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| Child Health and Disability Prevention (CHDP) Program |  | Workgroup Leader  *Mary DeBusman, Alameda County*  *Workgroup Members*  *Annabelle Cadiz, Contra Costa County*  *Yvette Rivas-Bedrosian, San Mateo County* |
| CHDP Statewide Nutrition Subcommittee |  |  |

May 1, 2009

Dear CHDP Directors and Deputy Directors:

The Bay Area workgroup of the CHDP Statewide Nutrition Subcommittee has developed a provider training module that focuses on utilizing brief counseling skills to assist CHDP Programs with training providers in counseling overweight/obese children.

**Why is this Counseling the Overweight Child Module Useful to County CHDP Programs?**

CHDP Nutritionists have found that many providers are not engaging in discussions regarding a child’s weight for various reasons, one of the most common being a lack of time. This training module will make it easier for CHDP programs to educate providers and their staff to engage in brief counseling techniques to encourage obesity prevention behaviors for families.

CHDP nutritionists from several Bay Area counties have pilot tested the training module with CHDP staff and providers. Evaluations indicate that after the training, participants feel more confident in their ability to deliver obesity prevention messages and would recommend the training to other health care providers.

**Who can be trained with this Module?**

Pediatricians, nurse practitioners, physician assistants, registered nurses, medical assistants, nutritionists, health educators, and community health workers

**Who can present this Training and How Long Will it Take?**

The PowerPoint presentation includes detailed talking points and background information to guide CHDP health professional staff that may not have an extensive background in child overweight and counseling techniques. The presentation can be modified to meet each county’s needs. The training, if presented in its entirety, is approximately 45 minutes.

#### Should you have any questions about the materials, please contact me at:

#### [mdebusman@acgov.org](mailto:mdebusman@acgov.org) or 510-618-2068.

#### Sincerely,

Mary DeBusman, MS, RD

Chair, CHDP Statewide Nutrition Subcommitte

**Materials Included in the Training Module**

The following materials are included in the training module and are intended to be given to the audience as a complete training packet:

* Counseling the Overweight Child PowerPoint presentation
* Brief Focused Advice Role Playing Skit
* Counseling the Overweight Child Tip Sheet (8″ × 11″ handout and 5″ × 8″ laminated pocket sheet)
* Little Changes. Big Rewards. Are You Ready?
* My Healthy Lifestyle Goal Tracker
* Healthy Weight Resource List
* Evaluation Form
* Provider Information Notice 07-13
* Provider Information Notice 05-16
* Provider Information Notice 05-22
* Making Healthier Fast Food Choices
* How Much Do YOU Eat?
* Nick Jr. Portions Chart for Kids (ages 4-6 and 6 +)
* What Does a Serving Size Look Like?

**Customizing the Training**

Slides #3 and #4 illustrate the Pediatric Nutrition Surveillance System (PedNSS) growth statistics for 2007 for children 2-4 years old and 5-19 years old. These slides can be customized by inserting your county specific PedNSS data.

The CHDP Resources to Prevent and Treat Child/Adolescent Overweight handout was created by using the resource template and accompanying tools that were provided in the CHDP Information Notice 8-C. The resource template can be customized by inserting your county specific resources.