
ONLINE POSTGRADUATE & CPD SHORT COURSES

WEIGHT MANAGEMENT,
OBESITY CARE & BEHAVIOUR CHANGE

COVID-19

During this global health crisis, as students are forced to study from home, CCH:

- can provide colleges and universities with tailored online course solutions
- can provide courses in the highly topical and relevant areas of obesity care and weight management
- will continue to deliver state-of-the-art online courses in obesity care and weight management to individual students

Contact us for more information.

OUR **MISSION**

To make all healthcare professionals proficient in **weight management and obesity care.**

The explosion of obesity and obesity-related diseases worldwide presents a challenge to modern healthcare professionals, on an unprecedented scale. It's a global epidemic that needs to be solved.

The frontline healthcare profession is increasingly under-qualified and ill-equipped to deal with the considerable number of patients with obesity and its associated co-morbidities.

The College of Contemporary Health (CCH) aims to provide an accessible solution by combining flexible online learning, world-class academic expertise, and a unique interdisciplinary curriculum.

We provide healthcare professionals with university accredited education that can be applied immediately in day-to-day interaction with patients.



Flexible Online Learning

Uniquely designed for busy professionals, all of our courses are online to give you the freedom to learn when and how it best suits you.



Recognised Accreditation

All CCH postgraduate courses are accredited by the medical school of University of Central Lancashire*. Our CPD short courses are accredited by the CPD UK certification service.



Trusted by 1,800+ Students

Our courses are consistently rated excellent by our alumni, including nurses, doctors and many other health professionals.

* Subject to validation.

WELCOME TO **CCH**

Thank you for taking the time to learn more about the **College of Contemporary Health**.

I am incredibly proud of what our team has achieved over the last six years and hope that you find this prospectus useful and informative.

We endeavour to equip our health professionals with the skills to confidently handle the contemporary challenges that they will face in today's clinics.

There is now clear evidence that those who suffer from obesity are more vulnerable to infection with Covid-19. Thus, the need to have a health care workforce knowledgeable about how to deal with obesity has never been more important.

CCH's flexible and exclusively online courses have helped our students pursue their educational ambitions and further their careers.

CCH takes considerable pride in having pioneered the PGCert, PGDip, and MSc Lifestyle Medicine (Obesity Care) - the first and only courses of their kind globally.

Myself and the CCH team are determined to continue producing state-of-the-art courses to help health professionals give the best patient care – we hope you will be part of this journey with us.



John Feenie, CEO,
College of Contemporary Health

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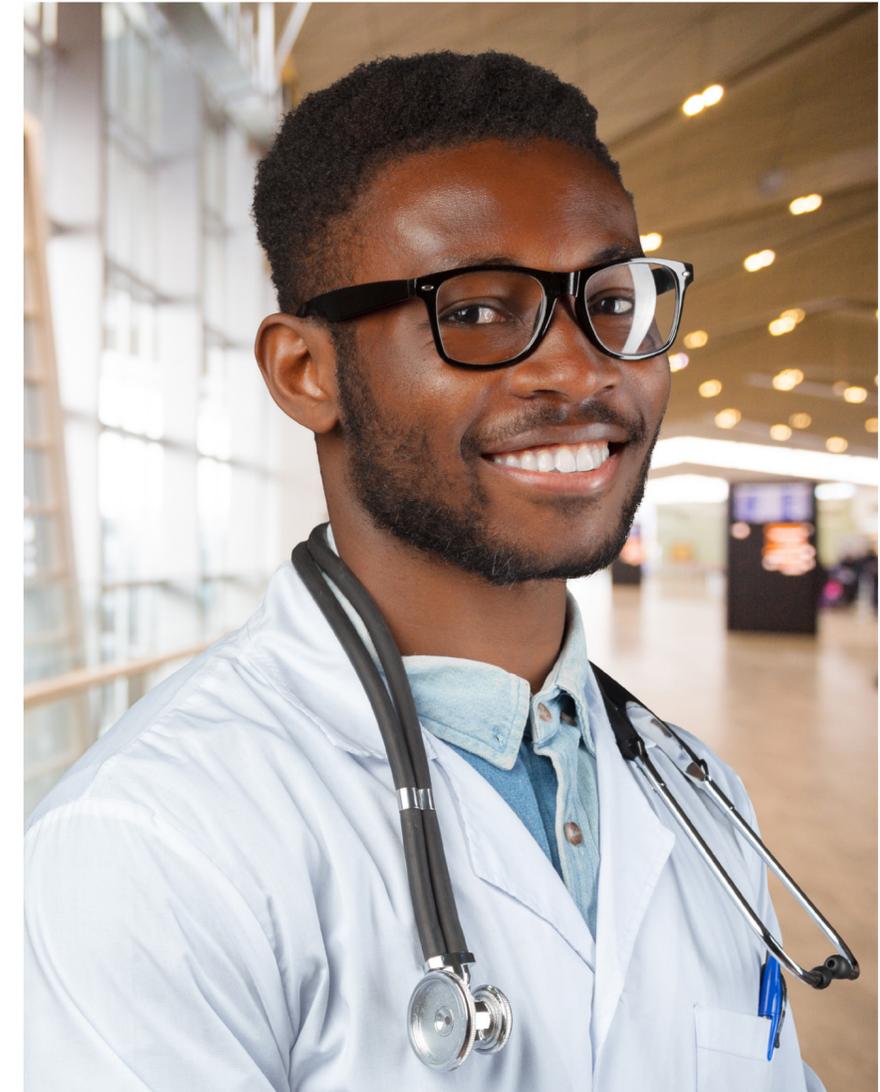
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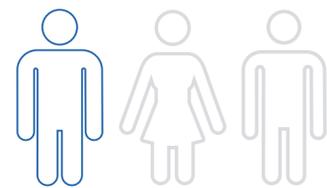
OBESITY STATISTICS



