

PROMOTING PHYSICAL ACTIVITY AT WELL CHILD VISITS

TRAINING MODULE USER GUIDE

Presenting the Training

The PowerPoint presentation in this module includes detailed talking points and background information to guide you. As you may give this training to a variety of health professionals involved in performing components of the CHDP exam, you may tailor your presentation to fit the needs of your audience. This presentation is designed to be presented as a stand-alone workshop or combined with other training modules, most appropriately the *Counseling the Overweight Child* training. If presented as a stand-alone training, the presentation will take approximately 35 minutes.

Training Module Packets

This training reinforces the 2008 Physical Activity Guidelines for Americans and the 2009 National Association for Sport and Physical Education (NASPE) Guidelines for Children. For successful hands-on learning, print and assemble a complete training packet for each participant including presentation handouts, tools, and other resources. Assemble extra packets for walk-ins. Print the following documents and place them in twin pocket folders:

- *Promoting Physical Activity at Well Child Visits* PowerPoint presentation handouts
- *Brief Focused Advice: Counseling Steps/Tips for Encouraging Behavior Change*
- *Brief Focused Advice: Role Playing Skit*
- *Little Changes. Big Rewards. posters*
- *Physical Activities that Correspond with Developmental Stages*
- *Be Active Ages 0-5 years* client handout
- *Be Active Ages 6-20 years* client handout
- *Rx: Be Active* forms
- *Training Evaluation* form

Customize and print labels for the training packet cover and inside pockets using the following:

- Training packet cover label template (for front cover of training packet)
- Pocket label template (for inside pockets of training packet)

Customize the following document and print as needed:

- Attendance sheet

If available, include resources to prevent and treat child/adolescent overweight. Links to other materials relevant to this topic are listed on the web page. You may enter the titles of additional handouts on the pocket labels. See **Table 2** (page 4) for the **Training Material Printing and Packet Assembly Guide**.

Speaker Tips:

When presenting the training, review the contents of the training packet with participants during your introduction.

Compatibility

You may need to customize the presentation to adapt the slides for viewing on your computer, laptop, or with a projector. Font sizes and charts may need to be adjusted.

Customizing PedNSS Data Charts

Slides #6-7 illustrate Pediatric Nutrition Surveillance System (PedNSS) data for prevalence and trends in childhood overweight and obesity for California.

Customize these slides for your county by following these steps:

1. Enter your county name in the title.
2. Right-click on the chart, select **Chart Object > Edit**.
3. Select the **Data** tab.
4. Enter your county name and the most current PedNSS data into the data sheet.
5. Select the **Chart** tab before closing the **Edit** feature by clicking outside the chart.
6. If the chart size changes upon closing the **Edit** feature, right-click on the chart, select **Chart Object > Edit**. On the chart, resize the plot area and adjust the legend and axis titles as preferred before closing the Edit feature by clicking outside the chart.

An alternate method is to copy a data chart that you have created in a spreadsheet or another presentation and paste it into this presentation. You may also contact your IT or graphics department for assistance.

Running the Presentation

When using a laptop and projector, you may need to adjust the screen display area if the entire viewing area of the slide is not visible. For the best image quality, set the resolution of the presentation and the computer so that they are compatible with your projector by following these steps:

1. On the **Slide Show** menu, select **Set Up Show**.
2. In the box marked **Performance**, select the appropriate resolution for your projector in the **Slide show resolution** drop-down list. Refer to your projector manual for the appropriate resolution setting for your projector model. If you cannot find this information, or if you are unsure, most projectors support a resolution of 800 x 600 pixels.

If the only choice in the **Slide show resolution list** is **Use Current Resolution**, this indicates that your computer display is set to a resolution of 640 x 480 pixels. To access additional choices, increase your screen resolution in Windows by right-clicking the desktop, selecting **Properties** on the shortcut menu, and then choosing the desired resolution in the **Display Properties** dialog box.

