

## **Level 2 Adult Weight Management Self-Study Module Objectives**

### **Part 1 - Assess and Learn Module**

The Assess and Learn Module is intended to prepare individuals to begin the *Level 2 Adult Weight Management Self-Study Module*

### **New 2013 AHA/ACC/FOS Guidelines**

### **Part 2 - Self-Study Module**

There are seven Domains in this Self-Study Module:

#### **Domain 1 Client-Centered Counseling**

- Describe the distinguishing characteristics of behavioral therapy for obesity management.
- Describe the strategies for augmenting outcomes.
- Explain the strategies for improving client adherence to behavioral therapy.
- Describe the behavioral skills and techniques used in behavioral therapy to help clients modify eating and activity habits.
- Describe the cognitive skills utilized in the cognitive behavior therapy (CBT) approach to weight management.
- Compare and contrast standard behavior therapy and CBT
- Describe the four main components of motivational interviewing.
- Describe techniques for eliciting self-motivational statements.
- Explain the importance of accurate reflective statements.
- Understand the techniques for providing clients with objective feedback.
- Apply motivational interviewing techniques to a practical case example.
- Describe the methods used to train dietitians in basic MI interviewing skills.
- Describe the dietitian and client outcomes of training dietitians in basic MI interviewing skills.
- Determine whether adding MI to a behavioral weight control program improved weight loss and glycemic control for overweight women with type 2 diabetes
- 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.

- Discuss the cultural considerations for group weight management programs.
- Describe the key findings from the LOOK AHEAD study.
- Discuss appropriate RD disclosure during weight management counseling.
- Describe recommendations for referral to other health care weight management team members.
- Describe the key aspects of working with an interpreter for nutrition counseling.

## **Domain 2 Pathophysiology**

- Discuss the physiologic and metabolic consequences of visceral adiposity in overweight and obesity.
- Recognize adipose tissue (or the fat cell) as an endocrine organ with metabolic implications.
- Become familiar with the terms adipocytes, cytokines, adipokines, and their respective metabolic consequences observed in overweight and obesity.
- Recognize the various hormones that regulate hunger and satiety and their roles in affecting appetite and body weight regulation.
- Describe physiological and metabolic changes associated with a weight loss, understand causes of a weight loss plateau, and potential causes of weight regain.
- Discuss strategies to assist clients on how to overcome, or prevent, weight regain.

## **Domain 3 Research Methods**

- Describe the new Academy Research Toolkit and highlight the key points

## **Domain 4 Physiological Effects of Weight Loss Interventions**

- Identify nutrition and medical interventions used in treating obesity, and their impact on the pathophysiology of obesity.
- Role of physical activity in improving insulin resistance in overweight and obesity.
- Discuss the role of nuts, protein, fiber and caspian in appetite and energy regulation.
- Assess the evidence on dietary components including dietary fat, carbohydrate, and use of ethanol in appetite and energy regulation.
- Determine whether food volume or weight, sensory variety, rheology, and dietary periodicity have a role in nutrition interventions for obesity. Identify emerging trends in pharmacotherapy in managing overweight and obesity.
- Review the physiological effects of bariatric surgery as a treatment option for obesity.

## **Domain 5    Weight Maintenance**

- Describe the definition of weight maintenance.
- Describe the key characteristics of members of the National Weight Control Registry.
- Describe the key outcomes and implications from the Weight Loss Maintenance Trial.
- Describe the key outcomes and implications from the STOP Regain Trial.
- Describe the American College of Sports Medicine physical recommendations for obesity prevention.

## **Domain 6    Coding and Coverage**

- Describe new healthcare systems and models, such as accountable care organizations and the patient-centered medical home, and the importance of measuring effectiveness of weight management services provided by RDs
- Describe new payment models for weight management reimbursement
- Discuss practice models for implementing the Intensive Behavioral Treatment benefit in private practice and hospital settings

## **Domain 7    Leadership and Advocacy**

- Describe the Academy's Evidence Analysis Library and position paper strategies for addressing overweight/obesity.
- Describe the nutrition/weight management/healthy lifestyle community initiatives in your local community and state-wide.
- List resources that describe and assist with medical nutrition therapy reimbursement that can be found on the Academy of Nutrition and Dietetics Website and/or this course's library.