



# Certificate of Training in Childhood and Adolescent Weight Management

Learn. Engage. Network.



Visit the CDR website at [www.cdrnet.org](http://www.cdrnet.org) for additional program information.

Offered by the Academy of Nutrition and Dietetics and Commission on Dietetic Registration.

Now approved for 35 CPE Hours!

The registration fee is \$370. Registration includes access to the on-line pre-work materials (self-study module and pre-test), 2 ½ day on-site program and a take home post-test. Beverage breaks are included. Meals are not included. **CDR has transitioned to a paperless on-site program. A paper copy of the program handouts will not be provided. Participants will be responsible for printing their own program handouts. Access to the program handouts including faculty PowerPoint presentations will be provided prior to the first day of the program.**



**September 7-9, 2017  
Hilton Memphis Hotel  
939 Ridge Lake Blvd.  
Memphis, TN 38120  
901-684-6664**

**Participation is limited. Please register by the registration deadline. (See registration form)**

Past certificate programs have been filled to capacity several days prior to the registration deadline.

Written confirmation will be sent by e-mail.

**Hotel Reservations** – A limited number of sleeping rooms have been reserved at the following hotel. To reserve your room at the special program rate noted below, please call the hotel by the reservation deadline date and mention that you are attending the Academy of Nutrition and Dietetics Weight Management Program. You will need to guarantee your reservation with a major credit card. Payment of all room, tax and incidentals will be the responsibility of each individual.

September 7-9, 2017  
Hilton Memphis Hotel  
939 Ridge Lake Blvd.  
Memphis, TN 98120

Rate of \$149.00 single/double for the evenings of  
September 6, 7, and 8.

To make your reservation please call the Hilton at  
901-684-6664 by Monday, August 14, 2017.

**\*Please note that this is a certificate of training program, not a certification program. Please refer to page 4 of this brochure for a definition of a certificate program. This certificate program is only open to Active, Student, International, International Student, and Retired category members of the Academy of Nutrition and Dietetics and CDR credentialed practitioners — RDN™ and DTR™. Program registration will not be processed until this requirement has been verified.**

**Transfer/Cancellation Policy: A \$75.00 administrative processing fee will be deducted from all refunds. An additional fee may apply if the pre-work materials and pre-test have been completed. Requests for cancellation should be submitted in writing to [Weightmgmt@eatright.org](mailto:Weightmgmt@eatright.org).**

# Certificate of Training in Childhood and Adolescent Weight Management \*

\*Please note that this is a certificate of training program, not a certification program.



Program	Location	Registration Deadline	Self-Study Module & Pre-test Deadline
<input type="checkbox"/> September 7-9, 2017	Memphis, TN	August 23, 2017	August 30, 2017

1. A \$50 late fee will be automatically applied to all registrations received after the published registration deadline.
2. Upon registration you will be provided instructions how to access the online pre-work materials class.
3. In order to attend the program, you must pass the pre-test with an 80% passing score.
4. CDR has transitioned to a paperless on-site program. A paper copy of the program handouts will not be provided. Participants will be responsible for printing their own program handouts. Access to the program handouts including faculty PowerPoint presentations will be provided prior to the first day of the program.

## Program Registration and Fees

Program Registration Fee	\$ <u>370.00</u>
Late Fee (\$50)	\$ _____
Total Payment Due	\$ _____

### Method of Payment

Check/Money Order     Visa/MC     Discover     American Express     Purchase Order Number: \_\_\_\_\_  
 Made payable to:  
 Commission on Dietetic Registration

(Payment must be received prior to first day of program.)

A \$75.00 administrative processing fee will be deducted from all refunds. An additional fee may apply if the pre-work materials and pre-test have been completed. Requests for cancellation should be submitted in writing to [Weightmgmt@eatright.org](mailto:Weightmgmt@eatright.org). In the event of cancellation of a certificate of training program, any expenses incurred by registrants or prospective participants shall not be the responsibility of CDR.

**Transfer/Cancellation Policy** If paying by credit card, your name and signature below indicate that you agree to the amount being charged to your account and that a \$75.00 fee will be charged if you transfer or cancel your registration at any time. An additional fee will apply if the module and pre-test are completed.

Academy Membership/Registration Number: \_\_\_\_\_  
 This certificate program is only open to Active, Student, International, International Student, and Retired category members of the Academy of Nutrition and Dietetics and CDR credentialed practitioners—RDN™ and NDTR™. Program registration will not be processed until this requirement has been verified.

