

**Certificate of Training in Obesity Interventions for Adults**  
**Total of CPE Hours for Program = 44**

**Pre-Work Materials = 30**  
**Face-to-Face Two-Day Collaborative Session = 14**

**Select Activity Type:** 120 Certificate Program  
**Date Completed:** the last day of the onsite weight management program  
**Suggested Essential Practice Competencies:** See below by session.

**Pre-Work Materials:**

**Science of Obesity Module = 3 hours**

Learning Objectives:

- Describe the key obesity-related physiological and metabolic pathways.
- Describe how adipose tissue functions as an endocrine organ and the metabolic impact.
- Cite these terms and describe their effect on metabolism and implications for treatment of overweight and obesity
- Cite the hormones that regulate hunger and satiety and describe implications for weight management treatment.
- Describe the role of liver fat and the impact on comorbidities of obesity.
- Describe the impact of genetic imprinting and the intrauterine environment and the impact on the development of obesity.
- Discuss the microbiome and the possible affects and dietary treatment options.

Essential Practice Competencies addressed:

- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
81. Interprets and applies current food and nutrition science and principles in dietetics practice.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.

**Diet and Nutrition Module = 3 hours**

Learning Objectives:

- Describe the latest evidence-based guidelines for adult weight management treatment.
- Apply the key nutrition-related guidelines to a weight management treatment plan.
- Specify specific evidence-based tools for adult weight management, such as meal replacements and other portion control tools.

Essential Practice Competencies:

- 1.3 Applies customer-centered principles in practice.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and

challenges.

- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.
- 9.2 Establishes, develops, and implements program outlines and learning plans to meet the needs of various individuals, groups and populations.

### **The Role of Physical Activity in Weight Management Module = 5 hours**

#### Learning Objectives:

- Describe the concept of dynamic energy balance.
- Distinguish the roles of physical activity in the three phases of weight management.
- Apply cognitive behavioral change strategies appropriately to the adoption of increased physical activity habits for adults.
- Evaluate when and to whom patients/clients need to be referred for physical activity counseling/intervention.
- Cite the components of a physical activity assessment for adults.
- Apply physical activity assessment data to the calculation of total daily energy expenditure for adults.
- Specify the RD scope of Practice re: physical activity in weight management
- Identify accredited physical activity-related certifications appropriate for RDs to obtain if desired.
- Identify credible sources of information regarding PA, obesity, and behavior change.

#### Essential Practice Competencies addressed:

- 1.2 Works within personal and professional limitations and abilities.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.
- 9.3 Designs, selects and implements education strategies to meet the learning needs of the individual, group community and population.
- 9.6 Uses effective counseling and coaching skills and strategies in practice.
- 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.

### **Behavior Management and Counseling = 4 hours**

#### Learning Objectives:

- Describe the behavioral skills and techniques used in cognitive behavior therapy (CBT) to help clients modify eating and activity habits.
- Describe characteristics of CBT for obesity management.
- Describe cognitive skills utilized in a CBT approach to weight management.
- Describe the four main components of motivational interviewing.
- Explain the importance of accurate reflective statements.
- Understand the techniques for providing clients with objective feedback.
- Describe the dietitian and client outcomes of training dietitians in basic MI interviewing skills.
- Describe the differences between individual and group weight management counseling.

- Define the key elements to successfully facilitating groups.
- Describe the methods to adapt MI counseling principles to a group setting.

Essential Practice Competencies:

9.6 Uses effective counseling and coaching skills and strategies in practice.

**Obesity Medical Nutrition Therapy Module = 4 hours**

Learning Objectives:

- Apply the nutrition-focused physical exam for WM to case study scenario.
- Cite the most relevant WM SOP/SOPPs.
- Describe the NCP as it relates to WM treatment.
- Cite the research for WM HIT and how to apply to WM plan.
- Cite specific professional recommendations for self-disclosure and referral.
- Cite the scientific principles for conducting research.
- Describe ANDHII and how it can be used in WM practice.

Essential Practice Competencies addressed:

- 1.1 Identifies with and adheres to the code of the ethics for the profession.
- 5.1 Acquires knowledge of technology systems consistent with role and responsibilities.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.
- 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.
- 10.5 Documents and maintains records according to the SOP for the RDN, legislation, regulations and organization policies.

