The Health & Obesity: Prevention & Education Project

Providing Clinicians with the Skills and Tools to Assess, Prevent and Treat Pediatric Obesity

hopeproject@ucsd.edu
To register your training program and faculty, fill out the enclosed registration forms and return to:

The HOPE Project
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You may also request the form and return via email at hopeproject@ucsd.edu.

For more information, contact the HOPE Project team at hopeproject@ucsd.edu.

For individual registrants, please contact the HOPE team at hopeproject@ucsd.edu
The HOPE Curriculum at work for you

CONNECTING YOU TO THE TECHNOLOGY RESOURCES YOU NEED TO ASSESS, PREVENT, AND MANAGE PEDIATRIC OBESITY

Format

- **DUAL SCREEN FORMAT** PROJECTING A LECTURE VIDEO FILE ACCOMPANIED BY A SELF-ADVANCE POWER POINT SLIDE SET
- **REFERENCE BAR WITH SUPPLEMENTARY MATERIALS AND RESOURCES**
- **CLINICAL TOOLKITS, INCLUDING:**
  - **CLINICAL ALGORITHMS**
  - **CLINICAL ASSESSMENT FORMS**
  - **PATIENT HANDOUTS**
  - **REGIONAL RESOURCE LISTS**

Overview

The Health and Obesity: Prevention and Education (HOPE) project is a multidisciplinary, healthy living-counseling curriculum that educates clinicians on how to recognize children at risk for obesity and its co-morbidities and how to promote healthy weight among children and their families. Curriculum topics were selected by experts of nutrition, medicine, dentistry, behavioral counseling and education, and incorporate the 2007 Expert Committee recommendations regarding the prevention, assessment and treatment of childhood and adolescent obesity. The HOPE curriculum reviews the health consequences of childhood obesity, screening techniques to identify children and families at risk, the current evidence for health intervention recommendations, and teaches the theoretical rationale and art of constructive and culturally sensitive weight counseling for behavioral change. The HOPE curriculum is web-based and is available to both future and current clinicians across the United States. This educational tool, grounded in an understanding of relevant sciences, literature and research methods, provides clinicians with the skills necessary to identify and counsel patients at risk to promote healthy weight among youth.
Objectives by Module

EPIDEMIOLOGY AND ETIOLOGY OF PEDIATRIC OBESITY
To understand the epidemiology of childhood obesity in the US
To review the underlying etiologies of childhood obesity
To review the role and responsibilities of health professionals in the assessment and management of obesity in children

THE 2007 EXPERT COMMITTEE CHILDHOOD OBESITY GUIDELINES
To become familiar with the evidence associated with the recommendations from the Expert Committee
To learn how to assess obesity risk and identify obesity-related morbidities
To know the specific eating and physical activity behaviors that promote maintenance of healthy weight
To become familiar with the 4 stages of obesity management and care

ORAL HEALTH AND OBESITY
To summarize the relationships between oral health, lifestyle behaviors, and obesity and obesity-related comorbidities
To review a universal protocol for assessment and intervention on both oral health and obesity among all clinicians

BEHAVIORAL COUNSELING FOR EFFECTIVE LIFESTYLE CHANGE
To understand the behavioral and empirical basis for counseling children and their parents on weight-related issues
To learn how to effectively communicate health messages regarding diet, physical activity and weight with patients and their families
To learn how to teach parents on how to use their authority effectively to implement healthy family lifestyles
To become familiar with the motivational interviewing technique for eliciting patient concerns, evoking motivation and formulating a plan for behavioral change

CULTURAL COMPETENCY AND WEIGHT
To understand the social, economic, and environmental barriers that might affect specific cultures
To recognize key cultural considerations when working with families on obesity prevention and control

BUILDING A SYSTEM FOR OBESITY MANAGEMENT
To gain knowledge of practice and delivery systems of weight management
To become familiar with the Chronic Care paradigm
To review quality improvement models and to learn how to evaluate and improve clinical approaches to weight assessment and management

