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CHDP Information Notice 09-D

TO: CHDP Directors, Deputy Directors, Nutritionists, Health Educators,
Regional Office Staff

Subject: New CHDP Provider Training, "Counseling the Overweight Child"

A new CHDP provider training, "Counseling the Overweight Child" is now available on the CHDP website at: <http://www.dhcs.ca.gov/services/chdp/Pages/CounselTraining.aspx>

This training was developed by the CHDP Nutrition Subcommittee to assist local CHDP program staff with training provider offices about brief counseling techniques as applied to childhood overweight and obesity. The training module is pre-packaged for local CHDP program staff to use as 30-45 minute trainings in CHDP provider offices.

The following materials are available for download from the CHDP website:

- PowerPoint presentation with detailed talking points
- Training materials with role play skit and counseling tip sheet
- Training documents with useful forms
- Counseling tools for family counseling

Background

Historically, medical providers have been reluctant to engage in discussions regarding overweight and obesity, 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 the prevention of overweight and obesity. The technique will enhance the provider's ability to communicate the Body Mass Index (BMI) Percentile and initiate conversation with families about obesity prevention.

CHDP nutritionists' pilot tested the training with health department staff and providers and according to participant evaluations, after the training they felt more confident and better able to deliver obesity prevention messages. Participants also indicated that they would recommend the training to other health care providers. Additionally, this training was recently showcased at the 2009 Childhood Obesity Conference in a pre-conference session and received high rating from attendees.

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The training is not a required CHDP program activity but it is offered as a topical and relevant training for CHDP providers. It may be used as an adjunctive training for provider offices that demonstrate inconsistent recording of BMI Percentile. It may be modified by trainers to accommodate the setting and needs of provider offices.

This new training builds on other CHDP childhood obesity provider tools, such as "[Body Mass Index \(BMI\) Training](#)," "How to Accurately Weigh and Measure Children for the CHDP Well Child Exam" and the CHDP/Kaiser Permanente "Little Changes. Big Rewards. Are You Ready?" Poster. In attempt to facilitate a basic and effective approach to the prevention of childhood obesity.

If you have additional questions about this or other childhood obesity related training tools, please contact Judy Sundquist, MPH, RD, CMS Statewide Nutrition Consultant at judy.sundquist@dhcs.ca.gov and 916-322-8785.

Original Signed by Harvey Fry for Luis R. Rico

Luis R. Rico. Acting Chief
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