

Obesity Prevention or Management Checklist for Clinical Visit

	Done	Not Done
Resident assesses dietary habits relating to sweetened beverage consumption.	<input type="radio"/>	<input type="radio"/>
Resident assesses dietary habits relating to frequency of eating meals prepared outside of the home	<input type="radio"/>	<input type="radio"/>
Resident assesses dietary habits relating to frequency of snacking	<input type="radio"/>	<input type="radio"/>
Resident assesses dietary habits relating to consumption of high energy density snacks (chips, cookies)	<input type="radio"/>	<input type="radio"/>
Resident assesses frequency of family meals.	<input type="radio"/>	<input type="radio"/>
Resident assesses frequency of skipping breakfast.	<input type="radio"/>	<input type="radio"/>
Resident assesses dietary habits related to fruit and vegetable intake	<input type="radio"/>	<input type="radio"/>
Resident assesses daily time spent on sedentary behaviors	<input type="radio"/>	<input type="radio"/>
Resident assesses daily time spent on physical activity	<input type="radio"/>	<input type="radio"/>
Resident counsels families on changing dietary habits and physical activities in order to prevent/manage overweight	<input type="radio"/>	<input type="radio"/>
Resident provides an assessment of patients weight to the family during the visit (underweight, normal weight, overweight, obese)	<input type="radio"/>	<input type="radio"/>
Resident uses reflective listening and open-ended questions in order to determine the position of the parent/patient with respect to the behavior in question (ability to "guide" communication).	<input type="radio"/>	<input type="radio"/>
Resident uses specific strategies to elicit change talk, such as the 0 to 10 important/confidence rulers and a values clarification activity, to gently "guide" and not push the parent/patient toward a behavioral decision	<input type="radio"/>	<input type="radio"/>
Resident helps family make a concrete plan but only after the parent/patient made a behavioral decision. In other words the resident has "guided and directed" the family and is now advising and helping the family set goals.	<input type="radio"/>	<input type="radio"/>
Resident provides assessment and counseling in a culturally sensitive manner (ex, asked how parents and family perceive child's weight, asked about family routines in a non-judgmental way, asked how behavioral changes would be perceived by parents and family, etc.)	<input type="radio"/>	<input type="radio"/>