

**Certificate of Training in Childhood and Adolescent Weight Management Program**  
**Competencies and Performance Indicators**  
**19 CPE Hours**  
**Activity Type: 120 (Certificate Program)**

**Childhood Program - Keynote on Fundamental Research and Current Practice Guidelines –**  
**1.0 CPE Hours**

- 4.1 Demonstrates sound professional judgment and strategic thinking in practice.**
  - 4.1.2 Interprets and integrates evidence-based research and literature in decision making.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.**
  - 4.2.6 Analyzes and synthesizes information and identifies new information, patterns and findings.
- 6.1 Leads, manages and/or participates in quality improvement and customer satisfaction activities to improve delivery of services.**
  - 6.1.9 Interprets data to formulate judgments, conclusions and reports.
- 6.2 Demonstrates skills in researching, and in collaboration with others, critically examines and evaluates information to influence practice.**
  - 6.2.5 Applies research/evidence-based findings to improve practice, service delivery, and health and nutrition of customers.
- 6.3 Participates in and/or leads research initiatives following ethical and professional research methodology.**
  - 6.3.11 Applies research/evidence-based findings to improve practice, service delivery and health and nutrition of customers.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.**
  - 8.1.2 Applies knowledge of food and nutrition as well as the biological, physical and social sciences in practice.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.**
  - 8.2.1 Assesses the physical, social and cultural needs of the individual, group, community or population.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.**
  - 8.3.6 Keeps abreast of current nutrition and dietetics knowledge and trends.
- 10.2 Implements the Nutrition Care Process to ensure individual health goals are established, monitored and achieved while adhering to the Standards of Practice in Nutrition Care for RDNs.**
  - 10.2.4 Integrates foundational dietetics knowledge with critical appraisal of assessment data to diagnose nutrition problems (using problem

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**Childhood Program - *Assessment, Treatment and Case Management of Pediatric Overweight* –  
2.5 CPE Hours**

- 2.2 Collaborates with others to achieve common goals and to optimize delivery of services.**
  - 2.2.1 Identifies the need for and negotiates common ground with customers, interprofessional team members and other stakeholders.
  - 2.2.2 Considers and respects the opinions, creativity, values, beliefs and perspectives of others.
  - 2.2.4 Collaborates with others when the required skill is beyond his/her competence.
- 2.3 Employs strategies and facilitates teambuilding skills.**
  - 2.3.1 Applies the principles of collaboration and negotiation in teamwork.
  - 2.3.3 Models behaviors that maximize group participation by consulting, listening and communicating clearly.

**Childhood Program - *Physical Activity as Treatment* – 1.5 CPE Hours**

- 1.2 Works within personal and professional limitations and abilities.**
  - 1.2.3 Refers customer to the appropriate professional and/or service provider when needs are beyond personal or professional scope of practice.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.**
  - 8.2.4 Imparts knowledge of the importance of physical activity and applies behavior change principles to promote physical activity and decrease inactivity.
- 9.1 Recognizes and applies education and learning theories and principles in practice.**
  - 9.1.1 Demonstrates and applies age-appropriate education principles.
- 9.6 Uses effective counseling and coaching skills and strategies in practice.**
  - 9.6.4 Assesses customer's readiness to change when applying specific counseling strategies.
  - 9.6.5 In collaboration with the customer, develops counseling or coaching goals.
- 10.2 Implements the Nutrition Care Process to ensure individual health goals are established, monitored and achieved while adhering to the Standards of Practice in Nutrition Care for RDNs.**
  - 10.2.3 Analyzes and synthesizes the assessment data to identify nutrition problems following the Standards of Practice in Nutrition Care for RDNs.
  - 10.2.4 Integrates foundational dietetics knowledge with critical appraisal of assessment data to diagnose nutrition problems (using problem solving, etiology, signs and symptoms [PES] statements, which can be resolved or improved through treatment or nutrition intervention.

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- 10.2.9 In collaboration with the client and interdisciplinary team (including NDTRs), selects and implements current and evidence-based nutrition interventions and patient education.

**Childhood Program - *Environmental Influences on Pediatric Overweight* – 1.0 CPE Hour**

- 12.2 Assess the need to develop and implement community or population health programs and/or interventions.**  
12.2.2 Identifies & reviews relevant literature and evidence-based research to create program plans and to justify needs and/or actions.
- 12.3 Develops a community and population health program or intervention to meet the needs of the community and/or population.**  
12.3.5 Takes into consideration public health policies and standards related to food and nutrition.

