

DELIVERING THE MESSAGE

Step # 1: Engage the Patient/Parent

- Can we take a few minutes to discuss your/your child's health and weight?

Step # 2: Share Information

- I would like to share the BMI growth chart with you so you can see your/your child's present weight status.
- An unhealthy weight is a risk factor for heart disease and diabetes.
- What do you think is contributing to your/your child's unhealthy weight?

Step # 2A:

If patient/parent is **receptive** to discussion

- Refer to **Little changes. Big rewards. poster**



- Which one of these healthy practices would you like to work on?

PROCEED TO STEP # 3

Step # 2B:

If patient/parent is **not receptive**:

Consider lab tests and setting up a follow-up appointment. Do not proceed any further today.

Step # 3: Guide Family Toward Behavior Change

- What easy DAILY change could you make?
- How could you make it fun? (**Motivation**)
- How could you make it easier? (**Ability**)
- What could you do to help you remember? (**Trigger**)

Step # 4: Arrange for Follow-up

- Let's set up an appointment in ____ weeks to check how things are going.

Tips for Encouraging Behavior Change

Get Moving

At Least 1 Hour of Physical Activity a Day

Tips:

- Schedule outdoor time: plan family walks, outings to the park, or bike rides
- Be active indoors: dance, vacuum, make beds, play balloon volleyball
- Sign up for activities through the YMCA, Parks and Rec Dept., schools and community centers (reference – resource guide)

Pull the Plug

Limit Screen Time (TV, Computers & Video Games) to 1 – 2 hours a day

Tips:

- Remove TV and computers from children's bedrooms
- No TV for children under 2 years
- Turn off TV during mealtimes

Drink Well

Limit Sweetened Beverages

Tips:

- Offer non/lowfat milk instead of juice, soda, or sports drinks
- Add fresh mint, lemon or fruit slices to water for natural flavor
- Do not give juice to children under 1 year of age
- AAP recommendations for 100% juice by age:
 - 4 oz. for children ages 1-3 years
 - 4-6 oz. for children ages 4-6 years
 - 8 oz. for children 7 and older

Eat Smart

Eat More Fruits & Vegetables

Tips:

- Offer fruits for snacks instead of chips, cookies, and candy
- Choose frozen or canned vegetables if fresh are not available
- Cut up fruits and vegetables so that they are ready to eat

Eat Less Fast Food

Tips:

- Order the smallest size food/beverage
- Prepare homemade meals in advance to avoid the temptation of fast food
- Avoid “extras” like cheese or mayo

Eat Breakfast Daily

Tips:

- Stock kitchen with easy to grab breakfast items (fruits, mini bagels, cheese sticks, yogurt)
- Check if the school has a breakfast program
- Eat breakfast with your child

Limit Portion Size

Tips:

- Serve food on smaller plates (Note that a child's stomach is the size of his/her fist)
- Keep serving dishes off the table
- Split an entrée or take half home when eating out