

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

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January 16, 2013

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 measuring and weighing 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 *How to Accurately Weigh and Measure Children for the CHDP Well-Child Exam* training module will make it easier for CHDP programs to educate providers and their staff on the essential skills for accurately weighing and measuring infants and children. CHDP providers are aware of the importance of accurate measurements to assess child growth for the early identification of childhood overweight and obesity. However, because of staff turnover, there is a continual need for provider and staff training on accurate measurements. This training is intended for medical assistants, but the presentation can be tailored to meet the needs of other health professionals. The training focuses on the importance of accurate measurements, correct equipment, and ways to overcome challenges to obtaining accurate measurements. 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 accurately weigh and measure infants and children and would recommend the training to other health care providers.

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 accurate measurements. 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 one hour. 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 (530) 225-5478 or email kambrech@co.shasta.ca.us

Sincerely,

Karen Ambrecht, RD
CHDP Nutrition Subcommittee