



# 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

## Weight

### If pt is overweight:

1. **State concern** for the pt, e.g., “I am concerned that your weight is affecting your health.”
2. Give the pt **specific advice**, i.e.,
  - a) Make 1 or 2 changes in eating habits to reduce calorie intake as identified by diet assessment.
  - b) Gradually increase activity/decrease inactivity.
  - c) Enroll in a weight management program and/or consult a dietitian.
3. If patient is ready to make behavior changes, jointly **set goals** for a plan of action and arrange for follow-up.
4. **Give pt education materials/resources.**

## Activity

### Examples of moderate amounts of physical activity:

- Walking 2 miles in 30 minutes
  - Stair walking for 15 minutes
  - Washing and waxing a car for 45-60 minutes
  - Washing windows or floors for 45-60 minutes
  - Gardening for 30-45 minutes
  - Pushing a stroller 1 ½ miles in 30 minutes
  - Raking leaves for 30 minutes
  - Shoveling snow for 15 minutes
1. If patient is ready to increase physical activity, jointly **set specific activity goals** and arrange for a follow-up
  2. **Give pt education materials/resources.**

## Variety

### What is a serving?

#### **Grains** (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  
*Is patient eating whole grains?*

#### **Fruits** (2-4 servings)

1 medium fresh fruit, ½ cup chopped or  
canned fruit, ¾ cup fruit juice

#### **Vegetables** (3-5 servings)

1 cup raw leafy vegetables, ½ cup cooked  
or chopped raw vegetables,  
¾ cup vegetable juice

#### **Protein** (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

#### **Dairy** (2-3 servings)

1 cup milk or yogurt, 1½ oz. cheese

**See instructions 1-4 under Excess.**

## Excess

1. **Discuss pros and cons** of pt’s eating pattern keeping in mind Variety & Excess.
2. If patient is ready, jointly **set specific dietary goals** and arrange for follow-up.
3. **Give pt education materials/resources.**
4. **Consider referral** to a dietitian for more extensive counseling and support.

### Suggestions for decreasing excess:

- Eat chicken and fish (not fried) or meatless meals instead of red meat
- Choose leaner cuts of red meat
- Choose skim or 1% milk
- Eat less cheese/choose lower fat cheeses
- Bake, broil, grill foods rather than fry
- Choose low fat salad dressings, mayo, spreads, etc.
- Eat more whole grains, fruits & vegetables
- Drink water instead of sugary drinks
- Use herbs instead of salt