

**CDR Adult Weight Management Certificate of Training  
Pre-Course Core and Elective Domains**

**Core Content Learning Goals**

Domains	Prework	Face-to-face
	<b>Participants will be able to:</b>	<b>Participants will demonstrate ability to:</b>
Science of Obesity	<ul style="list-style-type: none"><li>• Understand the physiologic and metabolic consequences of visceral adiposity in overweight and obesity.</li><li>• Recognize the metabolic implications caused by the endocrine functions of adipose tissue?</li><li>• Become familiar with the terms adipocytes, cytokines, adipokines, and their respective metabolic consequences observed in overweight and obesity.</li><li>• Recognize the various hormones that regulate hunger and satiety and their roles in affecting appetite and body weight regulation.</li></ul>	<ul style="list-style-type: none"><li>• Apply understanding of pathophysiology and its impact on patient/client's ability to lose and maintain body weight.</li><li>• Apply understanding of social determinants for obesity and how these might impact patient/client's ability to lose and maintain body weight.</li><li>• Utilize evidence-based recommendations for weight management when counseling a patient/client on weight management.</li></ul>

## Attachment A

Domains	Pework	Face-to-face
	<b>Participants will be able to:</b>	<b>Participants will demonstrate ability to:</b>
	<ul style="list-style-type: none"> <li>Describe physiological and metabolic changes associated with a weight loss, understand causes of a weight loss plateau, and potential causes of weight regain.</li> <li>Cite social determinants that may affect obesity.</li> <li>Identify the impact of the lifecycle on obesity and treatment options.</li> <li>Identify evidence-based resources and research for obesity management.</li> </ul>	
Diet & Nutrition in Overweight and Obesity	<ul style="list-style-type: none"> <li>Identify appropriate guidelines for weight management for each life stage, focusing on adults.</li> <li>Identify common obesity related co-morbidities for adults.</li> <li>Identify evidence-based tools for weight management for adult life stages, such as portion control tools, meal replacements, and/or eating frequency.</li> </ul>	<ul style="list-style-type: none"> <li>Develop evidence-based nutrition diagnoses, prescriptions and plans for diverse patients/clients, focusing on adults.</li> <li>Identify common obesity related co-morbidities and recommend appropriate treatments, based on life cycle.</li> </ul>
Physical Activity in Overweight and Obesity	<ul style="list-style-type: none"> <li>Use current PA public health guidelines and evidence-based recommendations for physical activity in weight management as basis for creating PA interventions for different clients who are overweight or obese.</li> <li>Implement a complete physical activity assessment.</li> </ul>	<ul style="list-style-type: none"> <li>Incorporate PA assessment data into nutrition diagnosis and prescription.</li> <li>Personalize nutrition interventions to include data from client PA assessment, preferences, and stage of weight loss.</li> </ul>

## Attachment A

Domains	Pework	Face-to-face
	<b>Participants will be able to:</b>	<b>Participants will demonstrate ability to:</b>
	<ul style="list-style-type: none"> <li>Stay within their individual scope of practice regarding physical activity interventions for people who are overweight or obese.</li> <li>Stay current in PA research as it relates to obesity prevention and treatment.</li> </ul>	<ul style="list-style-type: none"> <li>Refer as appropriate to other health and fitness professionals based on client needs and interests.</li> </ul>
Behavior Management	<ul style="list-style-type: none"> <li>Describe the distinguishing characteristics of behavioral therapy for obesity management.</li> <li>Describe the cognitive skills utilized in the cognitive behavior therapy (CBT) approach to weight management.</li> <li>Describe the behavioral skills and techniques used in behavioral therapy to help clients modify eating and activity habits.</li> </ul>	<ul style="list-style-type: none"> <li>Utilize appropriate behavioral management techniques for clients based on their needs.</li> <li>Refer as appropriate to other health and fitness professionals based on client needs and interests.</li> </ul>
Counseling in Overweight and Obesity	<ul style="list-style-type: none"> <li>Understand the spirit of motivational interviewing.</li> <li>Describe the four main components of motivational interviewing.</li> <li>Describe the differences between individual and group weight management counseling.</li> <li>Define the key elements to successfully facilitating groups.</li> <li>Identify how weight-related behaviors may be influenced by ethnic differences, such as food preferences, symbolic psychosocial meanings of food, food related social roles and interactions, and attitudes about physical activity, health, and body size.</li> <li>Understand that weight bias exists and impacts quality of care.</li> </ul>	<ul style="list-style-type: none"> <li>Utilize appropriate patient centered counseling techniques to help clients to identify barriers and set client specific goals.</li> <li>Utilize appropriate strategies with clients to elicit self-motivating statements, understand ambivalence, etc.</li> <li>Incorporate cultural appropriate behavior and weight neutral language.</li> <li>Demonstrate ability to solve common issues and problems that arise in group counseling sessions.</li> </ul>

