

QUESTIONNAIRE TALKING POINTS

Here are some talking points for you to consider when addressing the questions included in the Healthy Habits Questionnaire.

let's
talk!

Many offices have successfully used the Healthy Habits Questionnaire to gather basic healthy lifestyle information from their patients. Clinicians have found that simply using and reviewing the questionnaire is a powerful tool for starting the conversation around healthy lifestyles.

PLEASE NOTE: The questions below are from the questionnaire for ages 10–18; however, the same discussion points apply to ages 2–9 as well.

How many servings of fruits and/or vegetables do you have a day?

Five or more servings of fruits and/or vegetables per day contribute to a healthy diet. The palm of the child's hand is a good reference for a serving size of meat and most vegetables. A more accurate guide for each meal is:

- 3 ounces of protein, such as chicken, lean meat, fish, tofu, or 2 tablespoons of peanut butter
- ½ cup to 1 cup of a starch, such as pasta, potato, rice, or 2 slices of bread
- ½ cup to 1 cup of vegetables
- ½ cup or one small piece fresh fruit
- 1 cup milk or 1–2 ounces of cheese

How many times a week do you eat dinner at the table together with your family?

Family meals are associated with an increased intake of fruits and vegetables. Encourage families to eat meals together more often. Mealtime is a great opportunity for parents to connect with their kids.

How many times a week do you eat breakfast?

A daily breakfast is very important for a healthy diet. Eating breakfast every day provides the energy needed to start the day. It is fuel for the body!



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