

# Pediatric Obesity Prevention and Treatment

*How can we better help our patients?*

- Free, live, interactive, CME/CEU Program at your Pediatric or Family Medicine Practice
- Participants: Physicians and entire Practice Staff
- Time: 1.5 hours scheduled at your convenience
- Presenters: Trained Team of Physician and Registered Dietitian from your community
- Brought to you by *EPIC - Pediatric Obesity: evaluation, treatment and prevention in community settings*



**“EPIC - Pediatric Obesity: evaluation, treatment and prevention in community settings” Mission Statement:** To encourage primary care practices to work as a team to address obesity prevention and treatment in their practices and to be involved in obesity prevention efforts in their communities.

“EPIC – Pediatric Obesity” offers an update on current obesity prevention research and the American Academy of Pediatrics Expert Committee Recommendations on overweight and obesity. Obesity prevention encompasses assessment of weight for size and comorbidities, prevention, and intervention for all patients. Interventions include weight maintenance or weight loss, encouraging slow family meals (without the TV on!), awareness of pitfalls in eating out and beverage choices, and breastfeeding. Non-food interventions include assessment and counseling regarding screen time, sleep, mental health, and physical activity. Motivational interviewing techniques to collaborate with patients and families, coding, and reimbursement are discussed.

“EPIC – Pediatric Obesity” is funded, in part, under a contract with the Pennsylvania Department of Health through the Preventive Health and Health Services Block Grant from Centers for Disease Control and Prevention (CDC). Other partners include the PA Academy of Family Physicians and the PA Dietetic Association.

**For more information or to schedule a program, contact us at the  
PA Chapter, American Academy of Pediatrics:  
Sharon Shepherd at [sshepherd@paaap.org](mailto:sshepherd@paaap.org)  
Phone (800) 375-5214 [PA only] or (484) 446-3004**