

Getting

STARTED IN YOUR PRACTICE

If you are looking for additional resources around childhood overweight and obesity, refer to page 6 of the Pediatric Obesity Clinical Decision Support Chart, located in the front cover of this toolkit.

The Getting Started in Your Practice Checklist, located next in the toolkit, provides concrete examples of how to successfully begin this work.

Prevention, assessment, management, and treatment of overweight and obesity are not like many of the other medical conditions your practice may have addressed in the past.

Addressing this growing challenge requires new techniques and skills. The words you use with your patients and families may need to be adjusted to reflect the sensitive nature of weight issues in our culture, and there really isn't a simple cure.

All of this may make your practice wary of starting this work; however, patients are looking to health care practices to help them. Practices don't need to take on the whole epidemic of obesity. *5210 Healthy Washoe* is working across communities to help patients and families make healthy choices.



Things to think about:

The focus is on healthy behaviors

It's important to remember that the focus should be on healthy behaviors and not weight for ALL children. Healthy behaviors include 5-2-1-0, setting structured mealtimes, eating less fast food, and getting enough sleep.

A team approach is essential

It's important to engage not only the medical and nursing staff but also the administrative staff. Using the team approach allows everyone to see value in the effort and have ownership over one or more of the steps.

continued



Staff may have their own attitudes and beliefs around healthy behaviors and weight issues (physical activity, healthy eating, etc.)

Reinforce that this can be an uncomfortable topic, filled with culturally sensitive behaviors, emotions, and opinions. Help staff reflect on their own experiences working with patients and families around healthy behaviors and weight issues.

Think about your environment

Is your office promoting positive cues around healthy behaviors and weight? If not, try these:

Posters: Add the 5210 poster to your waiting room and all exam rooms (a great way to start a conversation!)

Role Model: Wear a pedometer, drink water, go on walking meetings.

Food: Serve healthy lunches at staff meetings and be conscious of snacks and drinks that may be observed by patients and families.

For more information on how to integrate movement and healthy eating into the work day, check out our *5210 Healthy Washoe Workplace* toolkit at www.getthehealthywashoe.com

Stigma/bias

Consider what your practice currently does to ensure that it is a safe, accepting, and suitable environment for providing care to patients who have overweight or obesity. Providing proper seating, medical equipment, and accommodations for these patients is an ethical responsibility. For more information on this topic, visit the UConn Rudd Center for Food Policy & Obesity: <http://www.uconnruddcenter.org/>.

Incorporate the 5-2-1-0 Healthy Habits Questionnaire into your office work flow

This is one of the first things to institute in your practice at all well-child visits for children 2 years and older. This tool will help you focus on behaviors, not on weight, and engage in a respectful conversation with patients and families. More information on this can be found under the *Talk with Patients and Families* tab.

Screen and document body mass index (BMI) percentile for age/gender

Measuring BMI percentile is a good screening tool to identify children who may have an increased percentage of body fat. More information on this can be found under the *Measuring and Weighing* tab.

Talk with patients and families

This may require you to think differently about counseling patients. Remember, they don't necessarily need more information – they need to be guided in defining their own health goals and their willingness to change.

The language used is very important when working with patients and families on healthy behaviors. Be sure that you ask permission first and then focus on positive, healthy behaviors, not on weight.

Motivational Interviewing (MI) is a useful tool when engaging in conversations. More information on MI can be found under the *Talk with Patients and Families* tab.

Distribute patient and family tools one at a time – based upon the patient's and family's areas of interest

Target one piece of the healthy lifestyle message. It is important not to overwhelm a patient and/or family with too much information. Setting small, achievable goals is most effective. A whole host of educational materials can be found under the *Parent Handouts* tab.

Explore your natural connections to the community – your voice matters

There are many opportunities for you and your office team to advocate for healthy eating and physical activity in your community (schools, child care centers, faith based organizations, etc.) and at the state and national level for policy changes. More information on advocacy can be found under the *Connect To Community* tab.

Getting

STARTED IN YOUR PRACTICE CHECKLIST

This checklist is designed to help your practice be successful in implementing the Health Care program. The following series of questions will help you to understand what your practice is currently doing and identify areas for improvement.

We are here to support you along the way!

Engage ALL staff in this effort:

- All team members have been informed of the practice involvement with *5210 Healthy Washoe*.
- All team members have explored their own experiences working with patients and families around healthy behaviors and weight issues?

Think about your environment:

- The practice has reviewed the Healthy Workplaces toolkit and has considered what strategies it can try.
- The practice has hung a *5210 Healthy Washoe* poster in the waiting room and all exam rooms where pediatric patients are seen.
- The practice has reviewed the UConn Rudd Center for Food Policy and Obesity website and reviewed the *Preventing Weight Bias: Helping Without Harming in Clinical Practice Toolkit*. biastoolkit.uconnruddcenter.org/

Incorporate the 5-2-1-0 Healthy Habits Questionnaire into your office work flow. The team has addressed the following:

- When and where will the survey be handed out?
- Who will the patient/parent give the survey back to?
- Where will the survey be placed in the chart?

Screen and document body mass Index (BMI) percentile for age/gender. The team has addressed the following:

- How does your office currently measure patients' height and weight? Who does the measuring? Is it standardized throughout the office?
- If you do NOT have an electronic medical record (EMR), can the person who does the measuring also calculate the BMI and determine BMI percentile and weight classification?
- Where will the BMI percentile and weight classification be documented?

Talk with patients and families:

- All team members who will be addressing healthy behaviors and weight issues with families have reviewed the Motivational Interviewing tools located in the *Talk with Patients and Families* tab of this toolkit.

Distribute patient and family tools. The team has addressed the following:

- Where will the handouts be stored/displayed?
- What handouts are you going to use?
- Who is responsible for ordering/stocking handouts.

GOOD LUCK AND HAVE FUN!