**Pharmacotherapy and Medical Complications in Weight Management = 3 hours**

Learning Objectives:

- Cite the history of anti-obesity pharmacotherapy
- Describe the current criteria for anti-obesity pharmacotherapy use.
- Differentiate patients who are potential candidates for anti-obesity pharmacotherapy.
- Describe the FDA-approved anti-obesity pharmacotherapy options.
- Cite the mechanisms of action of the FDA-approved anti-obesity medications.
- Describe average weight loss effects vs duration of time for FDA-approved anti-obesity medications.
- Describe the contraindications and most common side effects of FDA-approved anti-obesity medications.
- Cite the common metabolic complications of obesity.
- Describe the prevalence of common metabolic complications of obesity.
- Identify the signs and symptoms of common mechanical complications of obesity.
- Describe the prevalence of mechanical complications of obesity.

Essential Practice Competencies Addressed:

- 4.2 Reflects, integrates and evaluates using critical thinking when face with problems, issues and challenges.
- 10.4 Applies knowledge of the interrelationship and impact of pharmacotherapy, dietary

supplements, functional foods and nutrients on health and disease in accordance with the Scope of Practice and Standards of Professional Performance for RDNs

### **Nutritional Care of the Bariatric Surgery Patient = 3 hours**

#### Learning Objectives:

- Describe the indications for recommending weight loss surgery.
- Describe the various types of bariatric surgery commonly performed in the U.S. today and the mechanisms of action.
- Describe how the procedures differ in influencing the weight regulatory system.
- Describe how each bariatric procedure influences vitamin and mineral status.

#### Essential Practice Competencies

- 4.1.2 Interprets and integrates evidence-based research and literature in decision making.
- 4.2.2 Reflects on own values, beliefs and biases

### **Weight Loss Maintenance Module = 4 hours**

#### Learning Objectives:

- Define weight loss maintenance
- Describe energy balance in the context of weight loss maintenance.
- Describe physiological and behavioral factors that affect energy balance and ultimately, weight loss maintenance
- Apply findings from the empirical literature on weight loss maintenance in practice settings.
- Identify technologies and tools to facilitate weight loss maintenance
- Identify who the RDN can work with in interdisciplinary settings to facilitate weight loss maintenance.

#### Essential Practice Competencies Addressed:

- 1.2 Works within personal and professional limitations and abilities.
- 4.1 Demonstrates sound professional judgment and strategic thinking in practice.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 5.2 Utilizes technology according to organization needs and workplace policies and procedures.
- 8.2 Recognizes and respects the physical, social, cultural, institutional and economic environments of the individual, group, community and population in practice.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

### **Pre-Test = 1 Hour**

#### Essential Practice Competencies:

- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.

### **Total Hours for On-site Program = 30 hours**

## **Face-to-Face Two-Day Collaborative Learning Session:**

### **Keynote Speaker = 1 hour**

#### Learning Objectives:

- Understands the role of the RDN in weight management for individual clients, health systems, and communities.
- Recognizes the importance of providing evidence-based weight management services to patients/clients.
- Understands the importance of RDNs participating in continuous learning activities for weight management.
- Describes the important role of leadership for RDNs participating in weight management.

#### Essential Practice Competencies:

- 3.2 Advocates and challenges others to take action to advance the profession.
- 8.2 Recognizes and respects the physical, cultural, institutional and economic environments of the individual, group, community and population in practice.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

### **Session Title: Counseling and Behavior Management = 4 hours**

#### Learning Objectives:

- Recognizes and applies education and learning theories and principles in practice.
- Establishes, develops and implements program outlines and learning plans to meet the needs of various individuals, groups and populations.
- Uses effective counseling and coaching skills and strategies in practice.

#### Essential Practice Competencies:

- 9.1.2 Identifies and works to minimize and overcome barriers to learning
- 9.1.3 Identifies and analyzes factors that influence behavioral change.
- 9.1.4 Evaluates factors that influence the learning process and skill building.
- 9.2.4 Collaborates with learner(s) and colleagues to formulate specific, measurable and attainable objectives and goals.
- 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.

