



Assessment

Weight

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

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

* Certain pts 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.

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

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

Variety

Is patient eating a variety of foods from important sections of the food pyramid?

- Grains (6-11 servings)
- Fruits (2-4 servings)
- Vegetables (3-5 servings)
- Protein (2-3 servings)
- Dairy (2-3 servings)

Determine **Variety** and **Excess** using one of the following methods:

- Do a quick one-day recall.
- Ask patient to complete a self-administered eating pattern questionnaire.

- *What does pt think are pros/cons of his/her eating pattern?*
- *If pt needs to improve eating habits, assess willingness to make changes.*

Excess

Is patient eating too much of certain foods and nutrients?

Too much fat, saturated fat, calories

- > 6 oz/day of meat
- Ice cream, high fat milk, cheese, etc.
- Fried foods or foods cooked with fat
- High fat snacks and desserts
- Eating out > 4 meals/wk

Too much sugar, calories

- High sugar beverages
- Sugary snacks/desserts

Too much salt

- Processed meats, canned/frozen meals, salty snacks, added salt





Recommendations

<h2>Weight</h2> <p><u>If pt is overweight:</u></p> <ol style="list-style-type: none"> 1. State concern for the pt, e.g., “I am concerned that your weight is affecting your health.” 2. Give the pt specific advice, i.e., <ol style="list-style-type: none"> a) Make 1 or 2 changes in eating habits to reduce calorie intake as identified by diet assessment. b) Gradually increase activity/decrease inactivity. c) Enroll in a weight management program and/or 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 pt education materials/resources. 	<h2>Activity</h2> <p><u>Examples of moderate amounts of physical activity:</u></p> <ul style="list-style-type: none"> • Walking 2 miles in 30 minutes • Stair walking 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 1 ½ miles in 30 minutes • Raking leaves for 30 minutes • Shoveling snow for 15 minutes <ol style="list-style-type: none"> 1. If patient is ready to increase physical activity, jointly set specific activity goals and arrange for a follow-up 2. Give pt education materials/resources.
<h2>Variety</h2> <p><u>What is a serving?</u></p> <p>Grains (6-11 servings) 1 slice bread or tortilla, ½ bagel, ½ roll, 1 oz. ready-to-eat cereal, ½ cup rice, pasta, or cooked cereal, 3-4 plain crackers <i>Is patient eating whole grains?</i></p> <p>Fruits (2-4 servings) 1 medium fresh fruit, ½ cup chopped or canned fruit, ¾ cup fruit juice</p> <p>Vegetables (3-5 servings) 1 cup raw leafy vegetables, ½ cup cooked or chopped raw vegetables, ¾ cup vegetable juice</p> <p>Protein (2-3 servings) 2-3 oz. poultry, fish, or lean meat, 1-1 ½ cup cooked dry beans, 1 egg equals 1 oz. meat, 4 oz. or ½ cup tofu</p> <p>Dairy (2-3 servings) 1 cup milk or yogurt, 1½ oz. cheese</p> <p>See instructions 1-4 under Excess.</p>	<h2>Excess</h2> <ol style="list-style-type: none"> 1. Discuss pros and cons of pt’s eating pattern keeping in mind Variety & Excess. 2. If patient is ready, jointly set specific dietary goals and arrange for follow-up. 3. Give pt education materials/resources. 4. Consider referral to a dietitian for more extensive counseling and support. <p><u>Suggestions for decreasing excess:</u></p> <ul style="list-style-type: none"> • Eat chicken and fish (not fried) or meatless meals instead of red meat • Choose leaner cuts of red meat • Choose skim or 1% milk • Eat less cheese/choose lower fat cheeses • Bake, broil, grill foods rather than fry • Choose low fat salad dressings, mayo, spreads, etc. • Eat more whole grains, fruits & vegetables • Drink water instead of sugary drinks • Use herbs instead of salt