

Healthcare

Program Guide



W E L C O M E

**Congratulations on becoming
a registered Let's Go! practice.
This is your guide to getting started.**

Let's Go! is a nationally recognized obesity prevention initiative working with communities to create environments that support healthy eating and active living. We use evidence-based strategies to improve the policies, practices, and environments that influence behavior change.

Thank you for being a Let's Go! partner and for your commitment to help improve the health and well-being of your community.

If you have questions about the information in this guide, please email info@letsgo.org.

SCHOOLS &
SCHOOL
DISTRICTS



SCHOOL
NUTRITION



EARLY CARE &
EDUCATION



OUT-OF-SCHOOL



HEALTHCARE

MaineHealth
LET'S GO!

Working with community and healthcare partners, we help to promote healthy messaging and encourage healthy choices where people live, learn, work, and play.

Let's Go! helps to create healthy environments by using a multi-setting model to reach community members.

We partner with:

- Schools and School Districts
- School Nutrition Programs
- Early Care and Education Programs
- Out-of-School Programs
- Healthcare Practices

Our partners use Let's Go! Strategies to:

- Increase time for physical activity
- Promote drinking water
- Increase access to healthy foods
- Limit recreational screen time
- Encourage healthy sleep habits and much more

Your partnership with Let's Go! is critical for creating and sustaining meaningful change not just in your physical location, but also as part of the larger community initiative.

The Role of Healthcare

Obesity is a complex, chronic disease. Overweight and obesity continue to have a major impact on the health of the entire population from infancy to adulthood.

Research has shown that primary care providers can and should play an important role in obesity prevention because they are in a unique position to partner with patients and families/caregivers and to influence key components of the broader strategy of developing community support.¹

To be effective we know that healthcare practice teams need tools and resources that are evidence-based, practical, accessible, and inclusive.

Introducing the Let's Go! messages in the healthcare office not only provides a credible location for the messages, it also emphasizes the important role healthcare professionals can play in supporting healthy behaviors.

Primary care providers play an important role in obesity prevention.

¹Daniels SR, Hassink SG & Committee on Nutrition. The Role of the Pediatrician in Primary Prevention of Obesity. *Pediatrics*; Vol 136, number 1, July 2015.



Let's Go! is designed to help a primary care provider and their team to:



PROMOTE
the Let's Go! program messages.



MEASURE
a patient's length/height and weight accurately at well visits.



IDENTIFY
early signs of obesity; assess patients for comorbidities of obesity.



TALK
respectfully with patients and families/caregivers about healthy eating and active living.



PLAN
for appropriate follow up based on patient needs.



Before You Get Started

Before you begin implementing the evidence-based strategies of the Let’s Go! program, here are some things to consider:

1. Focus on Healthy Behaviors

It’s important to remember that the focus should be on healthy behaviors and **not** on weight. Incorporate the needs of all individuals, including those with intellectual and developmental disabilities.

2. A Team Approach is Essential

Engage not only the clinical staff but also the administrative staff. Using the team approach encourages everyone to understand they have a role to play.

3. Your Office Environment is Important

Consider what your practice currently does to ensure that it is a safe, accepting, and welcoming environment for patients who have overweight or obesity. Providing comfortable seating, medical equipment, and accommodations for these patients is an ethical responsibility.

4. Staff Attitudes and Beliefs Matter

Talking about healthy behaviors and weight concerns takes time, empathy and cultural sensitivity. To be successful in these conversations, it is important for you and your staff to:

- Reflect upon any implicit weight bias and stigma you may have—challenge your assumptions.
- Recognize that each patient and family/caregiver’s behavior is shaped by their own culture and experiences.

5. Focus on One Area at a Time

It is important not to overwhelm a patient and/or family members with too much information. Setting small, achievable goals is most effective.

The Program Messages

5-2-1-0 for Children

The Let's Go! 5-2-1-0 program focuses on educating healthcare providers and their practice teams on the prevention, assessment, management and treatment of childhood obesity.

The 5-2-1-0 messages are:

Small Steps for Adults

The Let's Go! Small Steps program encourages adults to make one small change at a time. These small changes can add up to big improvements in health.

The Small Steps messages are:



5 or more fruits and vegetables



2 hours or less of recreational screen time



1 hour or more of physical activity



0 sugary drinks, more water



Move More
It's a great way to improve your health



Eat Real
Foods that come from nature give you energy



Drink Water
It's the best choice



Rest Up
Good sleep restores your body and mind

Your Partnership with Let's Go!

