



Assessment

Weight

Assess patient's Body Mass Index* Patient is overweight if BMI >25

<u>Height</u>	Body Weight (lbs.)	<u>Height</u>	Body Weight (lbs.)
4' 10"	<u>></u> 119	5' 8"	<u>></u> 164
4' 11"	<u>></u> 124	5' 9"	<u>></u> 169
5' 0"	<u>></u> 128	5' 10"	<u>></u> 174
5' 1"	<u>></u> 132	5' 11"	<u>></u> 179
5' 2"	<u>></u> 136	6' 0"	<u>></u> 184
5' 3"	<u>></u> 141	6' 1"	<u>></u> 189
5' 4"	<u>></u> 145	6' 2"	<u>></u> 194
5' 5"	<u>></u> 150	6' 3"	<u>></u> 200
5' 6"	<u>></u> 155	6' 4"	<u>></u> 205
5' 7"	<u>></u> 159		

*Certain patients may require assessment for underweight and/or unintentional weight loss

Activity

Ask patient about any physical activity in the past week: walking briskly, jogging, gardening, swimming, biking, dancing, golf, etc.

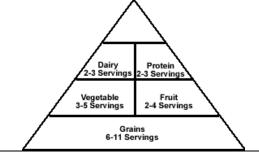
- Does patient do 30 minutes of moderate activity on most days/week?
- 2. Does patient do "lifestyle" activity like taking the stairs instead of elevators, etc?
- 3. Does patient usually watch less than 2 hours TV or videos/day?

If patient answers NO to above questions, assess whether patient is willing to increase physical activity.

Variety

Is patient eating a variety of foods from important sections of the food pyramid? Determine **Variety** and **Excess** using one (or a combination) of the following methods:

- Compare foods eaten with Food Pyramid recommendations: "Think about what you usually eat for each food group and indicate the number of servings of each pyramid section."
- Perform a quick one-day recall: "Briefly describe everything you eat or drink in a typical day, beginning with the first thing eaten after waking up."
- Ask patient to complete a self-administered eating habits questionnaire.



Excess

Look at the patient's typical intake. Is patient eating too much:

Fat? Saturated fat?

Sugar? Calories?

Salt?

Alcohol?

- Ask about serving/portion sizes, preparation methods and added fats, like butter, mayonnaise, sour cream, salad dressing, etc.
- Does patient eat 4 or more meals from sitdown or take-out restaurants/week?
- Is patient's weekend eating much different from weekday eating?

Discuss with the patient:

- "How do you think what you eat and how you exercise affect your health?"
- "What do you think is positive/negative about the way you eat?"
- If patient needs to improve eating and/or activity habits, assess willingness to make changes.
 Version1 3/15/01





Weight

If patient is overweight:

- State concern for the patient, e.g., "I am concerned your weight is affecting your health."
- Give the patient specific advice, i.e.,
 a) Make 1 or 2 changes in eating habits to reduce calorie intake as identified by food intake assessment.
 - b) Gradually increase activity/decrease inactivity.
 - c) Enroll in a weight management program or
 - d) Consult a dietitian
- 3. If patient is ready to make behavior changes, **jointly set goals** for a plan of action and arrange for follow-up.
- 4. Give patient education materials/resources.

Activity

Examples of moderate amounts of physical activity:

- Walking 2 miles in 30 minutes
- Stairwalking for 15 minutes
- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Gardening for 30-45 minutes
- Pushing a stroller for 1 1/2 miles in 30 minutes
- Raking leaves for 30 minutes
- Shoveling snow for 15 minutes
- 1. If patient is ready to increase physical activity, jointly set specific activity goals and arrange for follow-up.
- 2. Give patient education materials/resources.

Variety

What is a serving?

Grains (6-11 servings)

1 slice bread, 1 oz. Ready-to eat cereal, 1/2 cup cooked cereal, rice or pasta, 1 tortilla

Is patient eating whole grains?

Fruits (2-4 servings)

1 medium fresh fruit, 1/2 cup chopped or canned fruit, 3/4 cup fruit juice

Vegetables (3-5 servings)

1 cup raw leafy vegetables, 1/2 cup cooked or chopped raw vegetables, 3/4 cup vegetable juice

Protein (2-3 servings)

2-3 oz. poultry, fish, or lean meat, 1-1/2 cup cooked dry beans, 1 egg equals 1 oz. meat, 4 oz. or 1/2 cup tofu

Dairy (2-3 servings)

1 cup milk or yogurt, 1-1/2 oz. cheese

See instructions 1-4 under Excess

Excess

How much is too much?

Too much fat, saturated fat, calories

- >6 oz/day of meat
- Ice cream, high fat dairy products
- Fried foods
- High fat snacks and desserts
- Eating out>4 meals/week

Too much sugar, calories

- High sugar beverages
- Sugary snacks/desserts

Too much salt

• Processed meats, canned/frozen meals, salty snacks

Too much alcohol

- More than one drink/day for women and two drinks/day for men
- Discuss pros and cons of patient's eating pattern keeping in mind Variety and Excess.
- 2. If patient is ready, jointly set specific dietary goals and arrange for follow-up.
- 3. Give patient education materials/resources
- 4. Consider referral to a dietitian for more extensive counseling and support.