60% of WOMEN & 67% of MEN

have overweight or obesity.

Obesity prevalence has increased from 15% in 1993 to 28% in 2018.¹

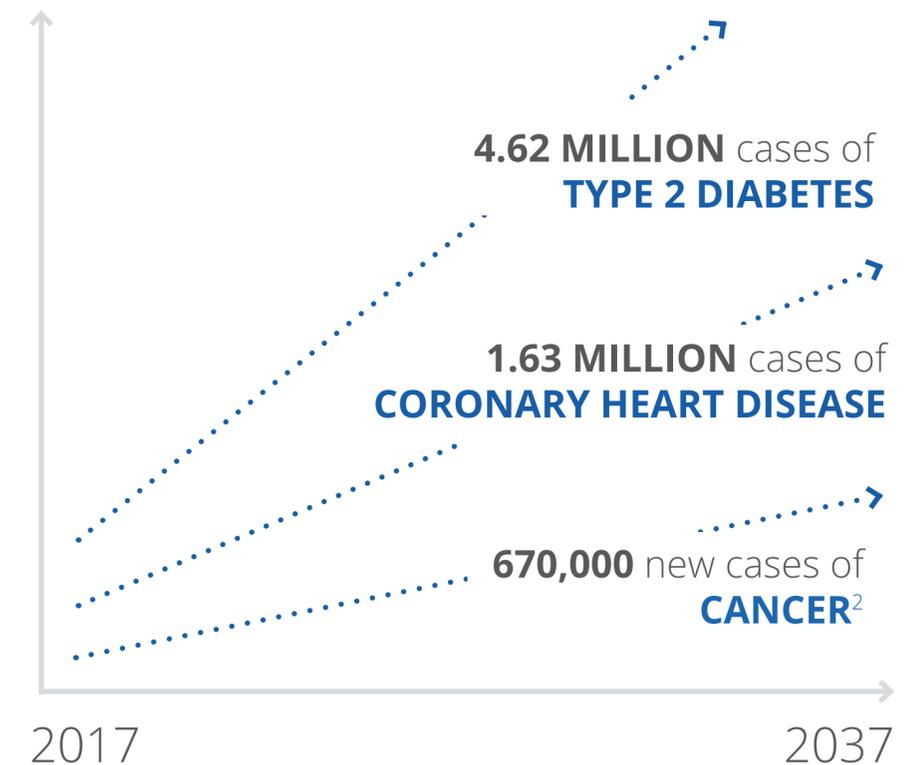


In 2018/19

1 IN 3 CHILDREN

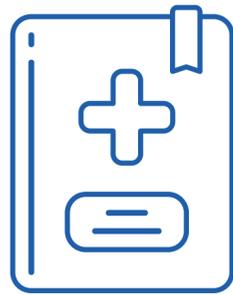
aged 11-12, and more than 1 in 5 children aged 4-5 were classified as **having overweight or obesity**.¹

Over the next 20 years, rising levels of obesity could lead to:



1. NHS Digital (2020) Statistics on Obesity, Physical Activity and Diet, England. <https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-obesity-physical-activity-and-diet/england-2020>
2. Cancer Research UK. Tipping The Scales: Why Preventing Obesity Makes Economic Sense. https://www.cancerresearchuk.org/sites/default/files/tipping_the_scales_-_cruk_full_report11.pdf