3. Select **OK**.

TABLE 1: SUGGESTIONS FOR SLIDE TIMING FOR A 35 MINUTE PRESENTATION

<i>Section</i>	<i>Slide</i>	<i>Title</i>	<i>Suggested Timing</i>
Introduction	1	Promoting Physical Activity at Well Child Visits	5 minutes
	2	Objectives	
Background	3	Role of Provider in Promoting Physical Activity	10 minutes
	4	Benefits Associated with Physical Activity	
	5	BMI for Children and Teens	
	6	Overweight & Obese Children ages 2 to < 5 years	
	7	Overweight & Obese Children ages 5 to <20 years	
	8	Guidelines for Children Birth to Five Years	
	9	Physical Activity for Infants	
	10	Physical Activity for Toddlers	
	11	Physical Activity for Preschoolers	
	12	How Much PA do Children and Adolescents Need?	
	13	Physical Activity Definitions	
	14	Guidelines for Children and Adolescents (ages 6-17)	
	15	Aerobic Activity	
	16	Muscle Strengthening Activity	
	17	Bone Strengthening	
Application and Documentation	18	Brief Focused Advice	15 minutes
	19	Brief Focused Advice: Role Playing Exercise	
	20	Weight Assessment & Counseling for Nutrition & PA for Children/Adolescents/HEDIS 2011	
	21	PM 160 Documentation	
	22	Meeting the Guidelines	
Resources and References	23	Local Physical Activity Resources	5 minutes
	24	Exercise Prescription	
	25	Summary/Promoting Physical Activity	
	26	References	

TABLE 2: TRAINING MATERIAL PRINTING AND PACKET ASSEMBLY GUIDE

<i>Training packet labels</i>	<i>Instructions</i>
PA-CoverLabels.doc	<ul style="list-style-type: none"> • Print on 2" x 4" label stock
PA-PocketLabels.doc	<ul style="list-style-type: none"> • Print on 2" x 4" label stock

<i>Training packet: left-hand pocket items</i>	<i>Instructions</i>
PA-Presentation.ppt presentation handouts (26 single-sided pages or 13 double-sided pages)	<ul style="list-style-type: none"> • Print B & W double-sided copies on white paper • In the Print dialog box, select: <ul style="list-style-type: none"> ○ Print what: Handouts ○ Handouts: Choose preferred format ○ Color/grayscale: Pure Black and White ○ Check Frame Slides • Select # of copies needed • Select Print
PA-CounselingSteps-Tips.pdf (1 double-sided page)	<ul style="list-style-type: none"> • Print color double-sided copies on white paper
PA-RolePlaying.pdf (1 single-sided page)	<ul style="list-style-type: none"> • Print color single-sided copies on white paper
PA-Little Changes-Eng.pdf PA-Little Changes-Sp.pdf (2 single-sided pages)	<ul style="list-style-type: none"> • Print color single-sided copies on white paper
PA-Evaluation.doc (1 single-sided page)	<ul style="list-style-type: none"> • Print B & W single-sided copies on color paper

<i>Training packet: right-hand pocket items</i>	<i>Instructions</i>
PA-DevelopStages.pdf (1 double-sided page)	<ul style="list-style-type: none"> • Print B & W double-sided copies on white paper
PA-BeActive0-5.pdf (1 double-sided page)	<ul style="list-style-type: none"> • Print B & W double-sided copies on color paper or color double-sided copies on white paper
PA-BeActive6-20.pdf (1 double-sided page)	<ul style="list-style-type: none"> • Print B & W double-sided copies on color paper or color double-sided copies on white paper
PA-RxBeActive-Eng.pdf (1 single-sided page) PA-RxBeActive-Sp.pdf (1 single-sided page)	<ul style="list-style-type: none"> • Print B & W single-sided copies on white paper

<i>Additional items</i>	<i>Instructions</i>
PA-Attendance.doc (1 single-sided page)	<ul style="list-style-type: none"> • Print in landscape format on white paper