

Childhood Overweight & Obesity ECHO® Series

Increase your skills and competence in
childhood overweight and obesity management

Join the Childhood Overweight & Obesity ECHO®
series to be part of an engaged community of
practice and for weekly support and guidance.

How does Project ECHO® work?

Project ECHO® is an interactive hub
and spoke knowledge sharing model
with a focus on peer-to-peer learning,
co-management of cases and
collaborative problem solving.

Healthcare professionals can access
evidence-based, multidisciplinary
advice for their patients from a panel
of paediatric experts (paediatrician,
psychologist, dietitian and guest
contributors).

Curriculum

- Introduction to childhood obesity
- Raising and discussing weight with a child and family
- Defining and identifying childhood overweight and obesity
- 5As paradigm
- Nutrition action plan - assessment and goal setting
- Physical activity, screen time and sleep
- Psychosocial co-morbidities
- Counselling - motivational interviewing
- Medical co-morbidities

Register today

Upcoming 7-week series:

Thursdays at 8:00am

22 April to 3 June 2021

Via Zoom

Register via

<https://hw.qld.gov.au/hub/project-echo/>

Open to all medical (including
GPs and paediatricians),
nursing and allied health
professionals and all
experience levels.

For further information or
queries, please email
ECHO@hw.qld.gov.au