## Attachment A

Domains	Pework	Face-to-face
	<b>Participants will be able to:</b>	<b>Participants will demonstrate ability to:</b>
	<ul style="list-style-type: none"> <li>Describe how choice of words impacts clients.</li> </ul>	
Obesity Medical Nutrition Therapy	<ul style="list-style-type: none"> <li>Describe current trends/research in adult obesity.</li> <li>Describe the key components for nutrition-focused physical exam for weight management patients/clients.</li> <li>Describe the key components of MNT for adult weight management.</li> <li>Define the key elements of the weight management SOP/SOPPs.</li> <li>Identify appropriate components based on the Nutrition Care Process (NCP)</li> <li>Identify opportunities using health information technology and clinical quality measures (CQMs).</li> <li>Understand the importance of outcomes management using the Academy of Nutrition and Dietetics Health Informatics Infrastructure (ANDHII).</li> <li>Understand how to use the Academy EAL and other MNT resources.</li> </ul>	<ul style="list-style-type: none"> <li>Utilize appropriate trends/research to help clients choose an effective weight management plan.</li> <li>Demonstrate a nutrition-focused physical exam for adults who are overweight or obese.</li> <li>Incorporate the weight management SOP/SOPP into weight management care plans.</li> <li>Adapt weight management care plans as needed to optimize patient/client outcomes.</li> <li>Use appropriate resources to guide and support treatment decisions and actions.</li> </ul>
Obesity Pharmacotherapy & Medical Complications	<ul style="list-style-type: none"> <li>Identify FDA approved weight loss medications.</li> <li>Utilize Obesity /ACE Guidelines to indicate use of pharmacotherapy.</li> <li>Identify common obesity related co-morbidities.</li> </ul>	<ul style="list-style-type: none"> <li>To identify appropriate use or contraindications in the use of pharmacotherapy.</li> <li>To tailor use of FDA approved weight loss medication to match client diagnosis.</li> <li>To identify common obesity related co-morbidities and recommend appropriate treatments.</li> </ul>

## Attachment A

Domains	Pework	Face-to-face
	<b>Participants will be able to:</b>	<b>Participants will demonstrate ability to:</b>
Nutritional Care of the Bariatric Surgery Patient	<ul style="list-style-type: none"> <li>Summarize the science and evidence base for bariatric surgery.</li> <li>Cite the principles and practices for using bariatric surgery as a treatment option for obesity management.</li> <li>Implement appropriate nutrition-related care for bariatric patients pre- and post-surgery.</li> </ul>	<ul style="list-style-type: none"> <li>Judge cases in which bariatric surgery is a potentially appropriate obesity treatment option.</li> <li>Adapt the nutrition care plan as appropriate for different bariatric surgery patients.</li> <li>Use critical thinking to problem-solve nutrition-related issues or concerns that arise during the use of bariatric surgery in obesity treatment.</li> </ul>
Weight Loss Maintenance	<ul style="list-style-type: none"> <li>Recognize how the physiological and practical underpinnings of obesity treatment differ between the active weight loss phase and the weight loss maintenance phase.</li> <li>Describe specific strategies RDNs can use to enhance weight loss maintenance success.</li> <li>Describe primary prevention strategies for obesity for individuals, organizations, and communities.</li> </ul>	<ul style="list-style-type: none"> <li>Adapt the nutrition care plan as appropriate for adults in the weight loss maintenance phase.</li> <li>Use critical thinking to address weight loss maintenance adherence challenges.</li> <li>Plan personal action(s) for advancing primary prevention strategies in their community.</li> </ul>

