Survey for All Patients (Age 9—18) at Well-Child Visits

In our office, we are interested in providing the best care to our patients. This includes discussing with all our patients, steps that you can take to improve your health. While you are waiting to see your provider, it would be helpful if you would please take a few moments to answer the following questions. Your healthcare provider will go over your answers during your visit. We understand how difficult it is to follow healthy lifestyle recommendations. The questions below will help us discuss how you might best start to make small changes to improve your health.

Patient Name: ___________________________ Age: __________ Date: ______

5  I eat fruits and vegetables 5 or more times on most days.
   I eat breakfast every day.
   I eat dinner at the table with the family at least 2 times per week.
   I eat take-out (takeout, fast food places, restaurants) less than 2 times per week.

2  I watch TV, videos or plays computer games less than 2 hours per day.
   I do not have a TV in the bedroom.

1  I participate in some type of moderate physical activity for at least 1 hour every day.

0  I do not regularly drink fruit-drinks, sports drinks, soda or punch.
   I drink fat-free/skim or 1% rather than 2% or whole milk.

FOR PHYSICIAN USE ONLY: Physician Initials: _______________ Date: __________
FH Risk Factors: Y N  BMI: _______  BMI%: _______

BMI Classification
Achieved 5 2 1 0
Discussed 0 0 0 0
Goal 0 0 0 0

□ Underweight <5th
□ Healthy Weight 5th—84th
□ At-Risk Overweight 85th—94th
□ Overweight > 95th