**Childhood Program - *Behavioral Management: Assessment and Interventions Counseling, Spirit of MI and Breakout Groups* – 4.0 CPE Hours**

- 8.4 Demonstrates and applies knowledge of culinary practices to effect behavioral change, taking into consideration customer needs and demands.**  
8.4.4 Considers customer's choice, beliefs, food sensitivities, allergies, wants and needs.  
8.4.5 Uses counseling techniques to promote behavior changes in food preparation.
- 9.1 Recognizes and applies education and learning theories and principles in practice.**  
9.1.3 Identifies and analyzes factors that influence behavioral change.
- 9.2 Establishes, develops and implements program outlines and learning plans to meet the needs of various individuals, groups and populations.**  
9.2.1 Assesses learning needs of the individual or target group.  
9.2.4 Collaborates with learner(s) and colleagues to formulate specific, measurable and attainable objectives and goals.
- 9.6 Uses effective counseling and coaching skills and strategies in practice.**  
9.6.1 Determines and applies counseling theories, psychological methods and strategies that empower customers to make changes.  
9.6.3 Determines the customer's expectations and aspirations and manages situations wherein these expectations cannot be met.  
9.6.4 Assesses customer's readiness to change when applying specific counseling strategies.  
9.6.5 In collaboration with the customer, develops counseling or coaching goals.  
9.6.6 Assists with resolution of barriers to achieving counseling and coaching goals.  
9.6.7 Determines if further action is required as follow-up to counseling and coaching.

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**Childhood Program - *Developing a Clinical Program for the Management of Childhood and Adolescent Obesity* – 1.5 CPE Hours**

- 3.1 Demonstrates and applies leadership skills.**
  - 3.1.3 Takes initiative to facilitate change.
  - 3.1.7 Participates in the development of the organization's strategic plan, mission and vision.
- 3.3 Advocates for the customer and facilitates acquisition of services and resources.**
  - 3.3.3 Collaborates with customers and others to support access to services.
  - 3.3.4 Engages in active discussions with others to establish a method to best meet and serve the needs of the customer and the population.
  - 3.3.5 Advocates for public health and wellness within the context of the organization and community.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.**
  - 4.2.6 Analyzes and synthesizes information and identifies new information, patterns and findings.
  - 4.2.7 Integrates relevant information with previous learning, experience, professional knowledge, and current practice models.
  - 4.2.8 Identifies and implements a plan to address the problem, issue or challenge.
  - 4.2.9 Evaluates the effectiveness of a plan, and identifies required future actions.
- 6.2 Demonstrates skills in researching, independent critical examination and evaluating literature to influence practice.**
  - 6.2.3 Interprets data to make recommendations and to inform decisions.
  - 6.2.5 Applies research/evidence-based findings to improve practice, service delivery, and health and nutrition of customers.
- 6.3 Participates in and/or leads research initiatives following ethical and professional research methodology.**
  - 6.3.11 Applies research/evidence- based findings to improve practice, service delivery and health and nutrition of customers.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.**
  - 8.2.1 Assesses the physical, social and cultural needs of the individual, group, community or population.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.**
  - 8.3.6 Keeps abreast of current nutrition and dietetics knowledge and trends.
- 11.1 Leads or participates in the development of products and/or services related to food, nutrition, equipment and systems.**

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- 11.1.1 Conducts feasibility studies to determine validity of, and need for, products or services.
- 11.3 Incorporates key sales principles while maintaining integrity of self, the organization and the nutrition and dietetics profession.**
  - 11.3.2 Establishes, implements and evaluates measurable goals to meet projections or targets.
- 12.1 Advocates for health and disease prevention in the community and population.**
  - 12.1.2 Leads or participates in the development of food, nutrition and health policies.
  - 12.1.3 Collaborates with community partners and stakeholders in promoting nutritional health and disease prevention.
- 12.2 Assesses the need to develop and implement community or population health programs and/or intervention.**
  - 12.2.2 Identifies and reviews relevant literature and evidence-based research to create program plans and to justify needs and/or actions.
  - 12.2.3 Identifies individual, public/private organization and government roles and responsibilities within public health and health care systems.
  - 12.2.4 Identifies available resources and funding opportunities.
  - 12.2.8 Synthesizes assessment data to determine and prioritize program goals and objectives.
- 12.3 Develops a community and population health program or intervention to meet the needs of the community and/or population.**
  - 12.3.1 Designs programs and/or interventions based on assessment and evidence- based literature.
  - 12.3.4 Collaborates with community partners to design the program.

