



Providers: This worksheet is intended to guide a conversation between you and a teen patient regarding weight and related health issues. It is recommended that you begin the conversation acknowledging the discomfort that arises for both parties when talking about weight. **Example:** *I know it is hard sometimes to talk about our weight. It's hard for most people, I think. I do think there are a couple of important things we should talk about today before you leave. Is that okay?*

If no, STOP.

If yes:

Affirm: Great. Thanks for being willing to talk about this difficult topic.

Tell me what you know about your weight and how it relates to your health?

Do you know what a BMI% is? If yes, tell them their BMI percentile.
Your BMI% is _____

If no then:

Body Mass Index (BMI) is a number that describes your weight at your particular height.
Body Mass Index percentile (BMI%) also considers your age and your gender (sex).

Your BMI% is _____

What do you know about the health risks associated with a high BMI?

If none then:

When your weight (BMI%) is high, you are more likely to have health problems, such as:

- Diabetes
- High cholesterol
- High blood pressure
- For females irregular periods
- Difficulty breathing (asthma) and poor sleeping (heavy snoring)

Losing weight decreases your risk of developing these health problems.

On a scale of 0 to 10 (0 being not at all, and 10 being very), I'm wondering how big a deal your weight is to you?

If you could easily change something about your weight, like if you had a magic wand or something, would you?

If yes:

What would you do?

Have you ever tried to change your weight?

What did you do?

What worked?

What didn't?

Affirm: Wow, you've really thought about this....

On a scale of 0 to 10 (0 being not at all, and 10 being very), how important for you is it that you move toward a healthier lifestyle?

If 0, STOP

If 1 or higher on the scale above:

To get to a healthier weight, you will need to make some changes in your lifestyle. Is it OK to talk about some of the changes that might work for you?

If no, STOP

If yes,

Examples of changes:

- ✓ **Play Hard:** At least one hour per day.
- ✓ **Turn It Off:** Less screen time! No more than one hour of TV and/or video games per day.
- ✓ **Drink Water:** Drink less sugar sweetened beverages.
- ✓ **Eat Well:** Eat more fruits and vegetables every day.

Besides your health, what are the two biggest reasons you would like to change your lifestyle?

What will be the greatest challenge for you?

Who can help support you in your goal? How?

What change do you want to make?

Let's make a plan for this change (be specific, who, what, where, when, how)...

Provider: It is important that you summarize and restate the plan. Say it back to the teen and then ask: *Have I got that right?*

On a scale of 0 to 10 (0 being not at all, and 10 being very), how ready are you to make this change?

On a scale of 0 to 10 (0 being not at all, and 10 being very), how confident are you that you can make this change?

I'd like to help, what can I do to support you in making this change?