

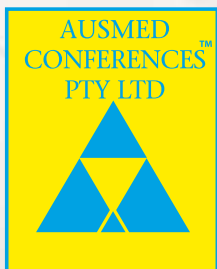
# Preventing & Managing Childhood Obesity

This program will teach nurses how to promote this aspect of child health wherever the opportunity arises: at work, amongst friends & in school networks.

Promote Wellness in YOUR Community

## Register Now

- Brisbane,** Thursday, 21<sup>st</sup> January & Friday, 22<sup>nd</sup> January 2010
- Adelaide,** Monday, 15<sup>th</sup> February & Tuesday, 16<sup>th</sup> February 2010
- Perth,** Tuesday, 16<sup>th</sup> February & Wednesday, 17<sup>th</sup> February 2010
- Sydney,** Monday, 8<sup>th</sup> March & Tuesday, 9<sup>th</sup> March 2010
- Melbourne,** Tuesday, 9<sup>th</sup> March & Wednesday, 10<sup>th</sup> March 2010



This seminar has been endorsed by APEC No 04083036 as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria.

Attendance attracts 10.5 RCNA CNE points as part of RCNA's Life Long Learning program (3LP).

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**See back page for more details.**

### YOUR FACILITATOR FOR DAY ONE OF THIS PROGRAM IS

#### Brigid Knight

Brigid is currently employed by the Mater Children's Hospital, Brisbane where her role lies in the dietetic management of children and teenagers with type 1 and type 2 diabetes and Prader Willi Syndrome. In addition, Brigid's focus is also in intensive management of type 1 diabetes, using insulin pumps and Dose Adjustment for Normal Eating (DAFNE) education. Brigid is coordinating a number of DAFNE research projects, as well as a multiple injection therapy project in teenagers with type 1 diabetes. She also coordinates the DAFNE program in Queensland.

#### 8.30am REGISTRATION AND REFRESHMENTS

#### 9.00am OVERVIEW AND INTRODUCTION TO PROGRAM

Many Australian children and adolescents are overweight or obese.

- What is the incidence in Australian children and what are the health risks?

#### 9.15am DEFINING THE PROBLEM

An examination of the definitions of obesity, and the severe impact the condition has on a child's life.

- What does obesity mean? What are the standards?
- Why is this an issue?
- What are the data?
- What are the results of childhood obesity?
- Why is this an important issue for nurse intervention?

#### 10.00am MORNING TEA AND COFFEE



#### 11.00am ROOT CAUSES OF CHILDHOOD OBESITY AND DIAGNOSIS

- What are the root causes of childhood obesity?
- How is it diagnosed e.g understanding body mass index?
- Nursing support and advice for the child and family.

#### 12.30pm LUNCH BREAK & TIME TO NETWORK

For details of our education programs or to register online visit our web site at:

[www.ausmed.com.au](http://www.ausmed.com.au)

#### 1.30pm THE CLINICAL/TECHNICAL ISSUES - NUTRITION REVIEW

- How weight loss works - energy burning.
- Effects of exercise.
- What nurses need to know.

#### 2.30pm AFTERNOON TEA AND COFFEE



#### 2.45pm TREATMENT APPROACHES - WHAT WORKS AND WHAT DOESN'T

- Diet.
- Exercise.
- Drugs - Review what's available and safe for children.
- Surgery.
- Formal weight loss programs.
- Therapy.

#### 4.00pm CLOSE OF DAY ONE OF SEMINAR

### Care of Sick Children A Basic Guide



by Gerry Silk

Alameda Publications

### YOUR FACILITATOR FOR DAY TWO OF THIS PROGRAM IS (Brisbane)

**Janet Taylor**

*Credentialed Diabetes Educator with the Mater Health Service, Brisbane and in her private practice she offers diabetes education services. Previously, she worked for some years with Diabetes Australia. Janet has extensive clinical nursing experience and an impressive knowledge of diabetes.*

### (Adelaide, Perth, Sydney, Melbourne)

**Catherine Wallace-Wilkinson, RN**

*Catherine is a Credentialed Diabetes Educator with many years experience in various aspects of diabetes care and education. In this role, she is currently self-employed in her business "Positive Health Directions". Catherine is a long-time, active member of the Australian Diabetes Educators Association and she has demonstrated a commitment to teaching nurses and other health professionals about the contemporary realities of managing diabetes and preventing complications.*

#### 9.00am WHY NURSES ARE SO IMPORTANT IN THE FIGHT AGAINST CHILDHOOD OBESITY

This session will look at the opportunities that exist for nurses to be 'agents of change' for health promotion within our community.

