

Nutrition, physical activity and obesity in primary care settings training course

Suggested programme: two-day course

Purpose and goals

The purpose of this training course is to provide primary health care professionals with a sound outline of nutrition, physical activity and obesity prevention and management approaches in children, adolescents and adults. The goal is to make the course as practical as possible by integrating experiential learning and a variety of case studies wherever appropriate.

Overall learning objectives

Upon successful completion of this programme, you will be able to:

- discuss relevant evidence about nutrition, physical activity and obesity prevention and management;
- develop an understanding of the role of primary care services in the promotion of healthy lifestyles and in the prevention and management of noncommunicable diseases such as obesity;
- develop skills using an evidence-based framework for obesity management (5As of Obesity Management: Ask, Assess, Advise, Agree and Assist) to prevent and manage obesity in primary care settings;
- develop effective skills to conduct people-centred conversations in the context of promoting healthy lifestyles and preventing/managing obesity;
- develop awareness of weight bias attitudes that may act as a barrier for obesity prevention and management;
- identify local resources in the community that can be used to promote healthy lifestyles and to prevent and manage obesity.

Day 1			
Time	Order	Topic	Suggested timing
9:00		Introduction and housekeeping¹ Why, how, what, which and where?	15 mins Slide deck – Session 1
9:15	Session 1	Lecture: Nutrition, physical activity and obesity <ul style="list-style-type: none"> • Definitions, causes, prevalence • Public health policy context • Role of primary care professionals in chronic disease prevention and management 	60 mins Slide deck – Session 1
10:15		Quiz 1 – Icebreaker quiz (misconceptions) First review of current local practices and resources	15 mins Slide deck – Quiz 1
10:30		Break	30 mins
11:00	Session 2	Lecture: Chronic disease prevention and management in primary care settings <ul style="list-style-type: none"> • How to incorporate obesity in existing chronic disease management (CDM) frameworks? 	45 mins Slide deck – Session 2
11:45	Session 3	Ask – getting good conversations started Exercise A1. Introducing the topic of weight management <ul style="list-style-type: none"> A. Children and adolescents B. Pregnant women C. Adults 	45 mins Slide deck – Session 3
12:30	Lunch		
14:15	Session 4	Assess obesity-related risks and root causes of obesity <ul style="list-style-type: none"> A. Children and adolescents B. Pregnant women C. Adults 	60 mins Slide deck – Session 4
15:15		Break	15 mins
15:30	Session 5	Assess readiness to change – motivational interviewing: unlocking the patient’s own motivation Exercise C1. Using the OARS acronym, importance and confidence rulers Exercise C2. Reflecting back “sustain talk”	30 mins

¹ We recommend that the course organizers do a before-and-after implicit bias test with participants to understand how their attitudes and beliefs evolve during the training. We have included the “Fat Phobia” short-form test in the background materials as one possible approach.

16:00	Session 6	Advise on health risks of obesity and weight management A. Children and adolescents B. Pregnant women C. Adults Exercise B. Explaining Nutrition Information	60 mins Slide deck – Session 6 30 mins exercise
17:30	Adjourn		
Day 2			
9:00		Introduction and recap of day 1 <i>The objective of the second day is to provide more experiential opportunities for participants, so that they can feel comfortable accessing and applying new knowledge in nutrition, physical activity and obesity.</i>	30 mins
9:30	Session 7	Advise: on health risks of obesity and treatment options <i>Specific learning objectives:</i> <ul style="list-style-type: none"> - <i>Participants can apply clinical judgement when considering whether to refer to tier 3 services</i> - <i>Participants understand bariatric surgery postoperative follow-up needs and the consequences of poor follow-up care</i> - <i>Participants understand how to monitor nutritional status of patients who have undergone bariatric surgery</i> 	60 mins Slide deck – Session 7
10:30		Break	
11:00	Session 8	Living with obesity: a patient's experience	30 mins No slides – invited speaker
11:30	Session 9	Weight bias and obesity stigma <i>Specific learning objectives:</i> <ul style="list-style-type: none"> - <i>Review key weight bias and stigma concepts and theories</i> - <i>Prevalence and implications for health outcomes and quality of care</i> - <i>Discuss strategies to address weight bias in health care</i> 	60 mins Slide deck – Session 9
12:30		Lunch	

13:30	Session 10	<p>Assessment & Classification: using growth charts</p> <p><i>Specific learning objectives:</i></p> <ul style="list-style-type: none"> - Accurately measure and record height and weight, and able to determine BMI centile using age- and gender-specific charts for children and young people - Accurately classify obesity according to BMI and Edmonton Obesity Staging System - Assess the health risks associated with BMI or BMI centile scores, and able to discuss health risks with people (and their families or carers, as appropriate) - <p>Exercise F1a. Plot Billy's BMI using the z-score chart Exercise F1b. Plot Billy's BMI using the percentile chart Exercise F2. Plot Ivan's BMI Exercise F3. Comparing different growth trends</p>	60 mins No slides – use workbook
14:30		Break	15 mins
14:45	Session 11	<p>Agree and Assist: pulling the consultation together</p> <p><i>Specific learning objectives</i></p> <ul style="list-style-type: none"> - To be able to discuss and agree with the patient on a care pathway (including referral to community or specialty care) <p>Quiz 2 – Obesity management</p> <p>Exercise G1. Setting SMART goals Exercise G2. Changing barriers into goals</p>	60 mins Slide deck – Session 11
15:45	Session 12	<p>Developing obesity services in your country</p> <ul style="list-style-type: none"> • Barriers and facilitators to working in an interdisciplinary team • Sharing and reviewing your local resources • Tools to support health professionals in primary care settings 	45 mins Slide deck – Session 12
16:15	Final plenary	Using your reflective templates and plenary discussion	15 mins
16:30		Adjourn	