5-2-1-0 Let’s Go! Office Workflow for Well Child Visits

Goals:
1. Introduce patients and families to the 5-2-1-0 Let’s Go! healthy eating and active living message by hanging posters in the waiting room and all exam rooms
2. Measure height, weight, and BMI
3. Utilize the Healthy Habits Questionnaire to start a respectful conversation with patients and families about healthy eating and active living

Check In
- Staff is familiar with 5-2-1-0 program
- Patient arrives and sees poster hanging in the waiting room

Rooming
- Take accurate height and weight using age appropriate protocol and patient friendly language
- If height and weight seem out of range, recheck both measurements
- Enter height and weight in EMR for BMI calculation
- Take vitals and complete screening questions
- Confirm that patient has completed Healthy Habits Questionnaire

Provider
- Review Healthy Habits Questionnaire with patient
- Provide counseling utilizing Motivational Interviewing and 5-2-1-0 tips on the back of the questionnaire to support healthy behaviors
- For BMI ≥85%, utilize the Algorithm for the Assessment and Management of Childhood Obesity in Patients 2 years and Older located in the Healthcare Toolkit

Check Out
- Print After Visit Summary
- Patient takes Healthy Habits Questionnaire home with them

All Staff:
- Acknowledge that overweight and obesity are difficult issues to address for both staff and patients
- Agree to role model healthy habits by integrating them into the work environment
- Assess the practice to ensure a safe, accepting, and suitable environment for providing care to patients with overweight and obesity