

## **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

