

Pediatric Obesity 5 A's

Ask

- 1) If it is okay with you I wanted to take a couple minutes to review Johnny's overall health and see if you had any concerns about Johnny's level of physical activity or eating patterns and how these may impact Johnny's health?
 - a. Summarize BMI status and level of health risk
 - b. What concerns do you have about how Johnny's health could be affected by his physical activity or eating habits?

Assess

- 2) On a scale of 1-10, with 1 being not at all important and 10 being extremely important, how important is it for you to make changes to Johnny's eating or physical activity habits improve his health?
 - a. Explore both sides
 - b. Summarize and reflect
 - c. Praise any steps or insight into making positive changes eating or physical activity.

***Can also do this with "confidence or readiness to make changes in eating or physical activity to improve Johnny's health."

I want to thank you for taking the time to speak with me about Johnny's eating and physical activity and the impact on his health. Where do you think we should go from here?

Advise

- 3) As Johnny's health care provider I want to make sure I provide you with every opportunity to improve his health. Is it okay with you if I share some information regarding Johnny's eating and/or physical activity habits and how they affect his health?

4) Agree

I want to collaborate with you on a plan, what types of changes are you interested in making?

***Focus on behavioral goals (SMART).

Assist / Arrange

- 5) Thanks again for talking with me about Johnny's eating, physical activity, and his health. I think it is great that you have decided to make changes in your family to improve Johnny's health and the health of your entire family.

What problems or barriers do you think might make these changes difficult?

Because I want to make sure I provide you with every opportunity to improve Johnny's health, would it be okay if I referred Johnny to ?

***Arrange follow-up

Because I want to make sure I provide you with every opportunity to improve Johnny's health, let's follow-up in