

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

**MEDIA RELEASE**

Contact: Maggie Hall, Public Information  
Florida Department of Health in Pinellas County  
(727) 824-6908 / Cell (727) 638-1804 (media only)  
[Margarita.Hall@FLHealth.gov](mailto:Margarita.Hall@FLHealth.gov)

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## **HEALTHIEST WEIGHT FLORIDA ANNOUNCES FREE CONTINUING MEDICAL EDUCATION COURSE**

The Florida Department of Health, in collaboration with the Florida Medical Association (FMA), has produced a complimentary, two-credit Continuing Medical Education (CME) course, *Healthiest Weight: A Life Course Approach*. This CME course is available free of charge to all physicians who are licensed in the state of Florida and underscores the importance of clinicians providing guidance about healthy living to patients and families during all stages of life

Inspired by the Healthiest Weight Florida initiative, the articles feature tools for clinicians related to healthy weight, such as nutrition and fitness assessments. The goal of the course is to provide increased awareness of best practices and research related to healthy weight, tools and techniques for weight management counseling and age-appropriate weight management resources.

The special edition course is divided into six sections, each related to a specific developmental phase:

- The Physician's Role in Weight Management Counseling from Infancy to Adulthood: Challenges and Tools
- Obesity – Before, During, & Beyond Pregnancy
- What Can Health Care Professionals Do to Prevent Obesity in Infants and Children?
- The Adolescent Experience: A Call for Intervention
- Achieving Healthiest Weight for Adults in Florida
- Weight and Physical Activity in Older Adults

For information on how to access the course, please visit [www.HealthiestWeightFL.com/cme](http://www.HealthiestWeightFL.com/cme) and follow the directions provided.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. During 2014, the Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit [www.FLHealth125.gov](http://www.FLHealth125.gov) for more information.

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