Are Graduating Residents Prepared to Engage in Obesity Prevention and Treatment?

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BACKGROUND and OBJECTIVES
- Pediatricians are on the front lines of the childhood obesity epidemic and play an important role in effective prevention and treatment
- Residency education is beginning to include obesity identification and management but little information is available to gauge residents’ preparedness to manage children with obesity in practice

METHODOLOGY
- Prevalence of overweight and obesity
- Residents report that they received training on overweight and obesity
- Most graduating pediatrics residents report satisfaction with training

METHODS
- Residents from all U.S. residency programs
- Overweight and obesity
- Residents were asked to rate their ability to evaluate and counsel on overweight and obesity
- Comfortable discussing overweight and obesity with children/adolescents
- Advanced for more training
- Residents feel prepared to prevent and treat obesity
- Table: Resident Perceived Ability: Percent of Residents Reporting Very Good/Excellent Ability
- Table: Resident-Rated Comfort Level and Confidence: Percent of Residents Reporting Very Comfortable or Effective

RESULTS
- Composite OW/OB training measure
- Prevent overweight and obesity
- Prevention of OW and OB
- Counseling on overweight
- Counseling on obesity
- General intervention
- Multivariable Analysis

CONCLUSIONS
- Most graduating pediatrics residents report satisfaction with training time devoted to overweight and obesity during residency (74%) and obesity (74%); fewer are satisfied with time during medical school (46%)
- Most residents report that they received training on overweight and obesity topics but more than half wished for more training in:
- Motivational interviewing
- Treatment of obesity-related comorbidities
- Treatment of obesity
- Treatment of obesity-related comorbidities
- Treatment of obesity

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