

A Practical Guide to Healthy Weight Management in Reproductive Health and Primary Care

Wednesday, June 8, 2011

Registration: 9:00 am

Workshop: 9:30 am – 4:00 pm (**1-hour lunch on your own)

About this Workshop

This workshop will explore practical points for counseling clients on healthy weight management strategies. Particular attention will be paid to the barriers that both clinicians and clients face in their efforts to talk about weight management. Multiple tools will be shared with participants to facilitate discussions with clients. Recent research findings will be discussed, covering what is known about nutrition and physical activity strategies that work, as well as other contributing factors to weight such as stress and sleep. We will spend a portion of the day discussing medications (including contraceptives) that impact weight and pharmacologic and surgical approaches to weight loss. Reproductive health issues will be woven through the discussion so that family planning professionals can consider various aspects of weight management with their reproductive health clients.

***There will be an optional lunchtime exercise on mindful eating. If you are interested in participating in that exercise, please bring a bag lunch.*

Learning Objectives

By the end of this workshop participants will be able to:

1. Describe factors contributing to healthy weight management.
2. Discuss tools to be used with clients in brief clinical interventions for weight management.
3. List key strategies clinicians can use to assist their clients with healthy weight management, particularly in the context of reproductive health visits.

Who Should Attend

This workshop is designed for nurse practitioners and other clinical providers, RN's, nurse educators, and others who work as patient educators in a family planning clinic or other community health care setting.

Fees

- Title X (federally funded family planning) agency: **\$25**
- Non-Title X agency: **\$55**

Registration deadline: Wednesday, June 1, 2011

Location

Cherry Avenue Training Center
3414 Cherry Avenue NE
Salem, Oregon 97303

Trainer

Helen K. Bellanca, MD, MPH

Helen Bellanca is a family physician currently working for Oregon Public Health Institute on public health advocacy issues related to obesity. She also serves on the board of the Oregon Foundation for Reproductive Health, and is very active in reproductive health care. She directed a large three-year federal grant to address obesity with Hispanic farmworker families in the Columbia River Gorge region, and as part of that project developed multiple clinical tools for addressing healthy weight management in clinical encounters, including *Healthy Weight Management is for Everyone*, a clinical guide to be used in primary care exam rooms.

Continuing Education (CE)

The Center for Health Training is an approved provider of continuing nursing education by the Washington State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Upon successful completion of this CE activity 5.0 contact hours will be awarded. Successful completion of this continuing nursing education activity includes the following:

- Attending the entire CE activity
- Completing the CE Sign In form
- Submitting a completed evaluation form

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Disclaimer

Contents of this event are solely the responsibility of the Center for Health Training (CHT) and do not necessarily represent the official views of the Department of Health and Human Services. Printed materials are reviewed for medical accuracy and consistency with nationally standards of care and Title X program requirements.

Non-Endorsement of Products

The Center for Health Training approval status refers only to continuing nursing educational activities and does not imply that there is real or implied endorsement of any product, service, or company referred to in this activity nor of any company subsidizing costs related to the activity.

Acknowledgment

Funding is provided by the Department of Health and Human Services, Office of Population Affairs, Office of Family Planning, Region X grant #FPTPA100014.

Registration Form

Refunds are not available for cancellations within 48 hours of the event, but substitutions will be honored or credit given for a future event.

Confirmation letter with site locations and directions will be sent one week prior to the workshop.

In accordance with the American Disabilities Act (ADA), CHT would like to make every effort to accommodate participants with special needs. Please inform us of your special needs.



Center for Health Training

Please make check payable and send to:

Center for Health Training
1809 Seventh Avenue, Suite 400
Seattle, WA 98101
p: (206) 447-9538
f: (206) 447-9539
www.centerforhealthtraining.org
seattle@jba-cht.com

Name: _____

Job Title: _____

Credentials (check all that apply): ☐ NP ☐ PA ☐ CNM ☐ RN

other: _____

Agency: _____

Address: _____

City: _____ State: _____ Zip+4: _____

Phone: _____ Fax: _____

Email: _____

Supervisor Name: _____

Supervisor Phone: _____

If billing address is different than agency address, please enter billing address below:

Attn: _____

Billing Address: _____

City: _____ State: _____ Zip+4: _____

Fees:

[] \$25 Title X (federally funded family planning) agency

[] \$55 Non-Title X agency

You may also register on line by visiting our website: www.centerforhealthtraining.org

Completion of this registration form, as an individual, will reserve your space.

Register early, space is limited.