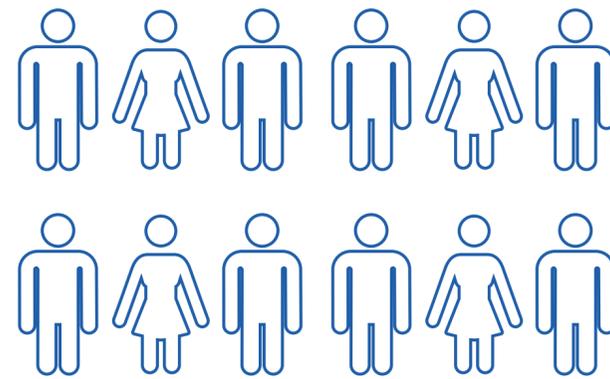
OBESITY STATISTICS



10 TYPES OF CANCER COULD BE CAUSED BY OVERWEIGHT OR OBESITY:

Oesophagus • Breast (after menopause) •
Gallbladder • Liver • Pancreas • Kidney • Bowel
• Womb

Having excess weight may also
cause aggressive prostate and
ovarian cancer²



1.9 BILLION ADULTS

39% of the world's adult population
suffer from either obesity or excess
weight³



340 MILLION CHILDREN HAVE EXCESS WEIGHT

Global childhood obesity increased
from 4% in 1976 to 18% in 2016.³

2. Cancer Research UK. Tipping The Scales: Why Preventing Obesity Makes Economic Sense. https://www.cancerresearchuk.org/sites/default/files/tipping_the_scales_-_cruk_full_report11.pdf

3. World Health Organization (2020) Obesity and overweight. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

THE CCH **4 STEPS TO SUCCESS**

When creating and developing our courses, we ensure these **4 steps** shape each course:

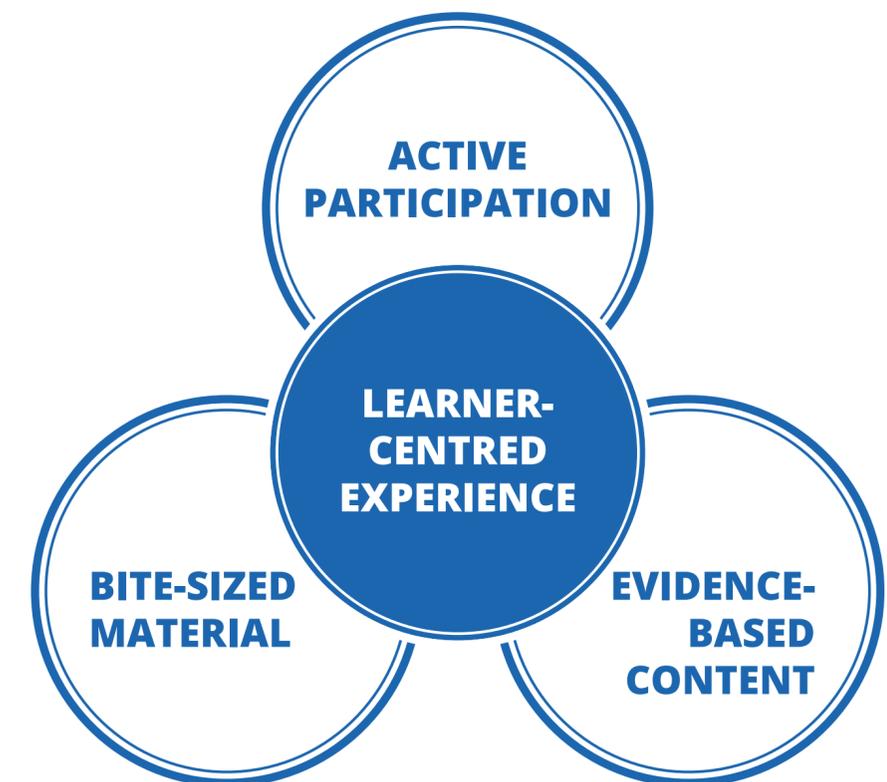
At CCH we rely on a principle of CARE when producing our courses.

This means, our courses are Current, Applicable, Reliable and Evidence-based. Robust evidence-based science underpins all of what we do.

At CCH, we strive to provide you with the best possible learning experience. Teaching will take place on our dedicated platform, CCH-x, utilising the latest version of our learning management system.

This fast, learner-centred, responsive platform is easy to navigate and at the cutting edge of online education.

The course tools that you will use are designed with the latest research of effective learning in mind, so you can gain the most from your studies and reach your full potential.



WHY STUDY WITH CCH?



