

Assessment of Healthy Weight Practices in the Primary Care Setting



Component	Question	Yes	No
<p>Decision Support Do you have processes and tools in place to support the treatment of overweight patients?</p>	Do you have and use a patient Healthy Weight Assessment form in your practice?	1	0
	Do you have a BMI chart/wheel posted at the scale and/or in every exam room?	1	0
	Do you have someone in your practice assigned to ensuring processes and tools are in place to service the overweight or obese?	1	0
	Do you have a scale in your office that accomodates up to 500 pounds?	1	0
	Do you have large and extra large blood pressure cuffs available in your office?	1	0
	Are the chairs in your waiting room large enough for people of all sizes?	1	0
	Do you have nutrition and fitness education resources and materials readily available for staff and patient access?	1	0
	Do you have a designated place in the medical record to record BMI at a minimum of annually?	1	0
	Do you address personal consequences of obesity with your patients (heart attack, diabetes, etc) ?	1	0
	Has your staff had training in the past 12 months on nutrition/fitness/obesity?	1	0
	Do you have a system in place to refer patients to a registered dietitian?	1	0
<p>Clinical Information Systems Can you obtain timely and useful information about your patients' nutritional/BMI status?</p>	Do you have a system to track patients (child, adolescents, adults) who are overweight?	1	0
	Can your system generate a list of patients who are overweight or obese?	1	0
	Do you have a system in place to remind your office team which patients/families are due for follow up regarding their nutrition/exercise/obesity issues?	1	0
	Do you have a system in place to regularly update BMI information on Priority Health's Patient Profile?	1	0

Component	Question	Yes	No
Self-Management Support Do you provide patients with the information they need to make informed decisions and cause a behavioral change?	Do you provide educational materials on nutrition/exercise/weight management to your patients/parents?	1	0
	<ul style="list-style-type: none"> • For infants and children? • For Adolescents? • For Adults? 		
	Do you provide educational materials on the myths of “quick fix” weight loss schemes?	1	0
	Do you have educational materials available in video, different languages (Spanish or Vietnamese), or that portray cultural diversity?	1	0
	Do you provide weight management tools to patients/parents, such as: <ul style="list-style-type: none"> • A Healthy Weight Self-Assessment quiz? • A portion size and nutrition quiz to complete while sitting in the waiting room? • A Nutrition Log to record their intake? • An appointment card with the date and time for their next healthy weight follow up visit? • Education on what to do at home when they are tempted to quit their weight loss efforts? 	1	0
	TOTAL	/19	/19

- 17 - 19 “Yes” Answers A
- 14 - 16 “Yes” Answers B
- 11 - 13 “Yes” Answers C
- 8 - 10 “Yes” Answers D
- <7 “Yes” Answers F

What are the barriers in your office to assist patients in reaching a healthy weight?

- Patient non-compliance Cultural differences (perceptions, language)
- Not knowing what to say Lack of educational materials or resources

Other _____

Action plan to alleviate barriers:
