

Lifestyle Advice with 5-2-1-0 (< 1 minute)

- 5** Fruits and vegetables...more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% juice.
- 2** Limit screen time to 2 hours or less a day.
- 1** Get at least 1 hour of moderate to vigorous physical activity every day!
- 0** Restrict soda and sugar sweetened beverages. Drink water and at least 4 servings of skim/non-fat or low-fat milk a day.

Overweight Sensitivity ("Do no harm")*

Instead of:	Use:
Obesity	→ Overweight
Ideal weight	→ Healthier weight
Personal improvement	→ Family improvement
Diets or "bad foods"	→ Healthier food choices
Exercise	→ Physical activity
Focusing on weight	→ Focus on health/lifestyle

Who do you communicate with?*

2-5 yr olds: parent (child in room)
6-12 yr old: Parent or both (1st encounter: consider with parent in private first.)
> 12 yr old: Teen or both (1st encounter: consider with parent in private first.)

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Brief Focused Advice (< 3 minutes)*



Step #1:
Engage the patient/
parent

- Can we take a few minutes together to discuss your health and weight?
- What do you feel about your health and weight?

Step #2:
Share information

- Your current weight puts you at risk for developing heart disease, diabetes and other health conditions.
- What do you make of this?
- Some ideas for staying healthy include (see 5-2-1-0)
- What are your ideas for working toward a healthy weight?

Step #3
Make a key advice
statement

- I strongly encourage you to _____
(Use 5-2-1-0 goals; use patient ideas from step #2)

Step #4:
Arrange for follow-up

- Would you be interested in more information on ways to reach a healthier weight? AND/OR
- Let's set up an appointment in ___ weeks to discuss this further.

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