INTRODUCTION
Childhood obesity has now become a topic of everyday practice importance. We need to keep abreast of the silent “epidemic” that is occurring in Singapore and worldwide. It is a problem not only of developed countries but also developing countries. In this skills course the speakers will address the definition, classification, epidemiology of childhood obesity; assessment and management of the problem; physical activity interventions; establishing sensible eating habits; and the multi-pronged approach that Health Promotion Board is taking with the various stakeholders. In the workshops, case studies will be discussed and there will be practical skills learning. The College is grateful to Health Promotion Board for sponsoring this skills course for family physicians. Do consider participating in this skills course.

COURSE OUTLINE AND CME POINTS
This skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points
• Distance Learning Course – 5 units (6 CME points per unit) upon completing the Distance Learning Online Assessment.
• 2 Seminars (2 CME points per seminar)
• Workshops (2 CME points)
• Reading papers on CHILDHOOD OBESITY – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year)

GOH LEE GAN, Associate Professor, Head, Division of Family Medicine, University Medicine Cluster, National University Health System
Senior Consultant, Institute of Family Medicine, College of Family Physicians Singapore
Unit 5: Establishing Sensible Eating Habits from Young
- Introduction
- The Healthy Diet Pyramid
- The Healthy Diet Pyramid Food Groups
- Fat, Sugar and Salt
- Family Involvement
- Making Healthy Food Choices
- Myths and Facts

OVERVIEW OF “CHILDHOOD OBESITY” FAMILY PRACTICE SKILLS COURSE

FACE-TO-FACE SESSIONS

Seminar 1: 13 March 2010
2.00pm – 4.15pm

Unit 1: Childhood Obesity - Definition, Classification, and Epidemiology
  Dr Mabel Deurenberg-Yap & A/Prof Goh Lee Gan
Unit 2: The Assessment and Management of Childhood Obesity
  A/Prof Loke Kah Yin
Unit 3: Preventing and Managing Obesity among the Young – Leveraging on a Multi-Pronged Approach
  Dr Wong Mun Loke

Workshops: 13 March 2010
4.30pm – 6.45pm

Workshop A: Case Studies (A/Prof Loke Kah Yin)
Workshop B: Demonstration / Practical Skills

Note: Workshop A and Workshop B will run concurrently on Day 1. Course participants will be assigned into a group. Group 1 will start with workshop A followed by workshop B. Group 2 will start with workshop B followed by workshop A.

Seminar 2: 14 March 2010
2.00pm – 4.00pm

Unit 4: Physical Activity Interventions in Childhood Obesity
  Dr Ong Wee Sian
Unit 5: Establishing Sensible Eating Habits from Young
  Kanita Kunaratnam & Khine Ngwe Aung