

Foundation Weight Management and Nutrition Course



Course outline:

The course starts with an in-depth look at the development of obesity at an individual and population level. After this, the training is very practical in nature, and using numerous workshops aims to give all delegates the core skills required to successfully support overweight and obese clients. All delegates will receive fully up-to-date training materials as well as workshops.

This course is for:

This course is designed for those working with or planning to work with overweight or obese people. It is suitable for physical activity professionals, nurses and community health providers, healthy living practitioners or any person providing community health and wellness support.

Course Format:

Two day tutorial (16 hours)

Course Content:

The Foundation Nutrition and Weight Management course investigates the issue of obesity in adults, what causes it and how to help obese and overweight adults lose weight. The course covers the following areas:

➤ The Aetiology of obesity

The mechanics of weight-gain and fat storage, a look at the relationship between genetic disposition and environmental factors – what happens when genes meet the environment? What metabolic pathways are indicated in appetite and satiety disruption? What is the endocrine function of adipose tissue? What is the difference between hyperplastic adiposity and hypertrophic adiposity and why is this significant?

➤ The obesogenic environment

The biggest determinant of obesity is urbanisation but what are the significant factors. What is driving obesity in the environment and what are the policy and planning issues that need to be tackled. What are the practical things we can change and how can we make change in those aspects outside of our control?

➤ Obesity and the non-communicable lifestyle diseases

What is the link with diabetes, cancer and Coronary Heart Disease (CHD) and other non-communicable lifestyle diseases and diet? What are the main risk factors, and how are these impacted by obesity?

➤ Dieting

Why are diets only a temporary measure and not a permanent solution? What are the counterproductive features of crash dieting? A critical look at some of the more popular and obscure diets. What are the helpful aspects of diets and weight loss regimes, and how can we develop positive strategies for long term weight loss?

➤ Behavioural modification

Changing attitudes and challenging negative and counterproductive thought processes. Developing positive behaviour processes. What are the significant motivators for overweight people, and what are their barriers to change? How can we use beneficial techniques to influence thought processes?

➤ Psychology of eating

Why do we make the choices that we do? Why do we eat when we are not hungry? How can we build strategies to combat eating due to stress or boredom? Is grazing a useful strategy in an obesogenic environment or do we need a more structured approach?

➤ Working with groups

What should we consider when building a weight management programme? What are the issues of group dynamics and networking? What are the core messages to illicit change? How long should your programme be and how will you monitor success?

➤ **Working with individual clients**

When working with individuals how do we establish a productive and meaningful client relationship? What information will you collect, and how will you assess the needs of that individual?

➤ **Physical activity**

What part does physical activity play in a weight management programme? What are the considerations when designing and implementing an activity programme for overweight and obese individuals?

➤ **Energy requirements & Metabolism**

How is our metabolism set and what is its significance? How to calculate Body Mass Index (BMI), Resting Metabolic Rate (RMR) and Daily Energy Requirements (DER) as a guide for appropriate energy intakes. Interpreting bodyfat percentages and waist measurements? What is energy balance, and what are the parameters for sensible weight reduction?

➤ **Nutrition and food labels**

What is the Government's advice for healthy eating and what evidence is there for the efficacy of the popular "diets"? How to interpret nutritional information and apply the Eatwell plate.

Assessment:

Continuous assessment throughout the workshop day, no formal assessment.

Entry Requirements:

Minimum age 18

This course has undergone a rigorous assessment and accreditation by the Government training Organisation *Skills Active*, and is on the Department of Health's list of obesity training courses.

Each presenter has a wealth of practical and theoretical experience working in weight management projects and these specialist people continue to work with many overweight and obese subjects, providing hands on practical experience . All presenters are able to offer advice and help on course design and project set up, and are happy to offer assistance and support in setting up your service.

Weight Management Centre, Unit B206 Trident Business Centre, 89 Bickersteth Road, Tooting, London SW17 9SH
Tel: 020 8417 0078 miranda@wmc.uk.com or visit our website www.wmc.uk.com