

ChangeTalk

CHILDHOOD OBESITY

Change Talk: Childhood Obesity™ is an innovative role-play simulation that equips health professionals with motivational interviewing skills to effectively lead real-life conversations with parents and their children about healthy weight. To date, more than 30,000 people have accessed the simulation.



Build motivational interviewing skills to address childhood obesity and promote healthy weight.

1 PATIENT-CENTERED COUNSELING

Talk with Ethan and his mom to help them develop a plan to reduce the amount of soda he drinks.

2 REFLECTIVE LISTENING

Motivate Samantha to continue breastfeeding despite the pressure she faces at home and work.

3 SUSTAIN TALK

Help Adrian set healthy limits on his daughter's snacking while working through his strong opinions about parenting and body image.

HOW TO ACCESS & SPREAD THE WORD

Change Talk is a free resource, available for download from the Apple App Store™, Google Play™, and the Amazon App store.



The web version can be accessed at: <https://ihcw.aap.org/resources>.

Change Talk: Childhood Obesity was developed by the American Academy of Pediatrics Institute for Healthy Childhood Weight (Institute) and Kognito, a health simulation company. Development of this app was made possible by a grant from Danone Early Life Nutrition. The Institute gratefully acknowledges the shared commitment and support of its Founding Sponsor, Nestlé.



American Academy of Pediatrics
Institute for Healthy
Childhood Weight
WHERE LIFELONG RESULTS BEGIN

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