

## Independent Study

# Healthy Weight Management in Primary Care

This activity was originally released on August 31, 2016 and is available for continuing education credit until August 30, 2020.

## About this Independent Study

It can be difficult for patients and providers to discuss weight and weight management during a medical visit. This course gives providers tools for beginning these discussions respectfully as well as practical counseling approaches to assist clients in managing their weight healthfully. The course focuses on helping patients to become healthy at any size and setting the stage for weight loss by adopting healthier behaviors. Recent research on factors that affect weight such as nutrition, physical activity, stress and sleep are covered.

## Who Should Attend

This course is designed for physicians, nurse practitioners, nurse midwives, physician assistants, registered nurses, counselors and others who work in primary care settings.

## Learning Objectives

By the end of this course, the participants will be able to:

- Explain how new evidence about the physiology of obesity affects healthy weight management
- Explain how to help patients feel comfortable discussing healthy weight management
- Discuss key behavior strategies to be introduced to promote healthy weight management

## Faculty

### Helen Bellanca, MD, MPH

Dr. Bellanca, the Associate Medical Director of Health Share of Oregon, is a family physician who has worked with patients and clinicians on healthy weight management strategies for more than 12 years. As co-director of the Vida Entera y Sana (Whole and Healthy Life) grant from the Federal Office of Minority Health, she developed clinical and community interventions to address healthy weight management. She has trained a number of clinicians in strategies to support healthy weight management and is an advocate for a patient-centered, evidence-based approach to counseling.

## Funding

This course was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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## Continuing Education (CE)

Cardea is accredited by the California Medical Association for issuing *AMA PRA Category 1 Credit(s)*™ for physicians.

Cardea designates this enduring material for a maximum of **1.5 AMA PRA Category 1 Credit(s)**™. Physicians should claim credit commensurate with the extent of their participation in the activity.

Cardea Services is an approved provider of continuing nursing education by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

Upon successful completion of this educational activity **1.5** contact hours will be awarded.

Successful completion of this continuing education activity includes the following:

- Completing the entire CE activity
- Completing the online evaluation
- Submitting an online CE Request

## Non-Endorsement of Products

Approved provider status does not imply endorsement by Cardea or the Washington State Department of Health of any products displayed in conjunction with this activity.

## Registration & Fees

The independent study is FREE of charge. It requires a brief registration process and participants can request a Certificate of Participation at no charge upon completion of an online evaluation. A \$12 fee is charged for CE certificates.

## Register Now!

<http://www.cardeaservices.org/healthyweight>

## Questions

Contact our Seattle office at [seattle@cardeaservices.org](mailto:seattle@cardeaservices.org) or (206) 447-9538