

OBESITY PREVENTION

Childhood obesity has tripled over the past 30 years, with higher rates of obesity among low-income families and children of color. Pediatric primary care providers can help prevent childhood obesity by monitoring weight gain trajectories of all children and intervening when young children show early signs of becoming overweight.

This training supports pediatric primary care providers in preventing childhood obesity by promoting responsive feeding practices in families, identifying children who are at risk of becoming overweight, working with families to modify obesogenic behaviors leading to abnormal weight gain in the first two years of life, recognizing maternal and child risk factors for developing obesity, and using key messages for parents that address obesity prevention. Strategies for addressing health equity and delivering culturally sensitive care are also included.



Practices receive:

- Resources
- Billing codes
- 1 CME credit
- Opportunity to earn 25 MOC Part 4 credits
- Meal during the training

[Learn more](#) about Educating Practices or [contact the Educating Practices team](#) to schedule a training session.