

Fit-tastic! Getting Started in Your Practice

Prevention, assessment and treatment of obesity are not like many of the other medical conditions you may have addressed in the past. Addressing this growing challenge may require new techniques for your office to learn. New conversations with your patients and families will be started and shifts in office culture will be key.

The Healthy Lifestyles Initiative is working across sectors to engage schools, childcare centers, local & state government and other community partners to help patients and families choose healthy habits for a healthy future. It is in working together that we can achieve the impact needed. Use the following steps to help you get started:

Before implementing MAPPS for Change:

1st Talk with your staff about their own attitudes and beliefs around healthy lifestyles and weight issues (physical activity, healthy eating, etc). Share with them that as a Fit-tastic! partner they are helping change the conversation from weight status to healthy behaviors and are aiding in “making the healthy choice the easy/ default choice.”

2nd Engage your staff; remember it's a team approach. The whole practice should feel engaged and part of the movement. It's important to engage not only the medical and nursing staff but also the administrative staff. Each staff member can and will play different rolls in implementing your MAPPS for Change. Allow them to be part of the implementation and take ownership of certain elements. Meet with your staff first before moving forward. Allow your team to dictate the implementation timeline.

Implementing MAPPS for Change:

1st Start with the Message and your environment. Look at what messages your office sends and see how you can shift it to promote healthy lifestyles by:

- Hanging up Fit-tastic! Posters in the waiting room/ exam rooms.
- Make Fit-tastic! message cards & coloring pages available for those that are interested.
- Hand out Fit-tastic! stickers or other incentives (water bottles, beach balls, pins... etc) to patients as praise instead of candy!
- Serve healthy food at staff meetings.
- Be conscious of snacks and drinks that may be made available or observed by patients and families.

2nd Start screening and documenting the Assessment. Begin to implement the measurement (ht, wt, BMI/ BMI %tile) and healthy lifestyle assessment into your office work flow.

- Train staff in taking accurate height/ weights.
- Train and delegate the assessment to nursing or intake staff.
 - When and where will the questionnaire be given? (i.e well- child checks for children 2 years and older)

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- Integrate the lifestyle questionnaire into routine intake process, regardless of weight measures.
- Track/ document data in medical record.
 - Where will the questionnaire be placed in the chart? (EMR vs paper)
 - How will it be tracked to ensure it is being completed?

3rd Make a tailored Healthy Lifestyle Plan.... Based on the patient's/family's interest or request. This may require you to think differently about counseling patients- they may not necessarily need more information. Use the assessment to help start the conversation and allow them to choose an area of interest.

- Train staff in Motivational Interviewing techniques.
- Use Fit-tastic! Educational handouts to set goals and reinforce message.
- Delegate making plans with all available staff (i.e allow for nursing and medical staff to counsel on behaviors).
- Track/ document data in medical record.

4th Pick a passion policy. There are many opportunities for you and your office team to advocate for healthy eating and physical activity in your office, community and at the state and national level advocating for policy changes. Think about what policies your office would like to help move forward and begin to take actions. (These can include national initiatives such as the Partnership for Healthier America, or inter- office policy such as “Only drinking or serving water during business hours.)

5th Share your voice and data, they matter.

- Fill out the annual Fit-tastic! Feedback Report online at www.fittastic.org
- Set up system(s) to track and extract data with us to inform the overall impact of changing your practices.
- Set up quality improvement process to help sustain your efforts within your office.



Staying Connecting: As your practice thinks and begins implementing MAPPS for Change into your office please know that we are here to support you in this implementation. Please email: esebelius@cmh.edu for more information and/or assistance.