Let's Go! provides materials and training to practice staff to enable them to promote healthy eating and active living with their patients and families. As a Let's Go! partner you receive:

- 1. Program Assistance**
from Let's Go! to get you started and keep you motivated.
- 2. Tools and Resources**
to offer patients and families/caregivers you serve as well as to support your staff.
- 3. Training and Development**
opportunities for you and your staff members.
- 4. Regular Communication**
to keep program information and resources at your fingertips.
- 5. Recognition**
for implementing Let's Go! Strategies.
- 6. Connection**
to local and national organizations and other sites working to improve the health of adults, children and families.

Let's Go! is here to help you get started with the program.

The Let's Go! Champions

Every Let's Go! registered site identifies two champions—a Site Champion and a Clinical Champion—to help implement the program in their practice. The practices that are most successful at implementing the Let's Go! program have both of these champions.



The Site Champion

The Site Champion should be someone familiar with the workflow of the practice and is often the practice manager.

The Clinical Champion

The Clinical Champion helps influence the adoption and sustainability of the program.

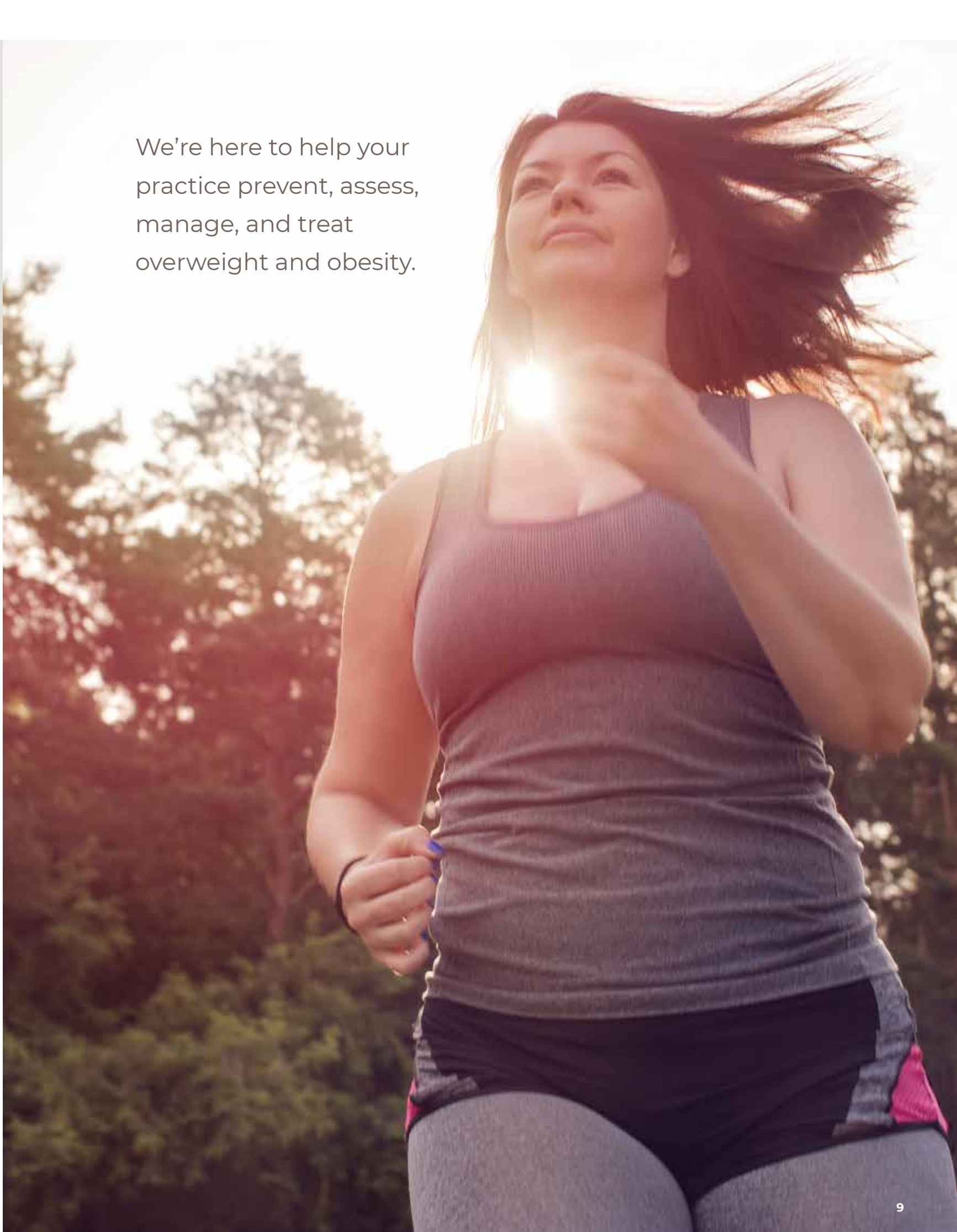
Role of the Site Champion

The Site Champion is key to successfully implementing Let's Go! at your site. This individual takes ownership for ensuring that the administrative tasks are done and partners with the Clinical Champion to ensure staff are educated and trained in talking with patients about healthy eating and active living.

Role of the Clinical Champion

The Clinical Champion is a critical partner to the Site Champion as the role model for gaining program support from Doctors, Nurse Practitioners, Physician Assistants, Nurses, and all clinical supporting staff. This individual is seen as a trusted and reputable spokesperson for the program and promotes the messages, tools, and techniques for working with patients and families on the prevention, assessment and management of obesity.

We're here to help your practice prevent, assess, manage, and treat overweight and obesity.



