**Weight**

Assess patient's Body Mass Index* 
Patient is overweight if BMI >25

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<th>Height</th>
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*Certain patients 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/week**?
2. Does patient do "lifestyle" activity like taking the stairs instead of elevators, etc?
3. Does patient usually watch **less than 2 hours TV or videos/day**?

If patient answers NO to above questions, assess whether patient is willing to increase physical activity.

**Variety**

Is patient eating a variety of foods from important sections of the food pyramid? 
Determine **Variety** and **Excess** using one (or a combination) of the following methods:

- Compare foods eaten with Food Pyramid recommendations: "Think about what you usually eat for each food group and indicate the number of servings of each pyramid section."
- Perform a quick one-day recall: "Briefly describe everything you eat or drink in a typical day, beginning with the first thing eaten after waking up."
- Ask patient to complete a self-administered eating habits questionnaire.

**Excess**

Look at the patient's typical intake. Is patient eating too much:

- Fat? Saturated fat?
- Sugar? Calories?
- Salt?
- Alcohol?

- Ask about serving/portion sizes, preparation methods and added fats, like butter, mayonnaise, sour cream, salad dressing, etc.
- Does patient eat 4 or more meals from sit-down or take-out restaurants/week?
- Is patient's weekend eating much different from weekday eating?

Discuss with the patient:

- "How do you think what you eat and how you exercise affect your health?"
- "What do you think is positive/negative about the way you eat?"
- If patient needs to improve eating and/or activity habits, assess willingness to make changes.

Version1 3/15/01
**Recommendations**

### Weight

**If patient is overweight:**

1. State concern for the patient, e.g., "I am concerned your weight is affecting your health."
2. Give the patient specific advice, i.e.,
   - Make 1 or 2 changes in eating habits to reduce calorie intake as identified by food intake assessment.
   - Gradually increase activity/decrease inactivity.
   - Enroll in a weight management program 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 patient education materials/resources.

### Activity

**Examples of moderate amounts of physical activity:**

- Walking 2 miles in 30 minutes
- Stairwalking 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 for 1 1/2 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 follow-up.
2. Give patient education materials/resources.

### Variety

**What is a serving?**

**Grains (6-11 servings)**
- 1 slice bread, 1 oz. Ready-to-eat cereal, 1/2 cup cooked cereal, rice or pasta, 1 tortilla

  **Is patient eating whole grains?**

**Fruits (2-4 servings)**
- 1 medium fresh fruit, 1/2 cup chopped or canned fruit, 3/4 cup fruit juice

**Vegetables (3-5 servings)**
- 1 cup raw leafy vegetables, 1/2 cup cooked or chopped raw vegetables, 3/4 cup vegetable juice

**Protein (2-3 servings)**
- 2-3 oz. poultry, fish, or lean meat, 1 1/2 oz. protein, 1 egg equals 1 oz. meat, 4 oz. or 1/2 cup tofu

**Dairy (2-3 servings)**
- 1 cup milk or yogurt, 1-1/2 oz. cheese

**See instructions 1-4 under Excess**

### Excess

**How much is too much?**

**Too much fat, saturated fat, calories**
- >6 oz/day of meat
- Ice cream, high fat dairy products
- Fried foods
- High fat snacks and desserts
- Eating out>4 meals/week

**Too much sugar, calories**
- High sugar beverages
- Sugary snacks/desserts

**Too much salt**
- Processed meats, canned/frozen meals, salty snacks

**Too much alcohol**
- More than one drink/day for women and two drinks/day for men

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