High-Quality Learning

- Innovative, evidence-based material developed by health professionals for health professionals, overseen by our Academic Advisory Board
- CCH provides full and dedicated personal tutor support



Cost Reduction

- As CCH is exclusively online, students do not have to pay for transportation or accommodation
- Studying online is much more time-effective, meaning less time off work, and more time to enjoy your studies



Resource Central

- Resource Central is CCH's very own scientific literature database
- It is comprehensive, easy to use and continually updated with the very latest insights, information and research



Immediate Results

- What you have learned can be immediately applied, and implemented, at your clinic or practice
- Advance your career in this critical public health area and help improve outcomes for your patients



Global Community

- Our online delivery means that we attract and reach a global audience
- Every year CCH's network of health professionals continues to expand across the globe. Our network extends from the UK, to Azerbaijan, to New Zealand, and back again



Course Delivery

- All materials required to complete our courses are found in one convenient place on our innovative CCH-x learning platform
- CCH-x can be accessed on your computer, tablet, smartphone, or any other device

BENEFITS OF E-LEARNING

Greater personalised learning, financial savings, digital course materials, quick access to the module leader, and greater **availability and efficiency**.



INCREASED FLEXIBILITY

- Unparalleled convenience – students can study anytime, anywhere
- Study whilst working and balancing family commitments
- Keep your skills up-to-date with the ease of technology that is already surrounding you – personal computers, tablets, or smartphones, etc.
- Structure your studies to fit your own schedule, minimising time spent away from work and family



INCREASED STUDENT SUCCESS

- Learning materials are never more than a click away
- Students are often more dedicated to online learning than to face-to-face learning⁴
- Learning is personalised – you can spend as little or as much time as you need to absorb the material

4. Skills Platform (2016) How to successfully implement e-Learning into healthcare practices. Available at: https://www.skillsplatform.org/blog/How_to_successfully_implement_e-Learning_into_healthcare_practices

ACADEMIC ADVISORY BOARD

CCH curriculum is overseen by our outstanding Academic Advisory Board, comprised of the **most influential voices in the obesity care and weight management** field. All board members are at the cutting edge of both research and clinical practice and this knowledge is reflected in CCH courses.



Professor Andrew Hill

Professor of Medical Psychology

Andrew Hill is Professor of Medical Psychology and Head of the Academic Unit of Psychiatry & Behavioural Sciences at the University of Leeds' School of Medicine.



Professor Paul Edwards

Consultant General and Vascular Surgeon

Paul Edwards is a Visiting Professor at the University of Chester and The Consultant General and Vascular Surgeon at St Helens and Knowsley Teaching Hospitals and Spire Liverpool Hospital.



Debbie Cook

Nurse Consultant and Expert in Nursing

Debbie Cook is a Nurse Consultant in diabetes and obesity in the NHS. She works across two trusts in North East London as a diabetes nurse specialist.

ACADEMIC ADVISORY BOARD



Professor Paul Gately

Professor of Exercise and Obesity

Paul Gately is Carnegie Professor of Exercise and Obesity at Leeds Metropolitan University, and Visiting Professor in the Department of Surgery and Cancer at Imperial College London.



Professor Kevin Sykes

Expert in Occupational Health & Workplace Fitness

Kevin Sykes is a pioneer of postgraduate programmes in Weight Management, Exercise and Nutrition Science and Cardiovascular Rehabilitation at the University of Chester. He is a Fellow of the Royal Society of Medicine and a Fellow of the Higher Education Institute.



Professor Pinki Sahota

Leader in Childhood Obesity Prevention

Pinki Sahota is Professor Emeritus of Nutrition and Childhood Obesity in the School of Health and Wellbeing, Leeds Beckett University, as well as being the former Chair of the Association for the Study of Obesity.

ACADEMIC ADVISORY BOARD



Doctor Matt Capehorn

Expert in Obesity Management Services

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Matt Capehorn founded and is a Clinical Manager and GPwSI at the Rotherham Institute for Obesity (RIO). RIO is a part of the award-winning NHS Rotherham Weight Management Strategy that won the 2009 NHS Health and Social Care Award for best commissioned service.



