

SHOW-ME ECHO

EXTENSION FOR COMMUNITY HEALTHCARE OUTCOMES

PEDIATRIC WEIGHT MANAGEMENT ECHO



EMPOWERING PRIMARY CARE TEAMS TO ENHANCE TREATMENT FOR OBESITY

ECHO uses videoconferencing to connect interdisciplinary teams of specialists and subject matter experts. This Pediatric Weight Management ECHO will empower, educate and support primary care teams to more effectively and confidently treat children and adolescents with obesity. Physicians and other health care providers with expertise in pediatric weight management, psychology, diet, nutrition and engagement will offer interactive online learning sessions **every 2nd and 4th Wednesday of the month from noon to 1:00 p.m.**

PARTICIPANTS WILL BE ABLE TO:

- Acknowledge and manage obesity as a chronic disease and use evidence-based guidelines and recommendations for the assessment and treatment of obesity and its comorbidities, including intensive lifestyle modification, pharmacotherapy and surgical options.
- Address factors, such as social determinants of health and weight bias, that contribute to health disparities in child obesity.
- Collaborate effectively with multidisciplinary partners to provide patients with well-coordinated, family-based and multicomponent treatment.
- Identify local resources and networks with providers across the state to enhance the prevention and treatment of obesity in Missouri's children.

MEET OUR HUB TEAM

Sarah Hampl, MD, FAAP, DABOM
Pediatrician, Weight Management
Children's Mercy Kansas City

Amy Braddock, MD, MSPH
Family Medicine Physician
University of Missouri

Karen Stephens, MS, RD, CSP, LD
Registered Dietitian
Children's Mercy Kansas City

Julie Benard, MD, FAAP, DABOM
Pediatrician, Weight Management

Cristina Fernandez, MD, FAAP
Pediatrician, Weight Management
Children's Mercy Kansas City

Meredith Dreyer Gillette, PhD
Pediatric Psychologist
Children's Mercy Kansas City

Denise Wilfley, PhD
Clinical Psychologist
Washington University

Angela Lima, MBA, RD, LD
Registered Dietitian, Engagement Specialist
Washington University

Debra Schumer, MA, RD, LD
Registered Dietitian, Consulting, Clinical Dietitian
Cape Girardeau



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