



## Overview

Obesity is recognised as one of Europe's priority health challenges, however specialised obesity training is not widely available. Obesity care and public health strategies can therefore vary enormously across the European region. EASO education programmes provide a solution by offering comprehensive training for European health professionals working in the prevention and management of obesity. Course content will be delivered by European KOLs (Key Opinion Leaders) and education experts.



## Aims

- Candidates will be trained to deliver the highest levels of patient care
- Candidates will gain the knowledge and skills required to develop and implement public health strategies, and to influence national policymakers
- Candidates will gain the knowledge and skills to develop and implement health promotion interventions
- Candidates will learn how to engage with media and to effectively communicate via social media
- Candidates will be mentored to become national leaders and advocates
- Candidates will be trained and mentored to deliver EASO endorsed training at the national and local level.



## Teaching Topics

Teaching will be delivered via overview lectures and interactive case study based workshops, with candidates receiving a comprehensive toolkit to improve and enhance their daily practice and project development. Topics will include:

- Communications (media engagement, social media strategies)
- Comorbidities (e.g. T2D, hypertension NASH)
- Non Medical Management of Obesity (therapeutic education, dietary interventions, healthy hydration)
- Nutrition and the food environment
- Obesity Management in Adults - Bariatric Surgery
- Obesity Management in Adults – Pharmacotherapy
- Obesity Management in Adults - Physical Activity Prescription
- Obesity Management in Children
- Pregnancy (early programming, complications, post-partum weight loss)
- Psychological and Behavioural Issues (inc. appetite regulation)
- Public Health Interventions
- Systems Approach (mapping, monitoring)



## Who should apply?

Up to 80 funded places are available for this residential training course. Applications are invited from HCPs and PCPs from European countries, identified via a competitive application process. Acceptance will be restricted to applicants who:

- ☐ Hold a Masters/PhD degree and/or
- ☐ Have 3-5 years of relevant practical experience and/or
- ☐ Are MDs working in the field of obesity

Priority will be given to applicants who are members of EASO affiliated National Associations.



## Information and Applications

For further information and to apply online, please visit  
[www.easo.org/education-portal/course/](http://www.easo.org/education-portal/course/)

EASO expects to receive a high number of applications, it is therefore important that you give as much information as possible in your submission. Teaching at the 2018 Train the Trainer will be delivered via overview lectures and case study based teaching workshops. Some candidate case studies will be used as practical examples,

so please outline, in no more than 300 words, a topic that you would like to see addressed in workshop format. This could be anything from a real life clinical case to a work or school based intervention, or even a case based on influencing policymakers.

There is no registration fee and EASO will provide transfers, hotel accommodation and all meals for successful applicants.

The deadline for receipt of application is 15 April 2018.



## EASO Objectives

The Train the Trainer Summer School contributes to EASO's charitable objectives:

- ☐ To establish obesity as an urgent and relevant health and wellbeing priority
- ☐ To develop evolving evidence-based approaches for preventing and treating obesity across the lifespan
- ☐ To promote effective solutions through research, education and policy

*The 2018 EASO Train the Trainer Summer School is supported via an unrestricted educational grant from Novo Nordisk.*