

OVERVIEW OF CHILDHOOD OBESITY FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

SFP2009; 35(4): 8-9

INTRODUCTION

Childhood obesity has now become a topic of everyday practice importance. We need to keep abreast of the silent “epidemic” that is occurring in Singapore and worldwide. It is a problem not only of developed countries but also developing countries. In this skills course the speakers will address the definition, classification, epidemiology of childhood obesity; assessment and management of the problem; physical activity interventions; establishing sensible eating habits; and the multi-pronged approach that Health Promotion Board is taking with the various stakeholders. In the workshops, case studies will be discussed and there will be practical skills learning. The College is grateful to Health Promotion Board for sponsoring this skills course for family physicians. Do consider participating in this skills course.

COURSE OUTLINE AND CME POINTS

This skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points

- Distance Learning Course – 5 units (6 CME points per unit) upon completing the Distance Learning Online Assessment.
- 2 Seminars (2 CME points per seminar)
- Workshops (2 CME points)
- Reading papers on CHILDHOOD OBESITY – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year)

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Distance Learning Course

- Unit 1: Childhood Obesity - Definition, Classification, and Epidemiology
Dr Mabel Deurenberg-Yap & A/Prof Goh Lee Gan
- Unit 2: The Assessment and Management of Childhood Obesity
A/Prof Loke Kah Yin
- Unit 3: Preventing and Managing Obesity among the Young – Leveraging on a Multi-Pronged Approach
Dr Wong Mun Loke
- Unit 4: Physical Activity Interventions in Childhood Obesity
Dr Ong Wee Sian
- Unit 5: Establishing Sensible Eating Habits from Young
Kanita Kunaratnam & Khine Ngwe Aung

COURSE TOPIC DETAILS

Unit 1: Childhood Obesity - Definition, Classification, and Epidemiology

- Introduction
- Definition
- Classification
- Epidemiology

Unit 2: The Assessment and Management of Childhood Obesity

- Introduction
- Clinical Evaluation
- Management

Unit 3: Preventing and Managing Obesity among the Young – Leveraging on a Multi-Pronged Approach

- Introduction
- Building the capacities of children and youth
- Empowering stakeholders
- Establishing Sustainable Collaborations
- Creating Conducive Health Promoting Environments
- Leveraging on Evidence-Based Practice
- Preventive Health Services

Unit 4: Physical Activity Interventions in Childhood Obesity

- Introduction
- Factors influencing activity level in obese youths
- Physical Activity Guidelines
- Types of Physical Activity
- Decreasing sedentary activities
- Behavioural modifications
- Risk of exercise participation

Unit 5: Establishing Sensible Eating Habits from Young

- Introduction
- The Healthy Diet Pyramid
- The Healthy Diet Pyramid Food Groups
- Fat, Sugar and Salt
- Family Involvement
- Making Healthy Food Choices
- Myths and Facts

FACE-TO-FACE SESSIONS**Seminar 1: 13 March 2010****2.00pm – 4.15pm**

Unit 1: Childhood Obesity - Definition, Classification, and Epidemiology

Dr Mabel Deurenberg-Yap & A/Prof Goh Lee Gan

Unit 2: The Assessment and Management of Childhood Obesity

A/Prof Loke Kah Yin

Unit 3: Preventing and Managing Obesity among the Young – Leveraging on a Multi-Pronged Approach

Dr Wong Mun Loke

Workshops : 13 March 2010**4.30pm – 6.45pm**

Workshop A: Case Studies (A/Prof Loke Kah Yin)

Workshop B: Demonstration / Practical Skills

Note: Workshop A and Workshop B will run concurrently on Day 1. Course participants will be assigned into a group. Group 1 will start with workshop A followed by workshop B. Group 2 will start with workshop B followed by workshop A.

Seminar 2: 14 March 2010**2.00pm – 4.00pm**

Unit 4: Physical Activity Interventions in Childhood Obesity

Dr Ong Wee Sian

Unit 5: Establishing Sensible Eating Habits from Young

Kanita Kunaratnam & Khine Ngwe Aung