



Healthy Weight Pediatric Clinical Toolkit

PROVIDER TOOLS

	Tool
Clinical Section	<i>Physician</i> Flip chart <i>Physician</i> Prescription for Exercise <i>Nurse/MA</i> BMI Wheel <i>Nurse/MA</i> BMI Wheel Sticker <i>Nurse/MA</i> Color Coded Growth Charts: Boys and Girls <i>Nurse/MA</i> Reference for BMI Calculation Website <i>Nurse/MA</i> Standards for Height and Weight Measurements <i>Nurse/MA</i> 5210 Survey
Learning Opportunities	Academic Detailing Regional Workshops with MYOC MYOC Childhood Obesity Action Network (COAN)
Local/State Resources	Let's Go! PAN Program Healthy Maine Partnerships Hannaford Nutritionists

OFFICE TOOLS

	Tool
	Redy 5210 Poster Office role in a healthy environment Guidelines for food served at meetings Information on data: why and how Directions on how to make a sugar bottle display Bulletin Board Kit

MOTIVATIONAL INTERVIEWING TOOLS

	Tool
	Laminated pocket card Information from flipchart Other resources: KP Webinar, Reg. Workshops

PATIENT TOOLS

	Tool
	5 Brochure 2 Brochure 1 Brochure 0 Brochure Sleep Fact Sheet Portion Size Fact Sheet Structured Family Meal Time Fact Sheet Fiber Fact Sheet Calcium Fact Sheet Energy Dense Food Fact Sheet Be Good to Your Body (WIN Brochure) Get Up and Go Guide