

My Wellness Prescription

A Guide for Physicians + Health Educators

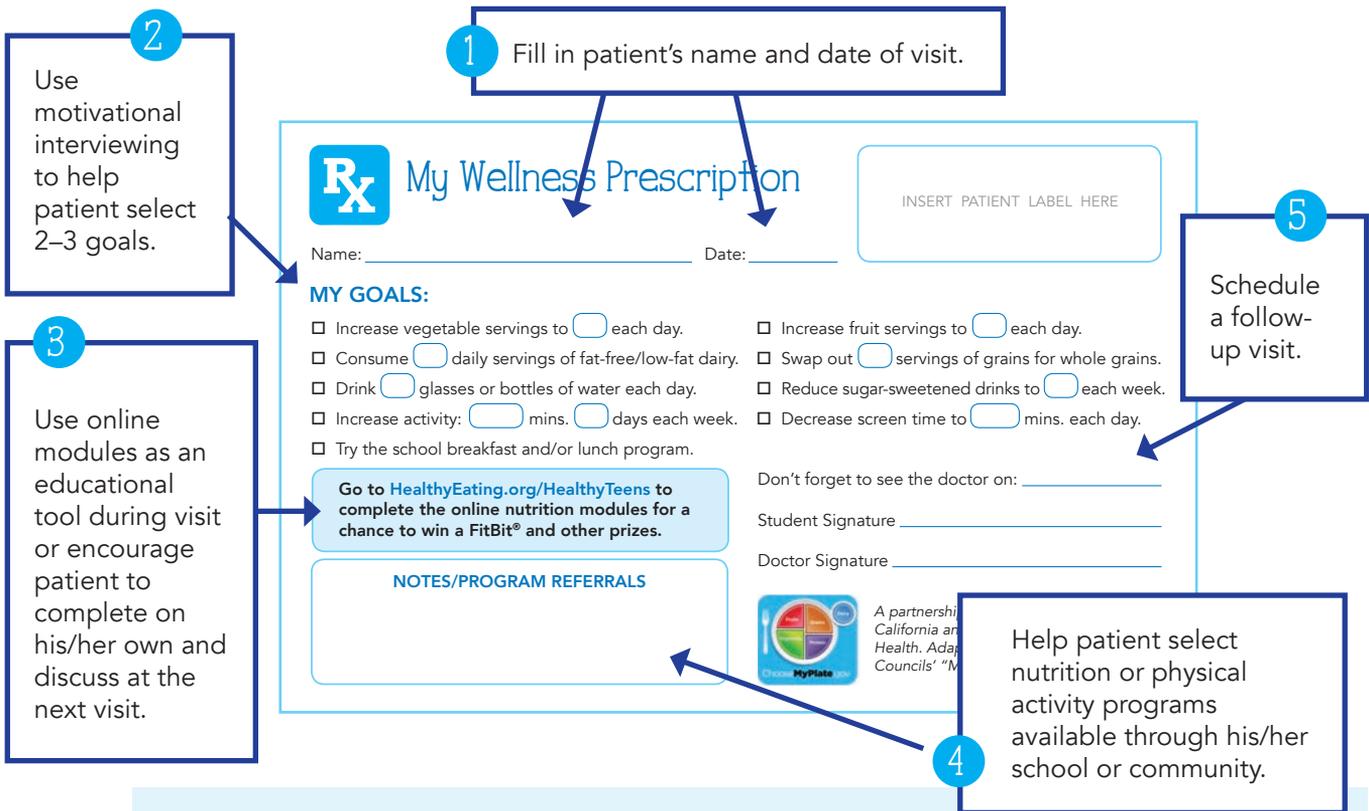


Overview

The wellness prescription is a tool for medical providers to address overweight and obesity in school-based wellness centers. Although it can be adapted for use among all ages, this wellness prescription was created specifically for high school students. By providing students with realistic, self-selected healthy eating and activity goals based on resources unique to their campus and community, the wellness prescription offers an innovative approach to addressing childhood overweight and obesity.

How to Complete

Use this prescription as a general example of what a wellness prescription should entail. Tailor it to your health center's specific resources and procedures.



Best Practices

Recommendation

- Incorporate *My Wellness Prescription* into wellness center electronic medical records.
- Inform school staff members on wellness prescriptions and encourage them to make referrals to the school-based wellness center.
- Emphasize the importance of follow-up visits.
- Visit HealthyEating.org/SchoolHealth for additional school wellness resources.

