

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

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

Brief Focused Advice:

Step 1: Engage the patient/parent.

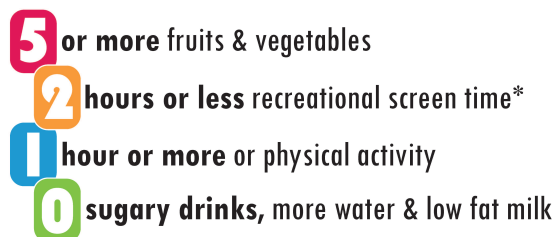
- Can we take a few minutes together to discuss your health and weight?
- What do you feel about your health and weight?

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 . . . (5-2-1-0 information).
- What are your ideas for working towards a healthy weight?

Step 3: Make a key advice statement.

- I strongly encourage you to practice 5-2-1-0 every day.



*Keep TV/Computer out of 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.

