



# 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><b><u>If pt is overweight:</u></b></p> <ol style="list-style-type: none"> <li>1. <b>State concern</b> for the pt, e.g., “I am concerned that your weight is affecting your health.”</li> <li>2. Give the pt <b>specific advice</b>, i.e.,             <ol style="list-style-type: none"> <li>a) Make 1 or 2 changes in eating habits to reduce calorie intake as identified by diet assessment.</li> <li>b) Gradually increase activity/decrease inactivity.</li> <li>c) Enroll in a weight management program and/or consult a dietitian.</li> </ol> </li> <li>3. If patient is ready to make behavior changes, jointly <b>set goals</b> for a plan of action and arrange for follow-up.</li> <li>4. <b>Give pt education materials/resources.</b></li> </ol>	<h2>Activity</h2> <p><b><u>Examples of moderate amounts of physical activity:</u></b></p> <ul style="list-style-type: none"> <li>• Walking 2 miles in 30 minutes</li> <li>• Stair walking for 15 minutes</li> <li>• Washing and waxing a car for 45-60 minutes</li> <li>• Washing windows or floors for 45-60 minutes</li> <li>• Gardening for 30-45 minutes</li> <li>• Pushing a stroller 1 ½ miles in 30 minutes</li> <li>• Raking leaves for 30 minutes</li> <li>• Shoveling snow for 15 minutes</li> </ul> <ol style="list-style-type: none"> <li>1. If patient is ready to increase physical activity, jointly <b>set specific activity goals</b> and arrange for a follow-up</li> <li>2. <b>Give pt education materials/resources.</b></li> </ol>
<h2>Variety</h2> <p><b><u>What is a serving?</u></b></p> <p><b>Grains</b> (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><b>Fruits</b> (2-4 servings)          1 medium fresh fruit, ½ cup chopped or canned fruit, ¾ cup fruit juice</p> <p><b>Vegetables</b> (3-5 servings)          1 cup raw leafy vegetables, ½ cup cooked or chopped raw vegetables, ¾ cup vegetable juice</p> <p><b>Protein</b> (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><b>Dairy</b> (2-3 servings)          1 cup milk or yogurt, 1½ oz. cheese</p> <p><b>See instructions 1-4 under Excess.</b></p>	<h2>Excess</h2> <ol style="list-style-type: none"> <li>1. <b>Discuss pros and cons</b> of pt’s eating pattern keeping in mind Variety &amp; Excess.</li> <li>2. If patient is ready, jointly <b>set specific dietary goals</b> and arrange for follow-up.</li> <li>3. <b>Give pt education materials/resources.</b></li> <li>4. <b>Consider referral</b> to a dietitian for more extensive counseling and support.</li> </ol> <p><b><u>Suggestions for decreasing excess:</u></b></p> <ul style="list-style-type: none"> <li>• Eat chicken and fish (not fried) or meatless meals instead of red meat</li> <li>• Choose leaner cuts of red meat</li> <li>• Choose skim or 1% milk</li> <li>• Eat less cheese/choose lower fat cheeses</li> <li>• Bake, broil, grill foods rather than fry</li> <li>• Choose low fat salad dressings, mayo, spreads, etc.</li> <li>• Eat more whole grains, fruits &amp; vegetables</li> <li>• Drink water instead of sugary drinks</li> <li>• Use herbs instead of salt</li> </ul>