

## Guidelines for Promoting Healthy Lifestyle Practices

Below are guidelines and examples of questions to assist the Social Worker in working with the caregiver to promote healthy lifestyle practices with child(ren)/youth.

What child/youth should be doing	What is the child/youth doing?
<p style="text-align: center;"><b>Get moving *</b></p> <ul style="list-style-type: none"> <li>• 60 minutes of moderate to vigorous play or physical activity a day               <ul style="list-style-type: none"> <li>○ Walking</li> <li>○ Jogging</li> <li>○ Running</li> <li>○ Biking</li> <li>○ Roller skating/blading</li> <li>○ Swimming</li> <li>○ Jumping Rope</li> <li>○ Group sports (soccer, football, basketball, etc.)</li> </ul> </li> </ul> <p>Weight training (if age appropriate)</p>	<p style="text-align: center;"><b>Get moving *</b></p> <ul style="list-style-type: none"> <li>• Does the child/youth participate in any type of daily physical activity? <span style="float: right;">Y    N</span></li> <li>• What kind of physical activity does the child/youth enjoy? _____</li> <li>• How many minutes a day does the child/youth engage in physical activity? _____</li> <li>• How many days a week does the child/youth participate in a school based physical education or activity program? _____</li> <li>• Does the child/youth have a medical restriction which limits them from participating in physical activities? <span style="float: right;">Y    N</span></li> </ul>
<p style="text-align: center;"><b>Eat smart *</b></p> <ul style="list-style-type: none"> <li>• Eat breakfast every day</li> <li>• Eat 5 to 9 servings of fruit and vegetables daily</li> <li>• Limit eating out, especially fast foods</li> <li>• Have regular family meals</li> <li>• Limit portion sizes</li> </ul>	<p style="text-align: center;"><b>Eat smart *</b></p> <ul style="list-style-type: none"> <li>• Does the child/youth participate in a school sponsored meal program? <span style="float: right;">Y    N</span></li> <li>• How many days a week does the child/youth eat breakfast? _____</li> <li>• How many servings of fruits and vegetables does the child/youth eat a day? <b>1 2 3 4 5 6 7 8 9</b></li> <li>• Does the child/youth participate in preparing meals at home? <span style="float: right;">Y    N</span></li> <li>• How often does the family sit down together to have dinner during the week? <b>1 2 3 4 5 6 7</b></li> <li>• How many fast food meals a week does the child/youth eat? _____</li> <li>• Does the child/youth have any dietary restrictions <span style="float: right;">Y    N</span></li> </ul>
<p style="text-align: center;"><b>Pull the plug *</b></p> <ul style="list-style-type: none"> <li>• Limit screen time (TV, computers and video games) to 1 to 2 hours a day</li> <li>• Move the TV out of the bedroom</li> </ul>	<p style="text-align: center;"><b>Pull the plug *</b></p> <ul style="list-style-type: none"> <li>• How many hours a day does the child/youth spend engaged in watching TV, video games, cell phone, etc.? _____</li> <li>• Does the child/youth have a TV in their bedroom? <span style="float: right;">Y    N</span></li> </ul>
<p style="text-align: center;"><b>Drink well *</b></p> <ul style="list-style-type: none"> <li>• Choose water or non-fat milk</li> <li>• Limit soda, sport drinks and sweetened drinks</li> <li>• Limit juice intake (4-6 oz for children 1-6 years old, 8-12 oz for children 7-18 years old)</li> </ul>	<p style="text-align: center;"><b>Drink well *</b></p> <ul style="list-style-type: none"> <li>• How many sweetened or caffeinated energy drinks does the child/youth drink on a daily basis? _____</li> <li>• What type of milk does the child/youth drink? <b>Non-fat milk    1%    2%    Whole milk</b></li> <li>• How many servings of milk does the child/youth drink daily? _____</li> </ul>

\* Children's Medical Services and Kaiser Permanente have collaboratively developed evidence-based healthy lifestyle messages for addressing childhood obesity prevention and primary intervention with children and their families.