

# Workshops in Focus

6<sup>th</sup> **Canadian  
Obesity  
Summit**

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April 23–26  
OTTAWA, ONTARIO



*Prevention, Treatment, and Rehabilitation > Clinical Management*

**Tuesday, April 23, 2019**

**08:30 – 10:00**

## **Advancing Obesity Prevention and Management Through Education and Collaboration: Efforts of an International Coalition**

Globally, healthcare providers play a vital role in the prevention and management of obesity, but are inadequately educated on obesity management. Given the high prevalence of obesity and its role in chronic diseases, innovative educational programs are needed throughout the healthcare system to improve knowledge and competencies in preventing and treating patients with obesity. Our international coalition to improve training in obesity prevention and management was formed in an effort to change educational standards and help educators navigate the challenges and roadblocks involved with developing and implementing an obesity curriculum. During this full-day interactive workshop you will be provided with the opportunity to learn about effective tools and resources that are available to healthcare professionals, as well as strategies for delivering educational content; implementing educational programs; overcoming barriers to implementation; and developing and evaluating an obesity curriculum. Learners will also be given a valuable opportunity to make connections with healthcare professionals with similar interests and hear from coalition members about exciting initiatives that have been implemented in different parts of the world. .

### **Agenda**

1. Introduction to the Coalition to Improve Training in Obesity Prevention and Management
2. Curricular development, core competencies, and evaluation
3. Strategies for transformative teaching and learning
4. Strategies for behaviour change: Recognizing and applying principles of motivational interviewing and relationship-based communication, and supporting patients in establishing realistic and sustainable goals
5. Introduction to obesity fellowship programs in Canada and the United States
6. Introduction to 5AsT-MD: A training workshop for health providers to improve obesity prevention and management
7. Effective clinical tools and resources: What's available?