



## Childhood Overweight & Obesity Series



***Do you want to gain access to professional advice for children and young people with overweight and obesity – without the wait?***

**Join the virtual on-line Childhood Overweight & Obesity ECHO program for weekly support and guidance from medical and allied health professionals.**

**Relevant for medical, nursing, and allied health professionals and all experience levels.**

“Zoom” in from your office, practice, or home computer, or any other device with an internet connection & webcam.

Interactive case presentation every week.

### Curriculum:

1. Introduction to childhood obesity  
Raising and discussing weight with a child and family.  
Defining and identifying childhood overweight & obesity and the 5As paradigm
2. Nutrition action plan including assessment and goal setting  
Physical activity, screen time, and sleep
3. Complications and co-morbidities in paediatric obesity 1 & 2
4. Counselling and common psychosocial problems  
Motivational Interviewing

## Details

### Series 5:

**09 May until 30 May 2019 (4 weeks)**

**Time: Thursdays from 8 – 9am  
(Brisbane time)**

**Cost: Free**

**For more information and to enrol contact:**

[ECHO.CHQ@health\\_obesity.qld.gov.au](mailto:ECHO.CHQ@health_obesity.qld.gov.au)

**Ph: (07) 3069 7120**

<https://www.childrens.health.qld.gov.au/chq/health-professionals/integrated-care/project-echo/>

