



## Tips for Busy Physicians

### Treatment Interventions

#### Communication

- Deliver a set of consistent key messages-5210.
- Keep a list of good Web sites to give your patients. Have appropriate books, puzzles, and activity sheets—especially for children—that help promote healthy eating and active living.
- Display educational posters and create a bulletin board for community partners to update.
- Frame your discussions to expand the patient/family perception of what healthy lifestyle changes they can make. Keep goals small, simple, and concrete. Allow for personal choices. Selections a child enjoys will be more easily sustained.
- Have patients set specific behavioral goals and action plans and be sure to ask about these during the next visit or follow-up contact.
- Be aware of the cultural norms of the patient, significance of meals/eating for the family/community, beliefs about special foods, and feelings about body size.

#### Team Approach

- Be a good role model—be physically active every day and work to make healthy food choices.
- Involve the clinical team in planning and implementing treatment intervention.
- Know your community resources and refer patients to them. These will help support families once they leave your office.
- Behavior change is a long-term process and involving other qualified staff will help ensure success.
- Encourage involvement and change for the whole family and all caregivers.

### ABCs of Counseling and Motivating Overweight Children and Families

#### Ask Open-Ended Questions

- How do you feel about us talking about your physical activity, TV watching, and eating today?
- How concerned are you about your child's weight? Why?
- What are some of the things you might like to change?

#### Body Language

- Put patient at ease.
- Use eye contact without barriers.
- Convey respect.
- Counsel in a private setting.

#### Care and Empathy

- Do not criticize.
- Acknowledge patient's feelings.
- Answer questions without sign of judgment.
- Use language that is nonjudgmental
  - “Healthier” food vs “bad” food
  - “Healthier” weight vs “ideal” weight