

Activity Planning Form

Title of Presentation:

Practical advice for caring for the pediatric patient with overweight or obesity

Describe the specific knowledge gap related to this activity and state WHY it should be addressed.

Obesity was not defined as a disease until 2013. Many physicians receive little to no education on obesity in medical school and falsely believe diet and exercise are the only treatment. Physicians feel unprepared and overwhelmed to treat the growing number of patients with obesity.

Provide a brief paragraph (2 or 3 sentences) explaining the PURPOSE and NEED for this activity and describe HOW the gap will be addressed.

The obesity epidemic is worsening amidst the ongoing COVID pandemic. This presentation will review practical and easy to implement tips for the pediatrician treating obesity. We will go beyond the "eat less, move more" mantra which has failed countless patients. We will review the pillars of obesity treatment; nutrition, physical activity, behavioral modification, medications and bariatric surgery. We will review motivational interviewing, setting SMART goals, coding and billing for services and more.

Write objectives from the perspective of the learner describing what will be achieved as a result of participation in the activity. Include improvements in knowledge, physician performance and patient outcomes. **AVOID** verbs such as: understand, know, learn and believe. Use verbs that communicate knowledge, comprehension, application, impart skills, or convey attitudes. Three objectives should be provided for each lecture.

1. Participants will gain confidence in creating patient-centered treatment plans for obesity, improve coding, billing and reimbursement for obesity-related visits, and
 2. gain awareness of resources and opportunities for engagement(LA AAP Obesity & Nutrition comm
 - 3.
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The activity is expected to generate an intervention to change participants: (please check all that apply)

- Knowledge
- Competence
- Practice Performance
- Patient Outcomes