



# The Science & Practice of Paediatric Weight Management

## PHN EDUCATION SESSIONS

One in four Australian children and adolescents are affected by overweight and obesity. Paediatric obesity has increased current and future risk of cardiometabolic disease and psychosocial distress. Clinical insights form the basis of this webinar series, with published research and evidence underpinning recommendations explained. There will be opportunities for questions and to undertake a range of case studies.

**Livestream Session 1: CLINICIANS GUIDE TO PAEDIATRIC OBESITY CARE**  
**Wednesday 1<sup>st</sup> September 2021, 6:30 pm – 8:00 pm**

As a health professional supporting paediatric patients in weight management, this livestream webinar will provide you with a toolkit for paediatric obesity management in primary care. Learning objectives include:

- To identify when paediatric weight management is needed and how to raise the issue.
- Understand the unique clinical & behavioural considerations when working with paediatric patients affected by obesity.
- To understand the elements of effective management of obesity and co-morbidities in children and adolescence.

**Livestream Session 2: DIET INTERVENTIONS TO PREVENT AND MANAGE ADOLESCENT OBESITY**  
**Wednesday 15<sup>th</sup> September 2021, 6:30 pm – 8:00 pm**

This livestream webinar will outline the evidence and equip you with skills you need to implement nutrition interventions with your patients. Learning objectives include:

- Understand the evidence base for weight management interventions for adolescents with obesity.
- Understand the current research / clinical practice guidelines for weight management for adolescents with obesity.
- Use evidence-based medicine to implement effective nutrition interventions with adolescents with obesity.

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**WHO: GPs, Nurses, Allied Health Practitioners. Practice Managers also welcome to attend.**

**WHERE: Online via Livestream**

**RSVP: Please [click here](#) to view Session 1 recording (Wednesday 1<sup>st</sup> September 2021)  
Please [click here](#) to register for Session 2 (Wednesday 15<sup>th</sup> September 2021)**

**Note: Slido will be used for questions and evaluation, please go to [slido.com](https://www.slido.com):**

For Session 1 enter event code: **#PWM1**

For Session 2 enter event code: **#PWM2**

## PRESENTERS:

**Professor Louise Baur** - Professor of Child & Adolescent Health, Sydney Medical School. Consultant Paediatrician, Weight Management Services, The Children's Hospital at Westmead

Prof Baur has long-standing clinical and research expertise in many aspects of child and adolescent obesity. She is a Fellow of the Australian Academy of Health & Medical Sciences and is President-Elect of the World Obesity Federation.



**Dr Richard McGee** - Paediatric Endocrinologist CCLHD. Senior Lecturer in Paediatrics, College of Health, Medicine and Wellbeing, The University of Newcastle

Dr McGee treats children and adolescents with endocrine disorders, diabetes, and obesity. He has become the site lead at CCLHD for a the NHMRC funded Fast Track to Health study.



**Dr Stephanie Partridge** - Senior Research Fellow and NHMRC/National Heart Foundation Early Career Research Fellow, University of Sydney

Dr Partridge is an Accredited Practising Dietitian. Her research is focused on digital health strategies to improve nutrition / physical activity behaviours and prevent obesity and chronic diseases in young people.



**Dr Natalie Lister** - Senior Lecturer and NHMRC Early Career Fellow, University of Sydney

Dr Lister is an Accredited Practising Dietitian with research interests investigating dietary interventions that will prevent and manage obesity, cardiometabolic risk, and psychological concerns in children and adolescents.



**Caitlin McMaster** - Accredited Practising Dietitian, Illawarra Eating Disorder Service and Postdoctoral Research Fellow, University of Sydney

Caitlin McMaster is an Accredited Practising Dietitian and Research Fellow with 8 years clinical experience in child and adolescent and adult eating disorder services.



**Alicia Grunselt** - Senior Dietitian, Weight Management Services, The Children's Hospital at Westmead

Alicia has over 15 years' experience working with families of children and adolescents well above a healthy weight, including using specialist diets for weight loss in children and adolescents such as the PSMF diet and VLEDs.

