

STRATEGY 3: Talk with Patients and Families

why does this matter?

“Talking with kids and parents about weight, healthy eating and active living can be tough. Weight can be a charged issue. The Let’s Go! program has really provided a great framework for doing this. The Healthy Habits Questionnaire, helps staff switch the conversation from weight to healthy habits such as avoiding sugary drinks, eating more fruits and veggies, limiting fast foods, and more. These topics are easier for me, my patients and their families to talk about, make a plan around, and take action on.”

Kate Herlihy, MD – Pediatrician in Oxford, ME

This section provides helpful techniques for talking with patients and families about healthy eating and active living behaviors.

This is not intended to be an all-inclusive guide – it is simply a resource to get you started in your office.

The first tool is the *Healthy Habits Questionnaire*, which should be used at all well-child visits. Weight is a difficult topic to address with patients and families, and this tool helps in switching the conversation from weight to HEALTH. If you are looking for talking points to address some of the questions, refer to the *Healthy Habits Questionnaire Talking Points* document found in this section.

If you plan on going deeper with some patients, motivational interviewing (MI) tools can help guide your efforts. For a comprehensive overview of key MI skills and concepts, we recommend you review the BMI2 Workbook located in the back of the binder.

Don’t forget to check out the easy-to-use *Let’s Go! Motivational Interviewing Guide* and the *Additional MI Resources* document at the end of this section, which includes links to YouTube videos on MI presented by Kenneth Resnikow, PhD and Keri Bolton Oetzel, PhD.

