PLANNED FOLLOW-UP VISIT
For a Youth Overweight / Obese Patient Age 3—18

Check – In: Front Desk

Has Patient Completed 5-2-1-0 survey?
YES

Check to see if in depth physical activity & nutrition surveys are complete, if not give to patient to fill out in waiting room.

NO

Have patient complete 5-2-1-0 and in depth physical activity and nutrition surveys.

Check – In: CNA / MA
If BMI not done in previous 3 months recheck BMI%’ile age/gender, classify and document in appropriate part of patient chart or EMR

85-94%’ile age/gender without comorbidities “Overweight”

85-94%’ile age/gender with comorbidities “Overweight”

≥ 95%’ile age/gender “Obese”

Provider
Promote healthy eating & physical activity with:
• 5-2-1-0 messages & review in depth surveys
• Use Keep Me Healthy Tool Kit & patient handouts
• Refer to community/school programs

Provider
Review the 5-2-1-0 and in depth physical activity & nutrition surveys with the patient/family
• Assess patient / family readiness to change
• Discuss goal setting worksheet
• Use Keep Me Healthy Tool Kit & patient handouts
• SET GOAL
• Refer to community/school programs and or specialist
  – Recheck in 3 months or as appropriate

2/22/08