

## **GOALS & OBJECTIVES**

### **Goals**

The conference will:

Examine how the environment contributes to overweight and obesity.

Examine the role of intensity of physical activity for weight management.

Provide alternate strategies beyond the traditional face-to-face clinic for the delivery of weight management.

Provide strategies for measuring physical activity in children in a variety of settings.

Examine the role of “faulty” metabolism in promoting weight gain.

Provide strategies for weight management for individuals with intellectual disabilities.

Examine evidence based programs for prevention and treatment of child obesity.

Provide state-of-the-art and emerging behavioral strategies for weight management.

Provide new information on drug therapy for obesity.

Examine the role of protein on satiety and food intake.

Examine the role of night eating on obesity.

Examine the new guidelines for physical activity for prevention of weight gain, weight loss, and prevention of weight re-gain.

Examine the new ADA position stand on weight management.

Provide strategies for community-wide planning and involvement for prevention of obesity.

### **Objectives**

Participants will be able to:

Identify primary components of programs that use environmental strategies to diminish obesity.

Identify primary components of programs that increase intensity of physical activity for children.

Measure physical activity in children in a variety of environments.

Use alternate strategies to deliver weight management beyond face-to-face delivery.

Use state-of-the-art behavioral strategies to enhance weight loss and maintenance.

Describe the role of drug therapy in weight management.

Develop plans and strategies for community-wide obesity prevention programs.

Use information on metabolism and metabolic rate to counsel individuals on issues of weight loss.

Use information on nutrient intake to provide diets that increase satiety.

Use the new guidelines (position stands) for physical activity and diet in the design of programs for prevention of weight gain, weight loss, and prevention of weight re-gain.

Develop weight management programs for individuals with intellectual disabilities.