

Childhood Weight Management Self Study Suggested Competencies
16 CPE Hours
Activity Type: 740 (Self-Study Web-Based)

Learning Activity 1

Growth/Development and Nutritional Needs of Healthy Toddlers, Children, and Adolescents – 2 CPE Hours

Suggested Competencies:

6.1 Leads, manages and/or participates in quality improvement and customer satisfaction activities to improve delivery of services

6.1.2 Formulates a clear understanding of the nature of problems or need for improvement to achieve desired outcome.

8.1 Interprets and applies current food and nutrition science and principles in dietetics practice.

8.1.1 Interprets and applies evidence-based comparative standards for determining nutritional needs.

8.1.3 Integrates knowledge of macronutrients and micronutrients for absorption, digestion and metabolism throughout the life span in practice.

8.1.4 Demonstrates knowledge of nutrient requirements throughout the life span and their role in health promotion and disease management.

Learning Activity 2

Overview and Prevalence of Obesity in the Pediatric Population – 2 CPE Hours

Suggested Competencies:

6.1 Leads, manages and/or participates in quality improvement and customer satisfaction activities to improve delivery of services

6.1.2 Formulates a clear understanding of the nature of problems or need for improvement to achieve desired outcome.

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.

12.2 Assesses the need to develop and implement community or population health programs and/or intervention.

12.2.1 Identifies determinants of health and their influence on population health status.

12.2.3 Identifies individual, public/private organization and government roles and responsibilities within public health and health care systems.

Learning Activity 3

Clinical Assessment and Treatment of Obesity and Co-Morbidities in the Pediatric Population – 3 CPE Hours

Suggested Competencies:

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.

10.1.1 Identifies and selects valid and reliable screening tool(s) to obtain and verify relevant data in support of nutrition assessment.

10.1.2 Conducts the nutrition screening to identify patient risks and level of criticality and to direct services.

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.

10.2.1 Identifies and selects valid and reliable tools to conduct a comprehensive nutrition assessment.

10.2.3 Analyzes and synthesizes the assessment data to identify nutrition problems following the Standards of Practice in Nutrition Care for RDNs.

10.2.5 Develops nutrition prescription to communicate required food and nutrient needs.

Learning Activity 4

Counseling in Weight Management – 2 CPE Hours

Suggested Competencies:

9.1 Recognizes and applies education and learning theories and principles in practice.

9.1.1 Demonstrates and applies age-appropriate education principles.

9.1.2 Identifies and works to minimize and overcome barriers to learning.

9.1.3 Identifies and analyzes factors that influence behavioral change.

9.3 Designs, selects and implements education strategies to meet the learning needs of the individual, group, community and population.

9.3.3 Develops and/or selects culturally sensitive, evidence-based materials that are appropriate to the audience.

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.

Learning Activity 5

Environmental Approaches to Prevention – 4 CPE Hours

Suggested Competencies:

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.

12.2 Assesses the need to develop and implement community or population health programs and/or intervention.

12.2.1 Identifies determinants of health and their influence on population health status.

12.2.3 Identifies individual, public/private organization and government roles and responsibilities within public health and health care systems.

Self-Study Assessment Test – 3 CPE Hours

8.3 Demonstrates a commitment to maintaining and enhancing knowledge.

8.3.1 Maintains the knowledge and skill to manage a variety of disease states and clinical conditions.

8.3.3 Takes action to address deficiencies to enhance practice.

8.3.6 Keeps abreast of current nutrition and dietetics knowledge and trends.

8.3.7 Integrates new knowledge and skills into practice.