorial Institute.

* This activity has been planned and implemented in concordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the American Academy of Pediatrics and the AAP Illinois Chapter. The American Academy of Pediatrics is accredited by the ACCME to provide continuing medical education for physicians.

The AAP designates this educational activity for a maximum of 1.50 *AMA PRA Category 1 CreditsTM* for each module completed. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity is acceptable for a maximum of 1.50 AAP credits. These credits can be applied toward the AAP CME/CPD Award available to Fellows and Candidate Members of the AAP.

The American Academy of Physicians Assistants accepts *AMA PRA Category 1 CreditsTM* from organizations accredited by the ACCME.

This program is approved for 1.50 NAPNAP contact hours of which 0 contain pharmacology (Rx) content per the National Association of Pediatric Nurse Practitioners Continuing Education Guidelines.

For more information, please call Mary Elsner at 312/733-1026 ext 220 or Tina Dharmapanij at 312/733-1026 ext 214.



Preventing and Managing Obesity in Primary Care

Schedule the Educational Training

To schedule **Preventing and Managing Obesity in Primary Care**, please fill out this form and fax to Tina Dharmapanij at 312/733-1791 or email to tdharmapanij@illinoisap.com. A minimum of eight attendees are required to hold the training.

Practice Name:

Contact Person:

Address:

Phone:

Fax:

Email:

Which module are you interesting in? Nutrition Family and Behavior Obesity Metabolic Disorders

Nutrition: Date:
Time:

Family and Behavior: Date:
Time:

Obesity Metabolic Disorders: Date:
Time:

Please provide the following information:

- Number of pediatricians and other staff involved in pediatric care at your practice?
- How many of the pediatricians would like to receive the training?
- How many of the other health care staff would like to receive the training?
- Average number of patients served at your practice per year?
- Approximated percentage of patients covered by private insurance (fee for service or managed care: HMO, PPO, IPA, etc)?
- Approximated percentage of patients covered by Medicaid?
- Approximated percentage of uninsured patient?

American Academy of Pediatrics

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