Implementing the Let's Go! Program

GETTING STARTED



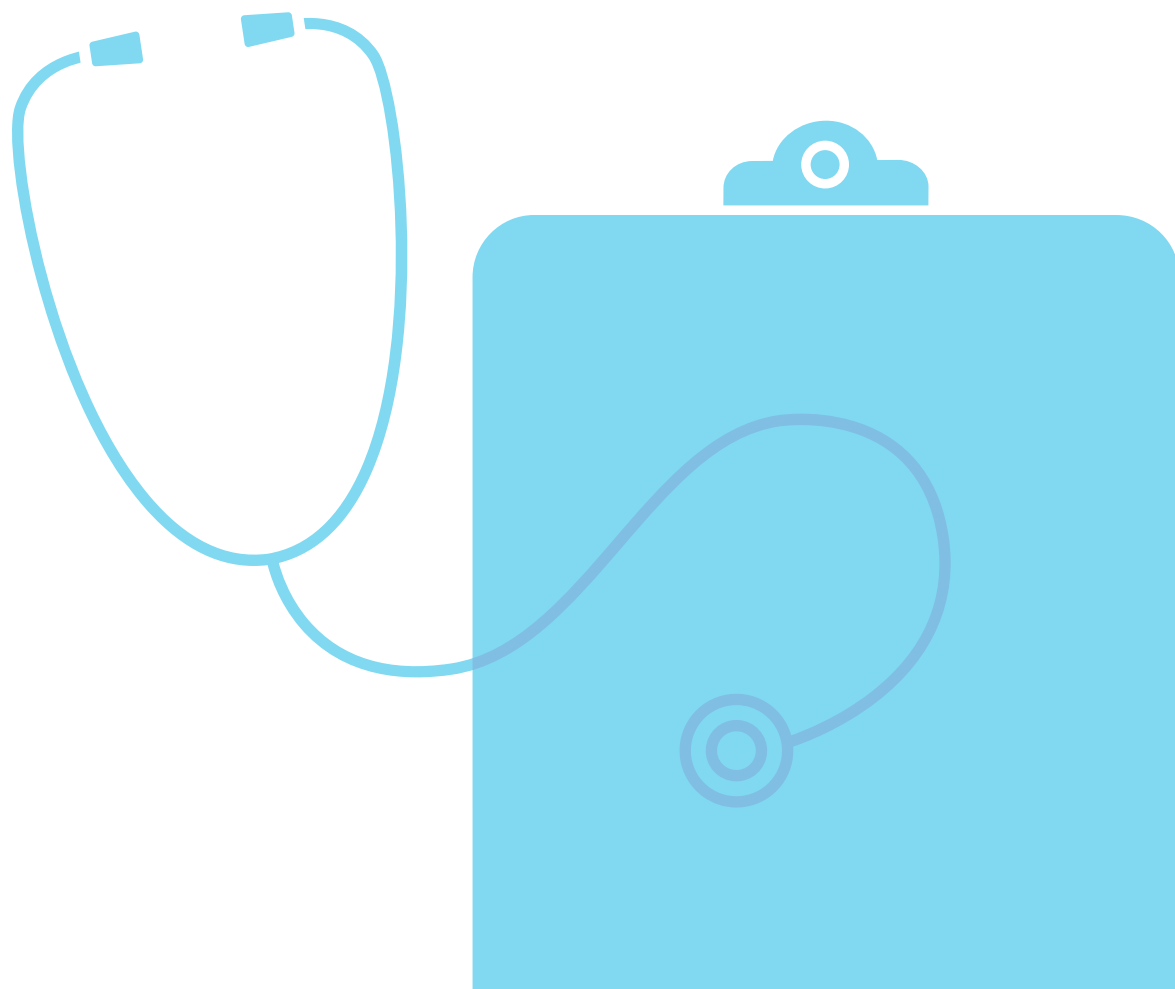
Promote the Key Messages

- Hang posters in all exam rooms.
- Hang posters in the waiting area or broadcast the Let's Go! Public Service Announcements (PSAs) on a waiting room monitor.
 - The posters are also used in schools, early care and education programs, out-of-school programs and workplaces which helps to spread the same messages throughout the community.



Establish the Healthy Habits Questionnaire in your Office Workflow During Well Visits

- Determine where the patient will be given the questionnaire—at check in or during rooming?
- Decide who the patient or parent/caregiver gives the survey back to—medical assistant, nursing staff or provider?
- Encourage the patient or parent/caregiver to take the questionnaire home with them as a reminder of a goal that they may have set.



ONGOING AT EACH WELL VISIT



Take Accurate Measurements

- **Infants (Birth–younger than 2 yrs):** Use weight and length to determine weight-for-length percentile.
- **Children (2–17):** Use height and weight to determine Body Mass Index (BMI) and BMI percentile.
- **Adults (18+):** Use height and weight to determine Body Mass Index (BMI).



Identify Health Risk Factors

- **Infants (Birth–younger than 2 yrs):** Check the weight-for-length growth chart to monitor for crossing of percentiles. Crossing two or more percentiles indicates a need for further assessment.
- **Children (2–17):** Routinely assess patients with BMI ≥ 85 th percentile using all of the following obesity-specific: family history, review of systems, and physical exam.
- **Adults (18+):** Review weight curve over time and current BMI to identify patients at increased risk for obesity or in need of addressing obesity (BMI > 30) as a medical diagnosis.



Have Respectful Conversations with Patients & Families/Caregivers

- Ask permission before talking about weight.
- Offer guidance to help patients define their own health goals.
- Early identification of abnormal weight gain is important, especially with children. Focus discussions on opportunities for changes in eating or activity level.