## Attachment A

### Elective Domains

Domain	Learning Goals
	<b>Participants will be able to:</b>
Bariatric Surgery – Advanced Topics in Obesity Treatment	<ul style="list-style-type: none"><li>• Describe the effect of bariatric surgery on hormone signaling that can influence eating behaviors.</li><li>• Evaluate nutrition therapy options for obese patients with complications from bariatric surgery.</li></ul>
Life Transitions and Weight Control	<ul style="list-style-type: none"><li>• Describe the pathophysiology of life stages that are associated with unintentional weight gain and factors (including dietary and activity) contributing to risk for weight gain.</li><li>• Devise strategies to promote primary prevention of weight gain in anticipation of and during these at risk periods of the lifecycle.</li><li>• Adapt weight management principles and practices to address obesity treatment during adult life stages that are associated with unintentional weight gain.</li></ul>
Social Determinants of Health and Obesity	<ul style="list-style-type: none"><li>• Describe ways that social determinants of health impact obesity and health and current approaches for addressing social determinants.</li><li>• Use the social-ecological model to identify potential activities and roles for RDNs at each level that could be leveraged to prevent obesity in communities.</li><li>• Given community assessment data, describe relevant strategies to improve nutrition and physical activity.</li><li>• Evaluate ways in which RDNs providing MNT for obesity can address social determinants of health impacting their clients.</li></ul>
Dietary Supplements in Overweight and Obesity	<ul style="list-style-type: none"><li>• Evaluate the safety and efficacy of dietary supplements for weight management.</li><li>• Relay evidence-based information about dietary supplements to clients throughout the nutrition care process.</li><li>• Stay within individual scope of practice regarding dietary supplement recommendations.</li></ul>

**Attachment A**

Domain	Learning Goals
Pharmacotherapy – Advanced Topics in Obesity Treatment	<ul style="list-style-type: none"><li>• Describe the functions and side effects for FDA-approved obesity medications</li><li>• Evaluate effective methods to integrate nutrition recommendations for clients taking obesity medications.</li></ul>
Pathophysiology – Advanced Topics in Obesity Treatment	<ul style="list-style-type: none"><li>• Describe the hormones and cytokines that are secreted by adipose tissue and their impacts on major organ systems.</li><li>• Describe the role of insulin resistance and inflammation.</li><li>• Describe food intake regulation and how the brain and gut communicate .</li></ul>
Healthcare Systems and Obesity	<ul style="list-style-type: none"><li>• Describe new models of healthcare, such as the Patient-Centered Medical Home, and the impacts for RDNs.</li><li>• Describe key leadership attributes and the role the RDN plays in health and nutrition policy.</li><li>• Evaluate leadership opportunities for RDNs.</li></ul>
Practice Management & Reimbursement in Obesity	<ul style="list-style-type: none"><li>• Describe new payment models, such as advanced payments, value-based payments, MACRA and MIPS.</li><li>• Discuss how these new payment models are opportunities and challenges for RDNs.</li></ul>
Technology & mHealth in Lifestyle Intervention	<ul style="list-style-type: none"><li>• Describe the evidence and latest research for utilization of technology and mHealth for weight management.</li><li>• Discuss options for integrating technology and mHealth into weight management interventions.</li></ul>