### **Session Title: Challenges and Opportunities in the Outpatient Setting = 1.5 hours**

#### Learning Objectives:

- Develop a nutrition care plan for weight management in an outpatient clinic setting
- Establish relationships with other health care providers for referral, communicating care plans, and addressing conflicting recommendations

- Respond to institutional challenges such as weight bias and electronic medical record communication

Essential Practice Competencies:

- 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.
- 2.2 Collaborates with others to achieve common goals and to optimize delivery of services.
- 1.5 Adheres to and models professional obligations defined in legislation, standards and organization policies.

**Wrap Up Day One, Q&A, Personal Reflection = .50 hour**

Learning Objectives:

- Identify strategies for extending and applying the concepts addressed to their personal work situation or professional development.

Essential Practice Competencies:

- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.

**Day 1 Hours = 7.00**

**Session Title: Envisioning the Future: Counseling Clients with Overweight and Obesity in Private Practice and Nontraditional Settings = 1.5 hours**

Learning Objectives:

- Leverage a variety of nontraditional settings available to work with clients on obtaining a healthy weight.
- Elevate the RDNs professional profile through communications, media exposure and networking.
- Guide clients in overcoming barriers to weight loss success (i.e; addressing weight loss maintenance and resistance to physical activity).

Essential Practice Competencies:

- 3.2.2 Participates in professional and personal development activities for career growth and skill enhancement.
- 4.1.1 Demonstrates effective problem solving and professional judgment to address a need.
- 4.2.8 Identifies and implements a plan to address the problem, issue or challenge.
- 8.2.4 Imparts knowledge of the importance of physical activity and applies behavior change principles to promote physical activity and decrease inactivity.
- 9.6.1 Determines and applies counseling theories, psychological methods and strategies that empower.

**The Nutritional Care of the Patient Undergoing Bariatric and Metabolic Surgery – 1.5 hours**

Learning Objectives:

- At the end of this session, participants will be able to

- Describe the key features of a pre-operative bariatric nutrition evaluation and using critical thinking, evidence-based decision making, be able to assess if further pre-operative nutrition interventions are indicated.
- Describe the difference between pre-operative weight loss to shrink the liver volume and weight loss to decrease inter-abdominal fat and improve metabolic co-morbidities.
- Describe obesity-related micronutrient deficiencies.
- Identify signs and symptoms of micronutrient deficiencies and repletion protocols for post-bariatric patients.
- Identify factors related to weight regain and develop a plan for weight maintenance.

Essential Practice Competencies:

- 4.1.1 Demonstrates effective problem solving and professional judgment to address a need.
- 4.1.2 Interprets and integrates evidence-based research and literature in decision making.
- 4.1.4 Demonstrates effective, appropriate and timely consultation with experts and others.
- 6.2. Uses established benchmarking and best practices to inform practices

**Health Systems and the Primary Care Team – 1.0**

Learning Objectives:

- Describe the key features of healthcare system transformation and the role and opportunities for RDNs.
- Describe payment models such as Alternative Payments and Merit Based Incentive Programs (MIPS) and how RDNs can be reimbursed for weight management and nutrition services through these reimbursement models.
- Apply the weight management and nutrition services that RDNs can provide in primary care practices through simulation.

Essential Practice Competencies:

- 1.2 Works within personal and professional limitations and abilities.
- 2.2 Collaborates with others to achieve common goals and to optimize delivery of services.
- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

**Weight Management Leadership – 1.5 Hours**

Learning Objectives:

- Describe the important role of RDNs in weight management leadership.
- Describe weight management leadership opportunities for RDNs on local, state, and national levels.

Essential Practice Competencies:

- 2.2 Collaborates with others to achieve common goals and to optimize delivery of services.
- 8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

**Wrap Up – Q & A= .50**

Learning Objectives:

- Identify strategies for extending and applying the concepts addressed to their personal work situation or professional development.

Essential Practice Competencies:

- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.

**Day 2 Hours = 6.00**

**Post-Test = 1 Hour**

Essential Practice Competencies:

- 4.2 Reflects, integrates and evaluates using critical thinking when faced with problems, issues and challenges.
- 8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.

**Total Hours for On-site Program = 14 hours.**