ADVOCACY AND CHILDHOOD OBESITY
To be aware of social, economic, and environmental barriers that might affect overweight/obese patients and their families in regards to their ability to implement clinical recommendations
To learn about the role and responsibility of health professionals in the public health agenda of obesity
To learn the skills necessary to advocate for the weight management needs of the population that one serves
Meets ALL ACGME Requirements

Educational Targets

ADDRESSES ALL 6 CORE COMPETENCIES
Specific HOPE project objectives were designed to address the six American College of Graduate Medical Education (ACGME) competencies in order to incorporate graduate medical education requirements.

PROVIDES MULTIPLE MODALITIES FOR TRAINING
In addition to the modular lecture series, role plays are available for experiential and interactive learning. The HOPE curriculum format allows for both group and individual learning opportunities. Given its modular format, the HOPE curriculum may be integrated into a training program’s core curriculum as a whole or in part to meet any training program’s educational needs and requirements.

MULTIPLE METHODS AND TOOLS OF EVALUATION
Evaluation is an important feature of the HOPE curriculum. The HOPE team has developed a number of evaluation tools for training programs, including:

360 Evaluation tools
Observed Structured Clinical Evaluations
Weight Assessment Evaluation Tool
Clinical Weight Management Assessment Tool
Weight Management Systems Evaluation Form

All tools are available free of charge upon request at hopeproject@ucsd.edu.

FACULTY DEVELOPMENT
Incentives for faculty participation and training include FREE CME credits and Maintenance of Board Certification, Part IV. Interested faculty should register in conjunction with their training program OR via email at hopeproject@ucsd.edu.

QUALITY IMPROVEMENT PROJECTS
Systems evaluation and quality improvement are addressed directly in the HOPE project via lecture and educational activity formats. A list of suggested quality improvement projects using HOPE Project tools may be obtained via email upon request at hopeproject@ucsd.edu.
CONTINUING EDUCATION CREDITS

10.5 hours AMA PRA Category I credits are available upon completion of the HOPE curriculum modules. Credit hours are assigned according to level of participation.

MAINTENANCE OF BOARD CERTIFICATION, Part IV

Maintenance of Board Certification, Part IV requirements may be met via completion of the entire HOPE curriculum and suggested Quality Improvement projects.

PROFESSIONAL SOCIETY SUPPORT

American Academy of Pediatrics
North American Society of Pediatric Gastroenterology, Hepatology, and Nutrition
American Academy of Family Physicians

ROLE PLAYS

Role-play scenarios depicting common clinical scenarios are available for case scenario and case-based learning. Scenarios emphasize key counseling concepts and skills. Clinical tools and patient handouts are also provided to improve clinician-patient communications and interactions on key physical activity and dietary messages.

QUALITY IMPROVEMENT

Quality Improvement concepts and methodologies are reviewed in the HOPE curriculum. Suggested quality improvement projects are also provided for clinician use to streamline clinical activities and to ensure compliance with Expert Committee recommendations for the assessment, prevention, and management of childhood obesity.

CULTURAL COMPETENCY

The HOPE curriculum addresses the important issues of cultural sensitivity and competency in regards to weight assessment and management. In addition, patient materials have been translated for clinical use and are available for download free of charge.
SAMPLE CLINICAL RESOURCES

CLINICAL ALGORITHM
SHAPES POSTER
SHAPES COUNSELING FORMS
WEIGHT MANAGEMENT SUMMARY FORM
NATIONAL COMMUNITY RESOURCES

The HOPE Project
The HOPE project provides a fully developed, multidisciplinary curriculum empowering clinicians to promote healthy lifestyles and healthy weight among youth. This standardized educational series, grounded in an understanding of relevant sciences, literature and research methods, will unify the approach to weight management among not only oral health and medical practitioners but also future clinicians.

For more information, and to register, contact the HOPE Project team at hopeproject@ucsd.edu.