

Pediatric Obesity Management: Become the Expert in Your Clinic

July 1, 2025 - June 30, 2027

Online Learning Created by Brenner FIT®

Program Overview

Pediatric Obesity Management: Become the Expert in Your Clinic is a self-guided, five-part learning series designed by Brenner FIT's multidisciplinary team to equip healthcare professionals with the tools to support children with weight-related health concerns. This training focuses on helping families create positive health habits in a safe, family-centered way using Elyn Satter's Division of Responsibility framework for feeding and activity.

Participants will learn how to communicate about weight with sensitivity and confidence while guiding parents to establish structure, reduce mealtime pressure, and foster stronger family communication and trust.



Who Should Participate

This online activity would be beneficial to physicians, physician assistants, nurses, nurse practitioners, registered dietitians, social workers, behavioral health providers, health educators, certified medical assistants, and certified nursing assistants.

As part of our commitment to creating a space where all BELONG, Northwest AHEC provides education and encouragement for respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability, and age.

Objectives

Upon completion of this course, you will be able to:

- Explain research-based approaches to childhood obesity treatment and apply effective intervention strategies when working with children.
- Identify weight bias and practice supportive, non-harmful communication with families about weight and health.
- Recognize different types of pressure and restriction around feeding and activity, and use strategies to help parents and children build a more positive, stress-free approach to eating and movement.
- Recommend practical tools and skills to help parents lead their families in making lasting, healthy habit change.

In partnership with:

Atrium Health Wake Forest Baptist Brenner FIT® and Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and a part of the NC AHEC System.

Cost and Registration

\$99 — Registration Fee

Registration fee includes administrative costs, technology fees, instructional materials, certificate of completion and program materials.

Register and pay online at nwahec.org/75771 or complete and return the attached registration form. Payment by credit card (Visa, Discover, MasterCard and American Express) accepted online. Personal check, corporate check, money order, or AHWB internal transfer accepted by mail.

Payment Policy—Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received before the activity start date, you will be required to provide a personal credit card or check. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment.

Refund Policy— Refunds for enduring activities are available only if access to the course has not been initiated. To request a refund, you must notify us in writing (via email) within 14 calendar days of purchase. If course access has already been started (e.g., logging in, downloading materials, or beginning any part of the activity), no refund will be issued. You may request to transfer your registration to another individual within the same organization prior to course access, subject to approval.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

Credit

- 7.0 Contact Hours from Northwest AHEC

Nurses: Nurses: This educational activity (7.0 contact hours) can be applied toward your continuing competence plan for maintaining your current licensure with the North Carolina Board of Nursing.

- Accreditation: The Wake Forest University School of Medicine is accredited by the Accreditation Council for Continuing medical Education to provide continuing medical education for physicians.

Credit: The Wake Forest School of Medicine designates this enduring material for a maximum of 7.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

- 7.0 CE for NC Psychologists

Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 7.0 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.

- 7.0 CPEUs

Pediatric Obesity Management: Become the Expert in Your Clinic awards 7.0 CPEUs in accordance with the Commission on Dietetic Registration's CPEU Prior Approval Program.

- 7.0 NASW-NC

NC AHEC is a 2025 NASW-NC approved provider of distance continuing education. This program has been approved for 7.0 contact hours.

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.

For More Information and Assistance

We want to assure that all participants can benefit from our program. If you need auxiliary aids or special services please call Jasmine Mickens at 336-713-7757.