

PROMOTING HEALTHY WEIGHT AT CHDP WELL-CHILD EXAMS WORKSHOP USER GUIDE

Conducting the Workshop

The PowerPoint presentation in this module includes detailed talking points and background information to guide you. As you conduct this workshop with 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, which will take approximately 45 – 60 minutes.

Suggestions for slide timing during the presentation are listed in **Table 1** (page 3). For a shorter presentation, slides with extra detail (# 14 - 20) can be hidden by following these steps:

1. On the **Slide Show** menu, select **Hide Slide** for each slide you wish to hide.
2. To unhide slides, go to **Slide Show** menu, select **Hide Slide** for each slide you wish to unhide.

Toolkit Packets

This workshop introduces helpful tips for providers in initiating brief counseling on nutrition and physical activity. For successful hands-on learning, print and assemble a complete toolkit packet for each participant including presentation handouts and tools. Assemble extra packets for walk-ins. Print the following documents and place them in twin pocket folders:

- *Promoting Healthy Weight at CHDP Well-Child Exams* PowerPoint presentation handout
- *Role Playing Skit for CHDP Promoting Healthy Weight*
- *Delivering the Message/Tips for Encouraging Behavior Change*
- *Little changes. Big rewards.* poster
- *My Healthy Lifestyle Goal Tracker*
- *Who Will Change Their Behavior?*
- *My Plate Planner*
- *Workshop Evaluation* form

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

- Workshop packet cover label template (for front cover of the packet)
- Pocket label template (for inside pockets of the packet)

Customize the following document and print as needed:

- Attendance sheet

You may include additional materials such as local weight management and physical activity resources.

Speaker Tips

When conducting this workshop, review the contents of the 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. Animations have been included for selected slides. These may be modified or disabled to meet your needs.

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 45 - 60 MINUTE PRESENTATION

<i>Section</i>	<i>Slide</i>	<i>Title</i>	<i>Suggested Timing</i>
Introduction	1	Promoting Healthy Weight at CHDP Well-Child Exams	2 minutes
	2*	Directions to Hide Slides (Note: <i>Always hide this slide</i>)	
	3	Objectives	
Background	4	Framework for Childhood Obesity Prevention	15 minutes
	5	Physician Advice Does Make a Difference	
	6	Physician Advice About Being Overweight	
	7	Role of the Practitioner 2007 AMA	
	8	Recommendations	
	9	Why Use BMI-for Age?	
	10	BMI for Children and Teens	
	11	AMA Recommended Behaviors for Obesity Prevention and Treatment	
12	Babies Who are Exclusively Breastfed are Less Likely to Become Obese		
Obesity Prevention Messages	13	Little changes. Big rewards. poster	5 - 7 minutes
	14*	Get Moving	
	15*	Pull the Plug	
	16*	Eat Smart	
	17*	Eat Smart: Eat More Fruits and Vegetables	
	18*	Eat Smart: Eat Breakfast Daily	
	19*	Eat Smart: Eat Less Fast Food	
	20*	Drink Well: Limit Sugary Beverages	
Changing Behaviors	21	Delivering the Message	15 minutes
	22	The phone rings	
	23	Make it easy for people to do what they already want to do	
	24	Will This Boy Change His Behavior?	
	25	Will This Girl Change Her Behavior?	
	26	My Healthy Lifestyle Goal Tracker	
Practice	27	Role Playing Exercise	15 minutes
Conclusion/ Questions	28	Summary	5 minutes
	29	Resources	

*Hide slides for shorter training

TABLE 2: WORKSHOP MATERIAL PRINTING AND PACKET ASSEMBLY GUIDE

<i>Training packet labels</i>	<i>Instructions</i>
Healthy Weight-CoverLabels.doc	<ul style="list-style-type: none"> • Print on 2" x 4" label stock
Healthy Weight-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>
Healthy Weight-Presentation.ppt presentation handouts (29 single-sided pages or 15 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
Healthy Weight-TrainingEvaluation.doc (1 single-sided page)	<ul style="list-style-type: none"> • Print B & W single-sided copies on color paper
Healthy Weight-DeliveringMessage.doc	<ul style="list-style-type: none"> • Print B & W double-sided copies on white paper
Healthy Weight-Skit.doc	<ul style="list-style-type: none"> • Print B & W double sided copies on white paper

<i>Training packet: right-hand pocket items</i>	<i>Instructions</i>
KaiserMini-Poster: Little changes. Big rewards.pdf	<ul style="list-style-type: none"> • Print color single-sided copies on white paper
GoalTracker.pdf (2 single-sided pages or 1 double-sided page)	<ul style="list-style-type: none"> • Print color double-sided copies on white paper
MyPlatePlanner.pdf	<ul style="list-style-type: none"> • Print color or B & W double-sided copies on white paper
WhoWillChangeTheirBehavior.pdf	<ul style="list-style-type: none"> • Print color or B & W single-sided copies on white paper

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