

Getting

# STARTED IN YOUR PRACTICE CHECKLIST

**This checklist is designed to help your practice be successful in implementing the Let's Go! Health Care program. The following series of questions will help you to understand what your practice is currently doing and identify areas for improvement.**

**We are here to support you along the way!**

Maine-based practices - If you need help thinking through the items on the checklist, please don't hesitate to reach out to us! (207) 662-3734!

## Engage ALL staff in this effort:

- All team members have been informed of the practice involvement with *Let's Go!*
- All team members have explored their own experiences working with patients and families around healthy behaviors and weight issues?

## Think about your environment:

- The practice has reviewed *Let's Go's* Healthy Workplaces toolkit and has considered what strategies it can try. [www.letsgo.org](http://www.letsgo.org)
- The practice has hung a *Let's Go!* poster in the waiting room and all exam rooms where pediatric patients are seen.
- The practice has reviewed the UConn Rudd Center for Food Policy and Obesity website and reviewed the *Preventing Weight Bias: Helping Without Harming in Clinical Practice Toolkit*. [biastoolkit.uconnruddcenter.org/](http://biastoolkit.uconnruddcenter.org/)

## Incorporate the 5-2-1-0 Healthy Habits Questionnaire into your office work flow. The team has addressed the following:

- When and where will the survey be handed out?
- Who will the patient/parent give the survey back to?
- Where will the survey be placed in the chart?

## Screen and document body mass Index (BMI) percentile for age/gender. The team has addressed the following:

- How does your office currently measure patients' height and weight? Who does the measuring? Is it standardized throughout the office?
- If you do NOT have an electronic medical record (EMR), can the person who does the measuring also calculate the BMI and determine BMI percentile and weight classification?
- Where will the BMI percentile and weight classification be documented?

## Talk with patients and families:

- All team members who will be addressing healthy behaviors and weight issues with families have reviewed the Motivational Interviewing tools located in the *Talk with Patients and Families* tab of this toolkit.

## Distribute patient and family tools. The team has addressed the following:

- Where will the handouts be stored/displayed?
- What handouts are you going to use?
- Who is responsible for ordering/stocking handouts.

**GOOD LUCK AND HAVE FUN!**