



## Derbyshire County Childhood Obesity and HENRY E-learning course



The *Childhood Obesity and HENRY* e-course is designed for practitioners who would like to enhance their work with parents, carers and pre-school children by learning more about childhood obesity and how we can tackle lifestyle change more effectively.

It is fun and interactive, and you can access the course from any computer with an internet connection, and flash player and can complete it at your own time and at your own pace.

The five sessions cover

- The evidence base for obesity
- Healthy eating patterns
- Addressing food
- Being active
- Parenting for a healthy lifestyle

A certificate is awarded on successful completion of an online assessment.

For further details of how to access this course please contact:

The Workforce Development Team on 01629 532057/99/84/93 or by e mailing [jo.glassbrook@derbyshire.gov.uk](mailto:jo.glassbrook@derbyshire.gov.uk) and ask to book onto course reference 10653 your details will then be passed to the PCT who will contact your direct.