Professor David Haslam

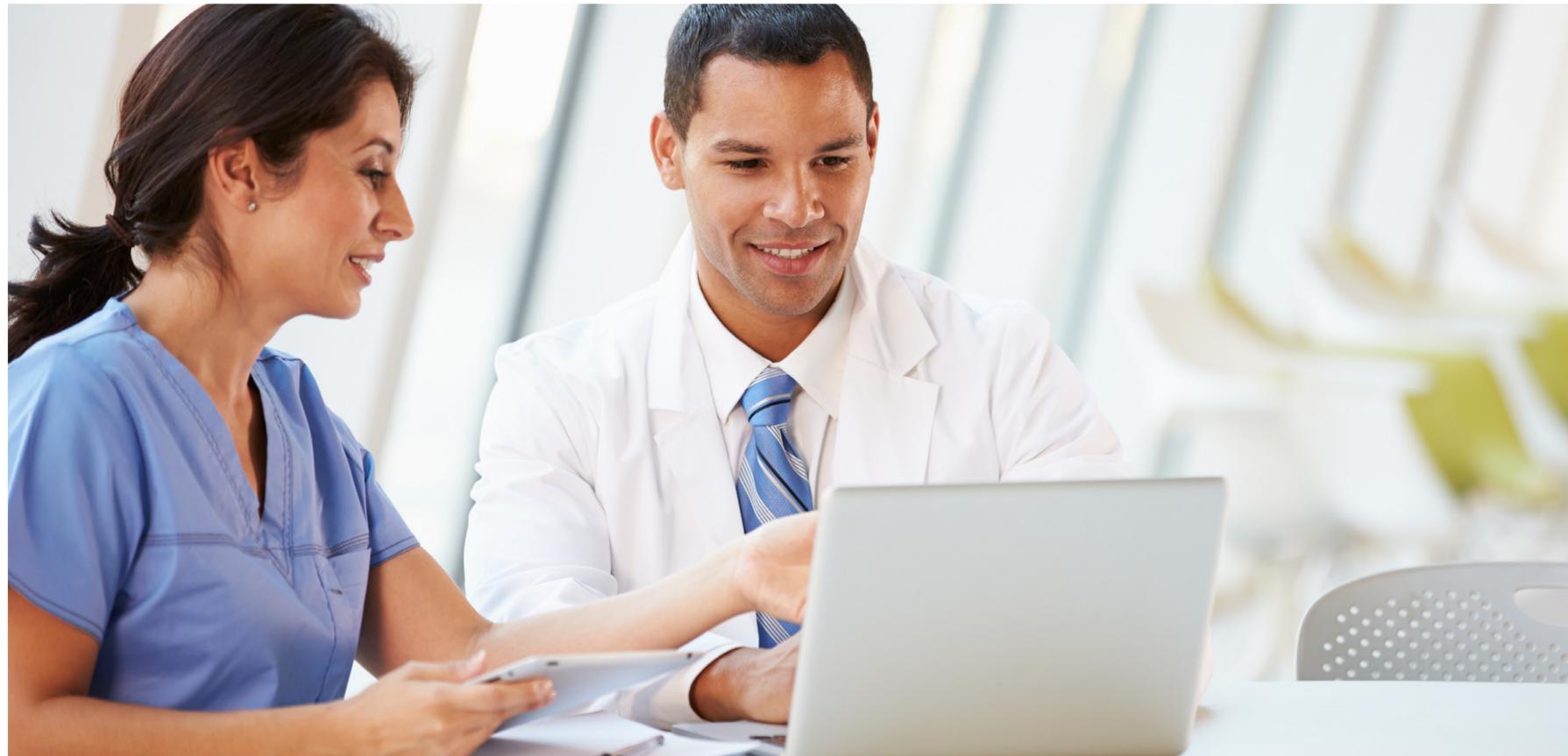
Expert in Severe and Complex Obesity

.....

David Haslam was formerly Chair of the National Obesity Forum (NOF) and a GP with a special interest in obesity and cardiometabolic disease, Physician in Obesity Medicine at the Centre for Obesity Research at Luton & Dunstable Hospital.

YOUR COURSE TUTORS

CCH academic staff have **extensive experience** in the field of obesity care and weight management. Throughout your studies at CCH you will have the full support of your **personal tutor**.



Director of Education Nigel Hinchliffe, MSc

Nigel joined CCH after completing his MSc Nutrition, Physical Activity and Public Health at the University of Bristol, developing a particular interest in the role of physical activity in weight management and healthy ageing.

ACADEMIC QUALIFICATIONS

Lifestyle Medicine (Obesity Care)

Less than 0.1% of UK health professionals have received any specialist obesity training⁵

PGCertificate / PGDiploma / MSc*

It is critical that today's health professionals have the specialised knowledge and skills needed to manage obesity and its associated co-morbidities.

The courses in obesity care and management will not only improve students' knowledge, but also extend their professional network. They give health professionals the essential knowledge to improve patient care when dealing with the obesity epidemic.

Graduates of CCH courses will have comprehensive knowledge and expertise in obesity care and weight management. Our courses transform health professionals into confident, highly skilled practitioners with a well-rounded understanding of obesity and the ways to practically prevent, treat and manage it.

Entry Requirements

- A Bachelor's degree in a relevant health, social care, or biomedical discipline
- One year work experience in a relevant healthcare-related workplace

- Proficiency in the English language (equivalent to IELTS Level 7, min. 6.5 in all components)

Students who hold an HE Diploma or evidence of equivalent health and/or social care experience which equates to Level 6, can also register for our postgraduate courses.