\_\_\_\_\_  
 Name on Card

\_\_\_\_\_  
 First Name                      Last Name                      Badge Name (if different)

\_\_\_\_\_  
 Card #    Expiration Date

\_\_\_\_\_  
 Professional Credentials                      Position

\_\_\_\_\_  
 Signature    Zip code of billing address

\_\_\_\_\_  
 E-mail Address  
 (Required for Registration Confirmation and other written communication.)

**How did you hear about the Certificate in Weight Management Program?**

- Direct Mail/Postcard                       Manager Supervisor  
 Academy Newsletter/Eatright Weekly                       Colleague  
 Email Notice from CDR                       CDR/Academy Website  
 State Affiliates Communications/Website                       New RD/DTR Promo  
 New Academy Member Promo                       Social Media  
 Other  
 If other, please describe: \_\_\_\_\_

\_\_\_\_\_  
 Twitter Username

\_\_\_\_\_  
 Telephone Number  
 Your current Academy primary address will be used for all communications.

**In order to place you in the appropriate Motivational Interviewing (MI) counseling session breakout group, please identify your level of counseling skills using the following statements:**

- Level I:** Assumes that the participant has little or no prior knowledge or MI counseling skills.  
 **Level II:** Assumes that the participant has general knowledge of the literature and professional counseling practice experience relative to MI counseling.  
 **Level III:** Assumes that the participant has thorough knowledge of the literature and extensive professional MI counseling practice experience.

If you have a disability that requires special accommodations, please indicate:

- Yes** (If applicable, you will be contacted by CDR for supplemental information.)  
 **No**

**Please provide us with your emergency contact information in case we need to contact someone on your behalf while you are at the weight management program.**

\_\_\_\_\_  
 Name    Daytime Phone    Evening Phone

### To Register

| Call 1-800-877-1600 ext. 5500  
 | Email form to: [weightmgmt@eatright.org](mailto:weightmgmt@eatright.org)  
 | Fax form to: 312-899-5634

### Mail form to:

Commission on Dietetic Registration  
 120 S. Riverside Plaza, Ste. 2190  
 Chicago, IL 60606-6995

**Online at [www.cdrnet.org](http://www.cdrnet.org) To register, log in to the CDR website using your Academy/CDR web username and password, then click on the MYCDR link followed by the Weight Management Programs link.**

The country's leading health researchers call obesity the top nutrition problem in the United States. More than half of all adults are overweight and a third are obese, according to the National Institutes of Health, and as many as 20 percent of children are obese. Meanwhile, the Surgeon General's "Report on Physical Activity and Health" found exercise and physical activity among everyone from school-age children to adults to be at an all-time low. And, childhood and adolescent obesity is an increasingly important predictor of adult obesity. This program is designed to produce providers of comprehensive weight management care for children and adolescents who also know when and how to refer patients to other specialists.



**The Certificate of Training Offers:**

- ◆ cutting edge information and skills shared by leading practitioners in the field
- ◆ cases and exercises to allow hands-on experience
- ◆ valuable resource materials and tools for immediate use and future reference
- ◆ an opportunity to showcase your expertise by earning a Certificate of Training



**What's Involved?**

There are three components to the certificate of training program.

- ◆ on-line self-study module (including 16 hours of readings, activities, and a pre-test)
- ◆ a 2 1/2 day live workshop
- ◆ a take-home post test—only one opportunity to pass this test.

Since understanding the fundamentals of childhood and adolescent weight management is necessary to actively participate in the workshop, you must pass the pre-test (which is based on the online pre-work materials to attend the workshop. Those who do not obtain a passing score will be notified, and given an opportunity to retest as time permits.

The workshop will focus on practical, interactive learning. It will not repeat the didactic information covered in the self-study module. After successful completion of the full course and the multiple-choice question post-test (taken at home after the course), participants will be awarded a Certificate of Training in Childhood and Adolescent Weight Management, suitable for framing.

All program participants will receive continuing professional education units; however, only those who pass the post-test will receive the certificate.



