

Behavioral Obesity Treatment: Today's State of the Art

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Course Description

Obesity is a public health epidemic that's affecting millions of Americans. Research shows that weight loss isn't as much the problem as weight maintenance seems to be. Finding long term solutions to making lifestyle changes that people are able to incorporate and continue is the real challenge. This course provides public health professionals with strategies to use with their patient population to promote behavioral changes necessary for sustained weight loss. NOTE: This course was originally delivered as a satellite broadcast.

Learning Objectives

- Review empirical data on health outcomes of effective behavioral weight control programs.
- Identify components of effective behavioral weight control programs.
- Provide details on implementation of behavioral weight control strategies.

Core Competencies for Public Health Professionals **Council on Linkages between Academia and Public Health Practice*

- 1A4: Uses methods and instruments for collecting valid and reliable quantitative and qualitative data
- 6A5: Describes the scientific evidence related to a public health issue, concern, or, intervention

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