**Childhood Program - *Weight Loss Surgery for Adolescents with Severe Obesity: Nutritional Considerations* – 1.0 CPE Hour**

- 8.1 Interprets and applies evidence-based comparative standards for determining nutritional needs.**
  - 8.1.1 Interprets and applies evidence-based comparative standards for determining nutritional needs.
  - 8.1.5 Applies medical nutrition therapy in disease prevention and management.
- 9.4 Teaches, guides and instructs a variety of individuals, groups or populations.**
  - 9.4.2 Selects and uses appropriate content and teaching methods to meet individual and group needs.
  - 9.4.4 Adjusts education plan to meet the needs of the individual, group and population

**Childhood Program - *Cultural Competence for Successful Weight Management Counseling* – 1.0 CPE Hour**

- 2.1 Utilizes appropriate communication methods and skills to meet the needs of various audiences.**

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- 2.1.7 Delivers information and opinions in a respectful and professional manner.
- 9.4 **Teaches, guides and instructs a variety of individuals, groups or populations.**
  - 9.4.5 Implements an individualized teaching plan in order to promote, maintain and enhance nutritional health and learning.
  - 9.4.6 Uses socially and culturally appropriate strategies in order to respect diverse cultures and values.

**Childhood Program - *Prevention of Pediatric Overweight and Obesity: Population and Individual Approaches* – 1.5 CPE Hours**

- 3.3 **Advocates for the customer and facilitates acquisition of services and resources.**
  - 3.3.5 Advocates for public health and wellness within the context of the organization and community.
- 6.3 **Participates in and/or leads research initiatives following ethical and professional research methodology.**
  - 6.3.11 Applies research/evidence-based findings to improve practice, service delivery and health and nutrition customers.
- 8.2 **Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.**
  - 8.2.1 Assesses the physical, social and cultural needs of the individual, group, community or population.
  - 8.2.5 Keeps abreast of, advocates for and integrates knowledge of national and local funding models that impact the population and services provided.
- 8.3 **Demonstrates a commitment to maintaining and enhancing knowledge.**
  - 8.3.6 Keeps abreast of current nutrition and dietetics knowledge and trends.
- 8.4 **Demonstrates and applies knowledge of culinary practices to effect behavioral change, taking into consideration customer needs and demands.**
  - 8.4.4 Considers customer's choice, beliefs, food, sensitivities, allergies, wants and needs.
- 9.2 **Establishes, develops and implements program outlines and learning plans to meet the needs of various individuals, groups and populations.**
  - 9.2.1 Assesses learning needs of the individual or target group.
  - 9.2.2 Determines and takes into consideration the literacy level and readability needs of the individual, group and population
- 9.4 **Teaches, guides and instructs a variety of individuals, groups or populations.**
  - 9.4.6 Uses socially and culturally appropriate strategies in order to respect diverse cultures and values.
- 10.1 **Performs nutrition screening to evaluate individual health, malnutrition and disease while adhering to the Standards of Practice (SOP) in Nutrition Care for RDNs.**

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- 10.1.3 Works collaboratively with the interdisciplinary team (including NDTRs) to identify and implement valid and reliable nutrition screening to support access to care.
- 12.1 Advocates for health and disease prevention in the community and population.**
  - 12.1.3 Collaborates with community partners and stakeholders in promoting nutritional health and disease prevention.
- 12.3 Develops a community and population health program or intervention to meet the needs of the community and/or population.**
  - 12.3.5 Takes into consideration public health policies and standards related to food and nutrition.
- 12.4 Implements community-based and population-based programs and/or interventions in collaboration with stakeholders.**
  - 12.4.2 Collaborates with community partners to implement programs based on the assessed needs, values, beliefs, limitations and strengths of the population.
  - 12.4.5 Provides nutrition information and education to the community.

**Childhood Program - *School Nutrition* – 1.5 CPE Hours**

- 12.1 Advocates for health and disease prevention in the community and population.**
  - 12.1.1 Promotes nutrition programs and resources to address issues of food security, nutritional health and overall health and wellness.
- 13.2 Develops, directs, manages and evaluates the use of standardized recipes for food production in delivery systems.**
  - 13.2.1 Adheres to and communicates relevant regulations, dietary guidelines and organization policies in menu development and implementation.
  - 13.2.7 Collaborates with the RDN and/or leadership in modifying recipes and menus that accommodate diverse health, economic and cultural needs in order to achieve nutritional goals and requirements.

**Childhood Program - *Post-Test* – 2.5 CPE Hours**

- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.**
  - 8.3.7 Integrates new knowledge and skills into practice