

**Child Health and Disability Prevention Program
Nutrition Subcommittee**

Workgroup Leader
Mary DeBusman, Alameda County

2011-2012

Workgroup Members

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July 18, 2012

Dear CHDP Directors and Deputy Directors:

The CHDP Nutrition Subcommittee is pleased to announce a new provider training module that focuses on the importance of regular physical activity for children and adolescents. The training presentation and supporting materials may be accessed easily from the CHDP website:

<http://www.dhcs.ca.gov/services/chdp/Pages/Training.aspx>.

Why is this training module useful to county CHDP programs?

The *Promoting Physical Activity at Well Child Visits* training module will make it easier for CHDP programs to educate providers and their staff to support children, adolescents, and their families in a commitment to activity. The training focuses on the importance of physical activity to overall health and provides information about community physical activity resources. The training module also incorporates the process of Brief Focused Advice to assist providers in counseling on behavior change. The module includes essential clinical tools, worksheets, and handouts intended for assembly as a complete training packet for each participant.

CHDP nutritionists in two counties have pilot tested the training module with CHDP staff and providers. Evaluations indicate that after the training, participants feel more confident in their ability to discuss physical activity with children and parents and more knowledgeable about physical activity resources in the community.

Who can be trained with this module?

This training module is designed for training local CHDP providers and staff as well as local CHDP program staff. It is suited for pediatricians, nurse practitioners, physician assistants, nurses, medical assistants, nutritionists, health educators, and community health workers.

Who can present this training and how long will it take?

The presentation includes detailed talking points and information to guide CHDP health professional staff members who may not have an extensive background in physical activity. The presentation is designed to be modified to meet the needs of each county according to the audience and the amount of training time available. The presentation, if given in its entirety, takes approximately 35 minutes. See the attached 4-page user guide for suggestions on customizing the presentation and training packets.

If you have any questions about the materials, please contact me at (510) 618-2068 or email mary.debusman@acgov.org.

Sincerely,

Mary DeBusman, MS, RD
CHDP Nutrition Subcommittee