

Title: Nutrition Intervention to Prevent Obesity (NIPO)

Duration	2-day training Workshop
Language	English (also available in other languages)
CPD	12 credited hours – IFPH
Location & Dates <i>IFPH reserves the right to alter dates, content, venue and facilitator with a reasonable notice time</i> <i>Please note</i>	Istanbul (First Saturday & Sunday every month) London (Second Saturday & Sunday every month) Dubai (Third Saturday & Sunday every month) Brunei (Fourth Saturday & Sunday every month) <i>ON-Demand: IFPH and potential participant/partner can agree other duration/date/locations than those stated above</i>
Delivery Type	Group - Live
Prerequisites	None
Who should take this training-workshop?	Nutritionists, dietitians, health educators, health professionals, nurses and public health practitioners, who are working in a community, but not limited to the following individuals: Community Health Workers, Diabetes Educators, Early Childhood Educators, Family Physicians, Health Promoters, Policy Makers, Psychologists, Researchers, School Principals, Social Workers, Students and Teachers.
Fees in GBP (£)	- - - (to be decided)
Email	apply@ifph.org
Including coffee breaks and a lunch daily	

Abstract

Due to its long-term adverse effects, the prevention and management of obesity has received the full WHO recognition. WHO has encouraged many countries to prioritise strategies to tackle the obesogenic environment of this "Pandemic Crisis".

This workshop brings together an interdisciplinary group of professionals and policy makers working in the field of childhood and adolescent obesity. The workshop will focus on nutrition intervention strategy - from model to practice. This theme recognises that obesity is a complex problem requiring a complex solution-oriented approach to its prevention and management. Specifically, the workshop will showcase example of the best and promising practice across multiple settings. From regional level policies to school and community level interventions, and through practice-based management programs targeting multiple behaviours that are associated with obesity, the workshop seeks to promote a solution-oriented approach to obesity prevention and management.

The International Forum for Public Health – IFPH is organising two-day training workshop Nutrition Intervention to Prevent Obesity – [NIPO].

Workshop Specific Aims:

The workshop aims to consolidate and expand on causes of obesity in pre/adolescent to ensure participants have a solid scientific grasp of physiological contexts within which nutritional components play a key role. Standards used to screen and monitor obesity in adolescent are introduced and nutritional strategies to enhance healthy lifestyle are explained. The workshop will also explore the evidence-base related to the relationship between diet and health and the role that nutritional interventions can have in promoting health and treating disease both in individuals and populations.

Learning objectives

By the end of this workshop the participants should be able:

1. To plan, implement, evaluate and sustain a nutrition intervention strategy to prevent obesity among target group (e.g. pre/adolescent)
2. To examine how to engage multiple stakeholders in interventions for the prevention and management of obesity
3. To highlight policy, solution-oriented approaches and promising practice for obesity prevention and management
4. To provide a forum for networking and collaboration among health professionals, educators, researchers, policy makers, trainees and other stakeholders with an interest in obesity prevention.

Outline of NIPO-Workshop

- Welcome and introduction to workshop
- Workshop 'Pre-Test'
- Introduction to Nutrition Transition
- Step 1: Identify key nutrition-related problem
 - The following questions should be asked before proceeding to action.
 - What are the big public health problems in your country/region?
 - Evidence-based review of link between nutrition and the problem
 - Are the nutrition risk factors identified relevant to the target population?
- Step 2: Set goals and broad aims
- Step 3: Define objectives
- Step 4: Create quantitative targets
 - How to define these targets?
 - Are the targets clear and achievable?
 - Over what time-frame are the targets set?
 - Can the targets be monitored?
- Step 5: Develop program
 - In developing a program of work, one should:
 - Identify determinants
 - Fortification and supplementation
 - Assess risk benefits or likely impact
 - Likely benefit or harm of intervention
 - Target most vulnerable
 - Expected size of effect
 - Potential to succeed
 - Assess needs and constraints in society
 - Assessing needs
 - Potential constraints on achieving targets

- Identify the appropriate theoretical model
- Deciding what to do
- Identify decision-making criteria
- Consider types of intervention that may be appropriate
- Choose the indicators for evaluation
- Step 6: Implementation
 - Develop budget
 - Project planning
- Step 7: Evaluation and sustaining nutrition intervention program
- Post-test
- Workshop Evaluation Questionnaire