



RUSH CENTER FOR  
**Urban Health Equity**

# Community Health Worker Training Manual **PEDIATRIC OBESITY**



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## **SECTION 3: PEDIATRIC OBESITY**

### ***(Supplement to self-management core training)***

We could find no pediatric obesity CHW curriculums and therefore created our own. The area of pediatric obesity is broad. We chose to focus on several key areas: physical activity, portion control (using the My Plate concept), sugar sweetened beverages, and screen time. We also include a module for the co-morbid condition of asthma and obesity. This module is optional but we do recommend discussion of the obesity recommendations in the context of co-existing medication conditions. The obesity curriculum requires a solid foundation in nutrition and health. In our center, this portion of the training was delivered by a pediatrician but that level of clinical expertise is not necessary. A nutritionist, nurse, or other educator familiar with nutrition and health could also deliver the curriculum.

Remember:

- Integrate self-management skills into each lesson.
- Self-management skills and content delivery require practice. Make sure that at the end of each day, trainees make a change plan for themselves using the self-management skills to address their own challenges. This plan may or may not involve the disease-specific content area.
- Be sure to review the change plans and disease-specific content areas when sessions resume.

<b>Obesity Topic</b>	<b>Time Needed</b>
Obesity Overview	2 hours
Physical Activity	1 hour 30 minutes
Food Groups	1 hour
Portions	2 hours 15 minutes
Beverages	2 hours 30 minutes
Screen Time	1 hour 15 minutes
Other Topics	1 hour
Asthma and Obesity	1 hour 45 minutes

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