

## 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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