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**"This course has multiple opportunities to make immediate changes in my practice area (education), and also a great foundation for more significant changes in the future. Research opportunities are endless!"**

**M. Rew, MS, RDN, LD**  
Associate Clinical Professor  
Denton, Texas



**There was a vast amount of information presented that provided varied information applicable to different practice areas of childhood/adolescent weight management. The faculty was very knowledgeable and dynamic presenters.**

**S. Quizon, MS, RD, LD**  
Asst. Director, Health Education and Prevention



**To Register**

**| Online at [www.cdrnet.org](http://www.cdrnet.org)\***

**| By phone: 1-800-877-1600 ext. 5500**

**| Mail form to:**  
**Commission on Dietetic Registration**  
**120 South Riverside Plaza, Suite 2190**  
**Chicago, IL 60606-6995**

**| Fax form to: 1-312-899-5364**

**\*To register, log in to the CDR website using your Academy/CDR web username and password then click on the MYCDR link followed by the Weight Management Programs Link. Please see page 1 of brochure for hotel information.**

## ◆ Agenda\*

### Program Topics

Fundamental Research and Current Practice Guidelines... Nutrition Assessment, Treatment, and Case Management... Medical Assessment and Management... Environmental and Genetic Influences on Pediatric Overweight... Prevention of Pediatric Overweight and Obesity... Physical Activity as a Treatment... Behavioral Management: Assessment and Interventions... Motivational Interviewing... Pediatric Weight Management Programs... School Nutrition... Culture Competencies

\*Please note that times are subject to change. A final agenda will be sent with the pre-work materials.

## ◆ Timeline (Tentative)

### Day 1

8:30 am—5:00 pm

(Check-in begins at 8:00 am)

### Day 2

8:30 am—5:00 pm

### Day 3

8:30 am—1:00 pm



## ◆ Program Type

The Certificate of Training in Childhood and Adolescent Weight Management program is a training program, not a certification program. Upon completion of the program, a participant is not awarded a designation or credential. Please note individuals who complete the certificate of training are not certified. The term certification should only be used when referencing the completion of a certification examination such as the Registration Examination for Dietitians. Definitions of a certificate program and a certification program are:

### Certificate Program:

A certificate program is an intensive training program with a component that assesses the participant. Upon completion of the program, participants receive a certificate attesting to the attainment of a new knowledge/skill set (e.g., Academy/CDR Certificate Program in Adult Weight Management). Unlike a certification program, participants do not receive a professional designation. Individuals completing a Certificate program receive CPEUs for training and assessment time regardless of whether they pass the post-course assessment and receive the certificate.

### Certification Program:

A process, often voluntary, by which individuals who have demonstrated the level of knowledge and skill required in the profession, occupation, role, or skill are identified to the public and other stakeholders.

## ◆ Facilitators\*

**Nancy Copperman**, MS, RD, CDN

**Gwen Davies**, PhD

**Gail Frank**, DrPH, RD, CHES

**Dana E. Gerstein**, MPH, RD

**Sandra Hassink**, MD, FAAP

**Michelle Horan**, RD, LD

**Marc Jacobson**, MD

**Craig Johnston**, PhD

**Debra L. Kibbe**, MS, PHR

**Mary Susan Sewell**, MS, RD, LD

**Donna Martin**, EdS, RDN, LD, SNS

**Aida Miles**, MSc, RD, CSP, LD, CSND

**Melinda Sothern**, PhD, CEP

**Vanessa Thornton**, RD, CSP

*\*Program facilitators to be selected from this list.*

## ◆ Advisory Committee

A team of over thirty leading experts in the field of weight management contributed to the development and review of this certificate of training course, including:

**Cheryl L. Alto**, MS, RD

**Judith L. Anderson**, MS, RD

**Diane Anderson**, PhD, RD, FADA

**Sarah Barlow**, MD

**Robert Berkowitz**, MD

**Karen Bettin**, MS, RD

**Nancy Copperman**, MS, RD, CDN

**Marilyn L. Day**, MS, RD

**William Dietz**, MD, PhD

**Lenard Epstein**, MD

**Illene Fennoy**, MD

**Steve Gortmaker**, MD

**Marc Jacobson**, MD

**Beth Leonberg**, MS, RD, CSP, LDN, FAND

**Betty Lucas**, RD

**David Ludwig**, MD, PhD

**Anne B. Marietta**, PhD, RD, LD

**Aida Miles**, MMSc, RD, CSP, LD, CSND

**Karen Peterson**, MS, RD, LDN

**Judy C.C. Phillips**, MS, RDN, LDN

**Kenneth Resnicow**, PhD

**Terri Lang Rubio**, MPH, RD

**Denise Sofka**, MPH, RD

**Karen Amorde Spalding**, MS, RD, CSP

**Bonnie Spear**, PhD, RD

**Jamie Stang**, PhD, MPH, RD, LN

**Andrew Tercovec**, MD

**Robyn L. Wong**, MPH, RD, CSP

**Carol P. Williams**, MS, RD, LD

**Tracy Winder**, MS, RD, LD, CSND

**Babette Zemel**, PhD