APPLY HERE
contemporaryhealth.co.uk/apply

5. Candesic Consultancy (2015) Obesity training levels in the UK workforce (analysis of HSCIC workforce statistic)
*MSc Lifestyle Medicine is subject to validation by the School of Medicine of University of Central Lancashire. Possible exit points: PGCert, PGDip and MSc.

COURSE STRUCTURE

MSc*

The MSc consists of PGCert and PGDip (six modules), plus a Research Dissertation

180 Credits

PGDiploma

The PGDip consists of the PGCert plus three modules covering different specialist areas of obesity care

120 Credits

PGCertificate

The PGCert consists of three core modules

60 Credits



PGCert and PGDip modules are each worth 20 credits. The Research Dissertation module is worth 60 credits and you have up to 1 year to complete it.

* MSc Lifestyle Medicine is subject to validation by the School of Medicine of University of Central Lancashire. Possible exit points: PGCert, PGDip and MSc.

STUDY PERIODS & TIMELINE



Study Periods

CCH runs three study periods per year: January, April and September.

PGCert / PGDip / MSc completion times depend on how many modules you complete in each study period. However, you have up to six years to complete the required modules for your desired qualification.

Course Timeline

Each module duration is 12 weeks.

The teaching is delivered throughout weeks 1-7 while the remaining five weeks are dedicated to peer discussion, self-study and assessments.

JANUARY

APRIL

SEPTEMBER

PAYMENT & FUNDING OPTIONS



Seeking Funding From Your Employer

Postgraduate study significantly improves work performance, which means that both you and your employer can benefit from your studies.

Therefore, many employers fund, or partially fund, their employees' further education. Contact the Admissions Team for more funding opportunities.

Application Process

- The application process is completed entirely online
- To make an application for a CCH postgraduate course, please go to:

www.contemporaryhealth.co.uk/apply

Once you have filled in your application, a member of the Admissions Team will get back to you with a decision on your application within 5 working days. You may be requested to send a scanned copy of your highest qualification and English language certificate, where required.

BURSARY & TRAINING



CCH Admissions Team

Our Admissions Team will be happy to help you, where possible, to secure funding for CCH courses.

We can work with you to examine various funding options and assist in completing application requests.

Call our office on: +44 (0)203 773 4895 to discuss your funding options in further detail.

Advantages For Your Employer

- CCH courses are fully online, so you will not need to take time off work
- For every 75 pence your employer spends on e-learning, there is a £20 increase in productivity⁶

- After achieving a CCH postgraduate qualification you can provide your workplace with state-of-the-art care
- Employers can make their practice stand out significantly by employing some of the first Obesity Care and Management Specialists

APPLY HERE
contemporaryhealth.co.uk/apply

6. IBM (2014) The Value of Training. <https://www.ibm.com/services/learning/pdfs/IBMTraining-TheValueofTraining.pdf>

COURSE **MODULES**



OBESITY: CAUSES & CONSEQUENCES

- Review the multitude of factors contributing to obesity, as well as the health, financial and social consequences of this modern epidemic
- Identify causes of obesity and understand how co-morbidities affect patients
- Explore the pathogenesis of obesity & co-morbidities and understand the impact of the emotional and economic consequences of obesity

[Apply Now](#)



OBESITY: THE SOLUTIONS?

- Gain a deep understanding of the challenges we face, at all levels, in tackling the obesity crisis
- Review the roles of government, business, society and the individual in generating solutions
- Evaluate current obesity prevention and treatment guidelines and strategies

[Apply Now](#)



OBESITY: TOWARDS A PRECISION APPROACH

- Explore the reasons for weight re-gain, the barriers to sustainable weight loss, and ways to overcome them
- Discuss ways to personalise obesity care to achieve the best health outcomes for each individual patient
- Provide an overview of the latest developments in obesity research and their implications for precision treatment of obesity

[Apply Now](#)

COURSE **MODULES**



NUTRITIONAL APPROACHES TO OBESITY

- Gain a thorough grounding in the effectiveness and validity of the main dietary approaches used in obesity care and management through review and evaluation of various dietary weight loss strategies
- Select the most appropriate and effective dietary approach for an individual with obesity, accounting for health issues, appetite traits, lifestyle, personal preferences and cultural requirements

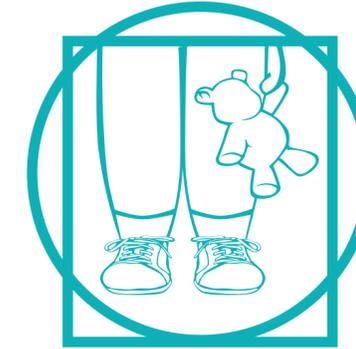
[Apply Now](#)



OBESITY & REPRODUCTIVE HEALTH

- Explore the multifactorial, epigenetic / trans-generational effects of obesity on the parents' reproductive health, and that of their children
- Enhance your understanding of the potential risks involved during pregnancy and parturition for women with obesity
- Choose a range of support interventions for the individual with obesity prior to, during, and post-pregnancy, and for children (up to 2 years old)

