5 Tips to implement Fit-tastic!
within the primary care setting

1. **Focus on healthy behaviors.** It’s important to remember that the focus should be on healthy behaviors and NOT on weight. Use the 12345 Fit-tastic! message to guide the conversation.

2. **Goal setting with patients and families.** It’s important to have patients and families work on one area at a time. Simple, easy attainable goals are the key to success. SMART goals are a great way in achieving this:
   a. Specific
   b. Measureable
   c. Attainable
   d. Realistic
   e. Time-bound

3. **Use of language with patients.** The language we use with patients could be the difference between adherence and defensiveness. Try:
   a. Asking permission first
   b. Focus on the positive and healthy behaviors (what TO do versus what NOT to do)
   c. Avoid conversations only focused on weight.

4. **Things to consider when measuring BMI:**
   a. Does your office have an electronic health record? Can BMI be calculated automatically?
      i. Meaningful use of EMR
      ii. If manual calculation is done, can the person who does the measuring also calculate the BMI and determine the BMI percentile and weight classification? (Usually one person does all of this.)
   b. How does your office currently measure patients’ height and weight? Who does the measuring? Is it standardized throughout the office?
   c. Where is this information documented?
   d. Are the appropriate staff members trained in BMI calculations and documentation?
   e. Potential limitation on the use of BMI. BMI can be misleading in terms of a person’s body fat as it solely depends on the net weight and height of a person. It ignores that distribution of muscle and bone mass. Therefore it is important to assess the entire patient and look at health behaviors.

5. **Start small to test:** Plan, do, study, act