

Time Dependent Office Visit: Well Child (> 3 minutes)

Type of Visit	Well Child
Topic of Visit	Brief Focused Advice
Length of Visit	Under 3 minutes
Patient Scenario	Child is currently overweight or obese

Brief Focused Advice:

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 (optional).

- Did you know that your current weight puts you at risk for developing heart disease and diabetes?
- What do you make of this?
- Some ideas for staying healthy include...(5210 info).
- What are your ideas for working towards a healthy weight?

Step 3: Make a key advice statement.

- I strongly encourage you to practice 5210 every day. (see below)

5 or more fruits & vegetables
2 hours or less recreational screen time*
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Step 4: Arrange for follow-up.

- Would you be interested in more information on ways to reach a healthier weight?
- Let's set up an appointment in ____ weeks to discuss further.