- Use the Healthy Habits Questionnaire to help you focus on healthy behaviors and engage in respectful conversations. Point out the tips on the back of the questionnaire that offer suggestions on achieving each of the key messages.



Create a Plan and Follow Up

- Using motivational interviewing, determine the patient's or parent/caregiver's readiness for change.
- For those ready for change, consider medical and family history, review of systems, physical exam and BMI classification as you guide them in setting achievable goals.
- Determine appropriate follow up frequency.



The Let's Go! Annual Survey

Every spring, Let's Go! surveys your practice to measure implementation of the Let's Go! Strategies and gather feedback on your experience with the program.

Completing the Survey is Important

By completing the survey each year you help to:

- Provide important information about how your healthcare practice environment is changing to support healthy eating and active living.
- Inform new initiatives around the prevention, assessment, management, and treatment of obesity.
- Build the evidence for the Let's Go! Healthcare program.

Site Champions will receive the survey electronically and are strongly encouraged to seek input from the Clinical Champion and the practice team when completing it.



Site of Distinction Recognition

Recognition is awarded to all healthcare practices that complete the Let's Go! Annual Survey and confirm they are implementing the Clinical Strategies of the Let's Go! program.

☒ Promote the Key Messages

Hang posters or air public service announcement in waiting rooms and all exam rooms.

☒ Take Accurate Measurements

At well visits accurately measure patients height/length and weight to determine BMI.

☒ Have Respectful Conversations

At well visits, all providers have respectful conversations with patients about healthy behaviors using the Healthy Habits Questionnaire.

Advanced Site of Distinction Recognition (5-2-1-0 Program only)

Advanced recognition is awarded to practices implementing the 5-2-1-0 program who in addition to implementing the strategies above, are also doing the following:

☒ Monitor for Crossing of Percentiles

All providers routinely check weight-for-length measurements in patients younger than two years of age to identify abnormal weight gain.