Where do nurses connect with children who are obese?

- In the doctor's office
- In school
- In the hospital
- In scouts and girl guides etc.
- In everyday life - in your children's lives and their friends
- In your family

#### 9.45am WORKING WITH CHILDREN WHO ARE OBESE

- How to talk with children about being overweight.
- Setting goals.
- Getting kids to exercise.
- Nurse involvement:
  - Schools
  - Doctor's office
  - Neighborhood
- Recording progress:
  - Using technology
  - Journaling



#### 10.45am MORNING TEA AND COFFEE

#### 11.15am WORKING WITH PARENTS OF OBESE CHILDREN

- Parental attitudes.
- Talking with children about overweight.
- Family involvement.
- Improving diet:
  - Healthy lunches and snacks
  - Eating out
- Improving activity level.
- Nurse involvement and strategies.

#### 12.30pm LUNCH & TIME TO BROWSE THE BOOK DISPLAY

#### 1.30pm THE SPECIAL ISSUES AFFECTING ADOLESCENT GIRLS AND OBESITY

- What are the powerful influences on this group of teenagers and their body image?
- What can be done to help them adjust false/innaccurate perceptions?
- How does obesity impact on the sexuality of teenage girls?
- What are the different types of eating disorders, and when does "being plump" change to "being obese"?
- Are obese girls more likely to be bullied and why?
- What do nurses need to understand about body image and sexual issues in teenage girls?

#### 2.45pm AFTERNOON TEA AND COFFEE



#### 3.15pm NURSES IN THE COMMUNITY PREVENTING CHILDHOOD OBESITY

Family values around food and the way these shape the food prepared for family meals, including food portions, are crucial to the prevention of obesity in children. Public health policies which actively encourage children to make healthy eating choices are just as important as local policies, such as schools having gardening and teaching how to prepare healthy food as part of the curriculum.

Discussion of :

- Advocacy
- Education
- Funding Sources

Questions and comments from the participants will be an integral part of this session.

#### 4.00pm FINAL QUESTIONS & COMMENTS

#### 4.15pm CLOSE OF PROGRAM AND EVALUATIONS

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**Step 1** Choose conference date: **Preventing & Managing Childhood Obesity**

- |   |  |
|---|--|
| <input type="checkbox"/> <b>Brisbane,</b> Thursday, 21 <sup>st</sup> January & Friday, 22 <sup>nd</sup> January 2010  | <input type="checkbox"/> <b>Sydney,</b> Monday, 8 <sup>th</sup> March & Tuesday, 9 <sup>th</sup> March 2010        |
| <input type="checkbox"/> <b>Adelaide,</b> Monday, 15 <sup>th</sup> February & Tuesday, 16 <sup>th</sup> February 2010 | <input type="checkbox"/> <b>Melbourne,</b> Tuesday, 9 <sup>th</sup> March & Wednesday, 10 <sup>th</sup> March 2010 |
| <input type="checkbox"/> <b>Perth,</b> Tuesday, 16 <sup>th</sup> February & Wednesday, 17 <sup>th</sup> February 2010 |  |

**Step 2** Participant details:

Name: \_\_\_\_\_

Position: \_\_\_\_\_

Workplace: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

(P) \_\_\_\_\_ (M) \_\_\_\_\_ (F) \_\_\_\_\_

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**Venues**

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The Pavilion, Qld Cricket Headquarters, Allan Border Field, 1 Bogan Street, Breakfast Creek. Qld.

**Adelaide**

Chifley on South Terrace, 226 South Terrace, Adelaide.S.A.

**Perth**

Rosehill Lodge, Padbury Stables, Lot 200 West Parade, South Guildford. WA. (Close to Airport)

**Sydney**

UTS Function Centre, University of Technology Sydney, 15 Broadway, Ultimo. NSW.

**Melbourne**

Hotel Ibis, 15-21 Therry Street, Melbourne. (Close to Queen Victoria Market in CBD).

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