



TOBY DOUGLAS  
DIRECTOR

State of California—Health and Human Services Agency  
Department of Health Care Services



EDMUND G. BROWN JR.  
GOVERNOR

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CHDP Information Notice: 14-A

TO: ALL CHILD HEALTH DISABILITY PREVENTION (CHDP) PROGRAM DIRECTORS, DEPUTY DIRECTORS, NUTRITIONISTS, HEALTH EDUCATORS, PUBLIC HEALTH NURSES INCLUDING PROVIDER RELATIONS AND FOSTER CARE NURSES, AND STATE SYSTEMS OF CARE DIVISION STAFF

SUBJECT: NEW CHDP PROVIDER TRAINING, "PROMOTING PHYSICAL ACTIVITY AT WELL CHILD VISITS"

A new CHDP provider training, "Promoting Physical Activity at Well Child Visits" is now available on the CHDP website at:

<http://www.dhcs.ca.gov/services/chdp/Pages/Training.aspx>

This training was developed by the CHDP Nutrition Subcommittee to assist local CHDP Program staff with educating providers and their staff to support children, adolescents, and their families in a commitment to activity. The training focuses on the importance of physical activity to overall health and provides information about community physical activity resources. The training module also incorporates the process of Brief Focused Advice to assist providers in counseling on behavior change. The training module is pre-packaged for local CHDP Program staff to use as a 35-minute training in group settings or in CHDP provider offices.

The following materials may be viewed and downloaded from the CHDP website:

- PowerPoint presentation with detailed talking points for speaker.
- Training materials including role play skit and counseling tip sheet.
- Reproducible handouts recommending physical activities suitable for different age groups and exercise prescription forms (All available in English and Spanish).
- Template and tools for CHDP programs to create lists of local resources for medical treatment, nutrition, physical activity and behavior to support referrals by CHDP providers.
- Customizable training documents with useful forms such as folder labels, attendance sheets and an evaluation form.

## **Background**

Historically, medical providers have been reluctant to engage in discussions regarding healthy eating and active living, the most common reason being a lack of time and discomfort with the subject. The goal of this training module is to assist providers and their staff with comfortably using brief counseling techniques for promoting daily physical activity. The technique will enhance the provider's ability to communicate the guidelines and initiate conversation with families about setting goals for physical activity.

CHDP Program nutritionists in two counties have pilot-tested the training module with CHDP Program staff and providers. Evaluations indicate that after the training, participants feel more confident in their ability to discuss physical activity with children and parents and more knowledgeable about physical activity resources in the community.

The training is not a required CHDP Program activity but it is offered as a topical and relevant training for CHDP Program providers. It may be modified by trainers to accommodate the setting and needs of provider offices.

This new training complements other CHDP Program childhood obesity provider tools also accessed on the CHDP Training Page, such as "Body Mass Index (BMI) Training," "How to Accurately Weigh and Measure Children for the CHDP Well Child Exam" and "Counseling the Overweight Child."

If you have additional questions about this or other childhood obesity related training tools, please contact the CHDP state Systems of Care Division staff.

Sincerely,

**ORIGINAL SIGNED BY THOMAS BONE**

Thomas Bone, Chief  
Statewide Programs Section  
Systems of Care Division