☒ Assess Health Risk Factors

All providers routinely assess patients aged two years and older with a BMI \geq 85th percentile for health risk factors using obesity-specific family history, review of systems, and physical exam.

Recognized Healthcare Practices are Acknowledged in the Following Ways:

- Listed as a Site of Distinction or Advanced Site of Distinction on lets-go.org.
- Promoted on Let's Go! social media.
- Receives a Let's Go! Site of Distinction certificate.
- Practice's senior leaders receive communication from the Senior Director of Let's Go! acknowledging this achievement.

Let's Go! provides technical support and training throughout the year to help your practice qualify as a Site of Distinction.



Program Materials

The Let's Go! program has a wide array of tools to help you and your healthcare team have meaningful conversations with patients about healthy eating and active living and resources to support patient goals. We also offer clinical tools to support your work on obesity prevention and care.

Program Materials

Posters

Posters should be placed in the waiting room and all exam rooms. The posters have logos that are specific to each region. Look for the poster that includes the logo for your healthcare system or public health partner. If you are unsure which posters to order, contact us at info@letsgo.org.



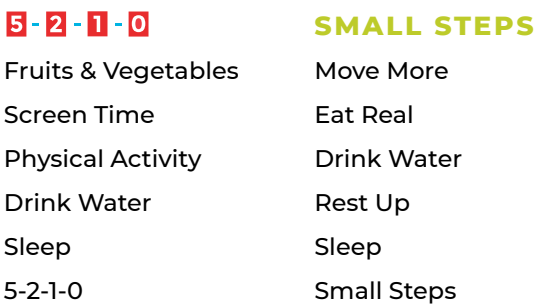
Healthy Habits Questionnaire

The questionnaires will help you focus on healthy behaviors and engage in a respectful conversation with patients and families.



Public Service Announcements (PSAs)

The PSAs can be shown on a waiting room monitor in addition to or in place of posters. You can find the following PSAs online at our Let's Go! YouTube Channel.



Tools and Resources

Tools for Talking with Patients

- Motivational Interviewing Tools for Obesity Follow up Visits
- Healthy Habits Questionnaire Talking Points
- Motivational Interviewing Tips and Guide
- Working with Patients with Intellectual and Developmental Disabilities
- Provider's Guide to Supporting Breastfeeding

Clinical Tools

- Algorithm for Assessment and Management of Childhood Obesity
- Pediatric Obesity Clinical Decision Support Chart
- Pediatric Growth Charts
- Early Identification and Assessment of Childhood Obesity
- Checklist for Assessment of Childhood Obesity
- Adult Obesity Care Pathway

Program Rationale and Evidence

- 5-2-1-0 Rationale
- Small Steps Supporting Evidence

Resources for Patients

- 5-2-1-0 Statewide Resources
- Small Steps Resource Guide
- Healthy Habits During Your Pregnancy

National and State Resources

- Maine Obesity Advisory Council Recommendations (maine.aap.org)
- Obesity Medicine Association resources, conferences, online CME, treatment algorithms, and certification information (obesitymedicine.org)
- Breastfeeding Resources (letsgo.org)

You can find materials and resources online at letsgo.org. Need help finding something? Contact us at info@letsgo.org.

Stay Connected! Find, Like and Follow Us on Facebook!





Practice Checklist

☐ Identify Champions

Determine who at the site will be the Site Champion and the Clinical Champion. Share this information with the Let's Go! Healthcare Team.

☐ Schedule Training for all Staff

Let's Go! will work with your staff either on site or virtually to provide training on the program. Invite all staff to the training to ensure that each person understands their role in the program.

☐ Share Program Information with Staff

You will receive initial and periodic updates and information from Let's Go! Be sure to share this information with providers and staff.

☐ Order Materials

The posters and Healthy Habits Questionnaires can be ordered on the Let's Go! website.

☐ Hang Posters and Broadcast the Public Service Announcements (PSA)

Posters should be placed in the waiting room and all exam rooms. The PSAs can be shown on a waiting room monitor in addition to or in place of a poster.

☐ Include the Healthy Habits Questionnaire into your Office Workflow

The questionnaire can be given out at check in or during rooming. Decide what works best for your practice and let staff know of the workflow.

☐ Complete the Annual Survey

The Site Champion will receive the survey electronically and is strongly encouraged to seek input from the Clinical Champion and the practice team when completing it.

Once all staff have been trained, materials have been ordered, the posters and PSAs are in place, and the questionnaire workflow has been decided, your practice is ready to begin implementing the program.