[Apply Now](#)



PAEDIATRIC OBESITY

- Design effective childhood obesity prevention and treatment programmes for children of 2-18 years
- Understand the nutritional, genetic, and environmental risk factors affecting children
- Analyse the physiological and psychological repercussions of paediatric obesity
- Communicate effectively with the parents of children with obesity

[Apply Now](#)

CPD SHORT COURSES

Weight Management, Obesity Care and Behaviour Change

For those who want to upskill and improve their professional practice, but do not have time for a full postgraduate qualification, CCH have a range of CPD Short Courses for continued professional development.

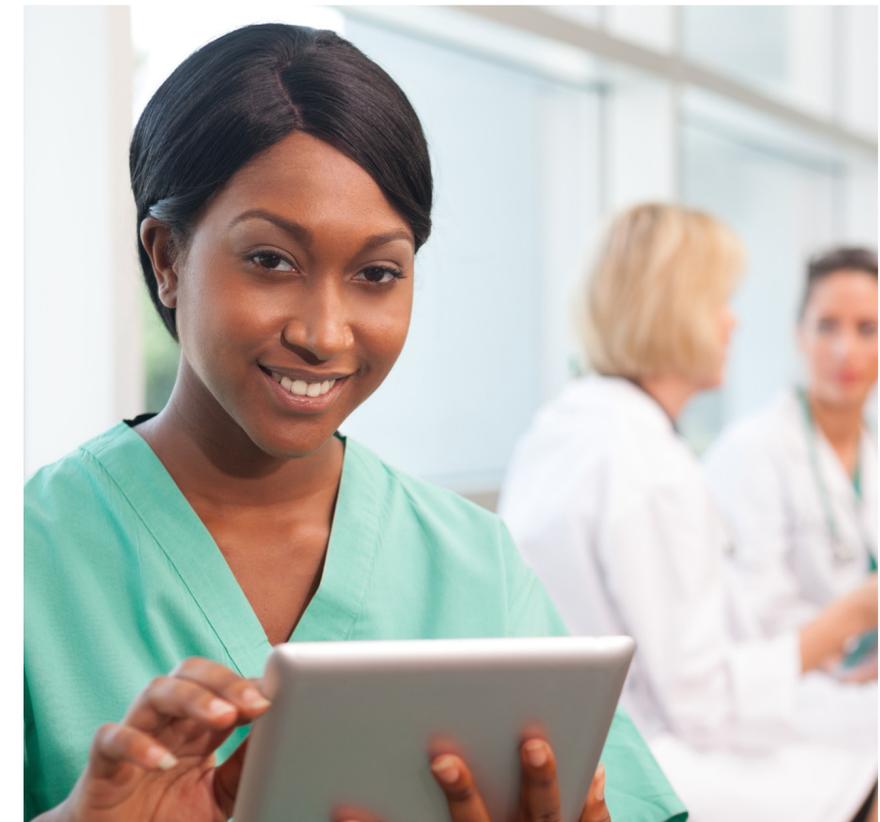
CCH CPD Short Courses are 6-12 hours long and can be started at any time – begin learning when you want!

These courses are delivered completely online through podcasts, videos and e-learning units to seamlessly fit into your busy life and work schedule in a fun and engaging way. Upon completion, you will

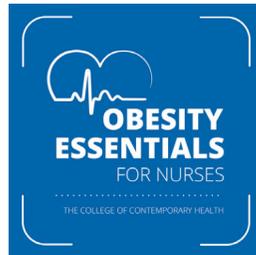
be awarded a digital certificate also fit to display on your LinkedIn profile.



Upon completion you will be awarded Continuing Professional Development (CPD) points for your hard work and achievement.



CPD SHORT COURSES



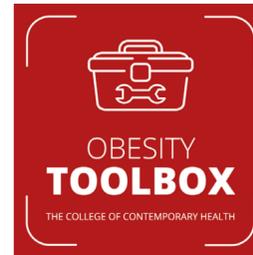
OBESITY ESSENTIALS FOR NURSES

Obesity Essentials for Nurses confronts the challenges of dealing with obesity, both professionally and personally.

- Learn about the complex range of factors that contribute to obesity
- Develop effective and compassionate communication skills for interactions with patients with excess weight
- Gain the confidence to successfully support patients in managing their weight

Enrol today

www.contemporaryhealth.co.uk/oen
10 CPD hours



OBESITY TOOLBOX

The Obesity Toolbox is a 1.5-hour crash-course which reviews the tools and strategies you, as a healthcare professional, need in order to confidently discuss and address obesity with your patients.

