

One Day Child Obesity Awareness Training

Background

The day provides a comprehensive overview of child obesity, including its prevalence, causes, consequences, assessment and management. Current statistics and national guidance is reviewed, and practical strategies to explore and manage the issue with families are discussed. A brief overview of current developments at MEND is also given.

An experienced trainer is provided by MEND. The organizing body is responsible for organizing the venue, attendees, lunch and refreshments as required.

Course objectives

- To provide a general overview of the issue of child obesity
- To offer practical tips on ways to explore the issue with families
- To describe MEND's successful family-based community obesity interventions
- To network and build local partnerships to respond to child obesity

Agenda

Time	Topic	Content
9.15	Arrival & refreshments	
9.30	Welcome & introduction to MEND	MEND's mission, history & developments
9.45	Introduction to child obesity	Definition of obesity, prevalence, causes & consequences
10.20	Assessment	Measuring child obesity National Child Measurement Programme
10.45	Break	
11.00	Raising the issue of weight	Parental awareness When and how to raise the issue Assessing readiness to change
11.45	Management	NICE guidance Priorities and responsibilities Overview of The MEND & Mini-MEND Programmes
12.30	Lunch	
13.15	Nutrition essentials	Healthy eating guidelines Food label reading
14.15	Physical activity essentials	Physical activity benefits & guidelines Overcoming barriers Priorities & strategies
15.00	Break	
15.15	Behaviour change essentials	Helping people learn Goals & rewards Triggers Role modelling
16.00	Conclusion	Q & A Closing round Evaluation & certificates
16.30	Close	

NB. MEND delivers services to improve child health through: evidence-based, family-oriented programmes to prevent and treat child obesity, and training to build local capacity and skills. Please note that this course is not intended to provide detailed information about The MEND Programmes and attendance does not qualify participants to deliver a Programme.

Who should attend?

The course is designed for a group of 20-30 people. It is suitable for all health professionals, community practitioners and front-line staff working with overweight/obese children and their families. Those who have previously benefited from attending include:

- School nurses & practice nurses
- Teachers & teaching assistants
- Extended Schools & Healthy Schools staff
- Sure Start Children's Centre staff
- Early years practitioners
- Health visitors & Nursery Nurses
- Outreach & support workers
- Mental health practitioners
- Fitness instructors & sports coaches
- Sports development professionals
- Youth workers
- Students

What do participants receive?

All participants will receive a copy of the training presentation and a comprehensive set of handouts and useful resources. A certificate of attendance will be issued at the end of the day. The course is **not** accredited by any professional bodies.

Previous participant feedback

"I will definitely be recommending this to the PCT", **School Health Coordinator**

"After attending the MEND obesity awareness training I had a greater understanding of the prevalence of obesity. While I have a deep understanding regarding factors that contribute to obesity I felt that the day made clear the consequences of the obesity epidemic and showed us how as practitioners we can influence the young peoples lifestyles." **Carolyn Piper, Project Coordinator, Healthy Lifestyles Project, City of London**

"Really informative, enjoyed it. Got some useful practical tips which I can put into practice." **Community Dietitian**

"This may be seen as a very difficult issue to discuss with parents, but now I feel more confident that if a parent were to bring up the subject, I would be able to support them ore effectively with a positive way forward. I now see the issue of obesity in a much wider context than I did before and that you have to take so many more factors into account than just weight loss." **Jane Apperley, Kingshurst Children's Centre Manager, Solihull**

"I think all school nurses should have the option to come along." **School Nurse**

"I would recommend to all of my team." **Community Nursery Nurse**