

PROJECT ECHO® HEALTHY KIDS

Supporting children and families to build better health and lifestyle habits together.

Hosted by: Health and Wellbeing Queensland in partnership with The University of Queensland, and Children’s Health Queensland

PANEL: General Paediatrician, Psychologist, Paediatric Dietitian, Exercise Physiologist.

Date		Objectives / Learning Outcomes
Session 1	Prevalence of overweight and obesity in children. Raising the Topic of weight.	Understand the problem of overweight and obesity on both a global and localised scale. Understand the importance of early intervention in paediatric weight management Acknowledge the multiple factors that influence weight gain Demonstrate an ability to raise the issue of weight in a sensitive and non-judgemental way
Session 2	How to measure and assess weight – the clinical details	Understand what equipment is required to perform routine weight management assessments Demonstrate an ability to communicate factual growth information in a sensitive, non-judgemental way Understand and interpret basic clinical tests that should be considered in children who are living with overweight or obesity
Session 3	How to measure and assess lifestyle related behaviours that can affect weight gain. (Part 1)	Analyse and appraise common behaviours that impact weight gain and demonstrate how to measure these against clinical guidelines. Use clinical guidelines or national recommendations as they relate to diet.
Session 4	How to measure and assess lifestyle related behaviours that can affect weight gain. (Part 2)	Analyse and appraise common behaviours that impact weight gain and demonstrate how to measure these against clinical guidelines Use clinical guidelines or national recommendations as they relate to activity, sedentary behaviour and device use in children and adolescents
Session 5	How to support patients to make changes that can improve their weight	Develop skills to compose personalised SMART healthy lifestyle goals with families. Ensure goals consider the environment the child and family live in, alongside factors that might be individual and personal to the family. Evaluate the child and family’s readiness to change Become confident in taking the focus away from weight change goals to health improving goals.
Session 6	Supporting extended or tertiary weight management care.	Recognise the importance and long-term effects of health goals in preference to weight-focussed goals. Be aware of the gold standard of care in weight management and how you can ensure you offer this to your patients. Be aware of secondary and tertiary services that can support weight management and how to refer onto these services. Discover prevention programs that are available in Queensland to further support the child and family.