Enrol today

www.contemporaryhealth.co.uk/toolbox
1.5 CPD hours



WEIGHT & FITNESS ESSENTIALS

Weight & Fitness Essentials gives fitness professionals the knowledge and skills needed to work confidently and effectively with clients with overweight and obesity.

Learn to design custom weight loss and weight management programmes that will be most effective for each individual client. Includes an extensive fitness prescription toolkit that can be used in your practice every day.

Enrol today

www.contemporaryhealth.co.uk/wfe
10 CPD hours

CPD SHORT COURSES

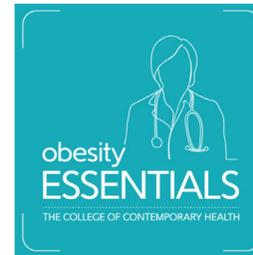


CHILDHOOD OBESITY ESSENTIALS

Childhood obesity presents an urgent and serious challenge for health professionals. Working with children and their families requires specialised knowledge to best approach, prevent, manage and treat overweight and obesity. This course is designed to give you the core knowledge you need to provide the best care and support to children with obesity and their families.

Enrol today

www.contemporaryhealth.co.uk/coe
6 CPD hours



OBESITY ESSENTIALS

Written by health professionals, for health professionals who work directly with clients and patients with obesity. This course confronts the challenges of dealing with obesity in healthcare settings. Learn to provide effective advice to support patients in successfully adjusting their lifestyles, managing their weight and improving their health.

Enrol today

www.contemporaryhealth.co.uk/oe
10 CPD hours



NUTRITION & WEIGHT MANAGEMENT ESSENTIALS

Nutrition plays a key role in health and particularly weight management. This course is designed to give health professionals everything from the basics of nutrition to effective weight management interventions and strategies that can be used with patients.

Enrol today

www.contemporaryhealth.co.uk/nwm
6 CPD hours

CPD **SHORT COURSES**



BEHAVIOUR CHANGE SKILLS: **PATIENT-CENTRED COMMUNICATION**

Good communication skills play an important role in all areas of healthcare, but are particularly important in facilitating changes in patients' health-related behaviours. This skills based course will support all your communication needs, helping to enhance the care you give to your patients.

Enrol today

www.contemporaryhealth.co.uk/pcc
2 CPD hours



BEHAVIOUR CHANGE SKILLS: **ENHANCING PATIENT MOTIVATION**

Staying motivated to maintain behaviour change is extremely difficult, but with the right knowledge and skills, health professionals can make a real difference. This course provides the tools you need to enhance patient motivation and to support sustained behaviour change.

Enrol today

www.contemporaryhealth.co.uk/acp
2 CPD hours



BEHAVIOUR CHANGE SKILLS: **APPLYING CBT IN PRACTICE**

This course helps you improve your clinical effectiveness by learning to integrate certain cognitive behavioural techniques into your practice, which can be further enhanced with continuing opportunities for skills development.

Enrol today

www.contemporaryhealth.co.uk/epm
2 CPD hours

PROFESSIONAL ENDORSEMENTS



“CCH courses make a significant contribution to the clinical education of practitioners. The modules are evidence-based, relevant and of high quality and should be recommended to all practitioners involved in obesity prevention and management.”

Professor Pinki Sahota

– Former Chair of the Association for the Study of Obesity



“We should be under no illusions. Obesity represents one of the most serious threats to the health of the UK population and has the potential of breaking the NHS.”

Professor David Haslam

– Former Chair National Obesity Forum

TESTIMONIALS

*"Building on my understanding helps to put myself in the patient's shoes, which I hope will develop me as a **professional to support** these individuals and their needs. This is where I felt the visual learning in the form of lectures and videos enhanced my learning during the last module."*

*"All of my staff who have completed both the postgraduate modules and short courses, have found them **excellent**. It has definitely changed our clinical practice."*

*I am using the course all the time, and, Resource Central has been **really good** for me as it has a lot of information that I can use to support what I am doing at work.*

*To enable myself to understand the complexities of obesity last year I completed three obesity modules with CCH. This **truly helped me** understand the complexities of obesity. The solutions module has helped me work side by side with patients **developing their own goals** and plans for the future. I found the psychology fascinating and complex, particularly looking at the deeper issues of obesity.*

*"Before the training, I did not have knowledge about all the weight management services, I knew few. **Now I have learnt** about the referral pathways for adults and children."*

***"Excellent content**, in-depth and covers various health professions."*

*"The course gives **good insight** of how to communicate with clients with regards to management of overweight."*

***"Enjoyable interactive** course with each topic covered thoroughly and at a good pace."*

*"I think the issue this course has raised is **extremely important and relevant** in everyday practice."*

***"Very impressive course.** Very useful and varied information."*

