

Brenner FIT[®] Academy: For Professionals

Online Group Learning Series

Learn new, effective skills from the Brenner FIT[®] experts in pediatric obesity to help your patients and their families in this six-part series developed by Brenner FIT. Through our experience in treating over 1,000 families in over 10 years, our multidisciplinary approach to caring for children with weight and associated health concerns, and their families, is integrated into this learning series.

Program Format

- Participants will log on to Zoom at a designated time for a prerecorded yet interactive presentation.
- Together, participants view a one-hour presentation weekly for 6 weeks.
- Q&A available with multidisciplinary faculty, via email, after each session.
- Participants will receive an emailed monthly newsletter to reinforce concepts learned and share ideas/resources, as well as have the opportunity participate in periodic virtual Q&A sessions to facilitate ongoing learning.



Program Overview and Goals

Learn from Brenner FIT's multidisciplinary team how to support families making positive health changes in a safe, family-centered way. Treating and preventing pediatric obesity is not about cutting calories and increasing exercise. Learn effective ways to help children and their parents make lifelong changes and improve their relationships with food.

Upon completion of this program, participants will be able to:

- Discuss the research regarding treatment approaches to childhood obesity and describe effective intervention strategies for use with children.
- Recognize weight bias and acquire skills for talking supportively with families about weight and health.
- Recommend skills and tools that will help parents to lead their family in making successful health habit changes with feeding and activity.
- Identify different forms of pressure around feeding and activity, and employ strategies to remove pressure from parents and children so that they can enjoy eating and moving together.
- Demonstrate to families how to play and have fun together to enhance health and wellness.

Who Should Participate

This activity is planned for physicians, physician assistants, nurse practitioners, behavioral health providers, certified medical assistants, certified nursing assistants, dietitians, health educators, in-home providers, medical office assistants, nurses, and social workers.

Cost and Registration

There is no registration fee. However, registration is required. Please visit <https://www.wakehealth.edu/Specialty/b/Brenner-FIT/Brenner-FIT-Academy/For-Professionals> to register for an upcoming series.

Program Topics

1. **Feeding Children:** Feeding children is challenging. Help parents end worries about being the food police and enjoy mealtimes together again.
2. **The When and Where of Feeding and Activity:** Finding time to cook at home and be active is difficult with our busy culture. Learn how parents can make family meals and activity a priority.
3. **Meal Planning:** Parents are tired of answering the question, "What's for dinner?" Gain skills and tools to help families create meal plans that are practical and achievable.
4. **Talking with Children about Weight and Health:** Uncover the secrets of communicating with parents and children about their weight concerns without offending.
5. **The What of Feeding:** Learn the basics of what parents can feed their family through the day to keep them fueled and satisfied.
6. **Putting Concepts into Practice:** Participants continue to learn more about the parental role in feeding children in this follow up class to Feeding Children. Leave feeling more confident in how to support and encourage parents with their role.

Credit

Each lecture will provide the following credit:

1.0 Contact Hour (per lecture) from Northwest AHEC

Nurses: This educational activity (1.0 contact hour) per lecture can be applied toward your continuing competence plan for maintaining your current licensure with the North Carolina Board of Nursing.

The Wake Forest School of Medicine designates this live activity for a maximum of 1 *AMA PRA Category 1 Credits*[™] (per lecture). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Accreditation: The Wake Forest School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.