

# Change Talk: Childhood Obesity

## CLINICAL TRAINING SIMULATION

An interactive role-play simulation for health professionals that builds their motivational interviewing skills to lead real-life conversations with parents and their children about healthy weight and childhood obesity. Scenarios cover the topics of sugary drinks, breastfeeding, and picky eating.



**TOPICS**  
Childhood obesity, motivational interviewing



**USERS**  
Pediatricians, child health professionals



**SETTINGS**  
Pediatric offices, hospitals, schools of health



**DURATION**  
45 minutes

Developed in collaboration with the American Academy of Pediatrics (AAP) and utilized by more than 35,000 health professionals to date, this online and mobile solution builds the capacity of health professionals to harness the power of conversation to drive positive change in health behaviors and reduce the risk of childhood obesity.

## BUILD REAL-LIFE SKILLS IN A VIRTUAL CLINIC

Assume the role of a health professional and talk with three virtual parents and children who need to make changes in their behavior to reduce the risks of obesity. Try different approaches to see what works best.



The screenshot shows a virtual clinic interface. On the left, a 'CONVERSATION MENU' includes 'TALK' and 'UNDO' buttons. The main area shows a virtual health professional sitting at a desk, interacting with a virtual family consisting of a mother, a child named Maya, and a father named Adrian. On the right, there are two smaller windows showing the faces of virtual patients: Samantha and Ethan. A 'VIRTUAL COACH' icon is visible at the bottom of the main interaction area.

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# Harnessing the power of conversation to address childhood obesity.

Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. Studies suggest that motivational interviewing is an effective model for engaging young patients and their families in conversations about changing behaviors associated with obesity, such as poor diet and lack of physical activity. Child health professionals have a unique opportunity to intervene with at-risk patients and promote healthy eating and active living.

## LEARNING OBJECTIVES

- Understand the power of motivational interviewing in driving behavior change
- Use motivational interviewing techniques to help patients identify motivation for change and make an action plan
- Learn to lead challenging family and patient conversations regarding healthy weight

## FEATURES

- Freely available as an online and mobile (iOS, Android) resource

### Premium services available from Kognito:

- Usage reports and customizable online surveys to support program evaluation
- Integration with third-party systems

## RESEARCH PROVEN

An AAP survey of 307 health professionals shows that 93% said that as result of the simulation they intend to make a change in practice to provide better patient care. At a one month follow-up, 88% of them said they did actually make a change as a result of the simulation.

## HOW TO ACCESS

*Change Talk* is a free resource, available for mobile download from the Apple App Store<sup>SM</sup>, Google Play<sup>TM</sup>, and the Amazon Appstore. The simulation is freely available online at [kognito.com/changetalk](http://kognito.com/changetalk) and [ihcw.aap.org/resources](http://ihcw.aap.org/resources).