

Family Wellness Prescription

A Guide for Medical Providers + Health Educators

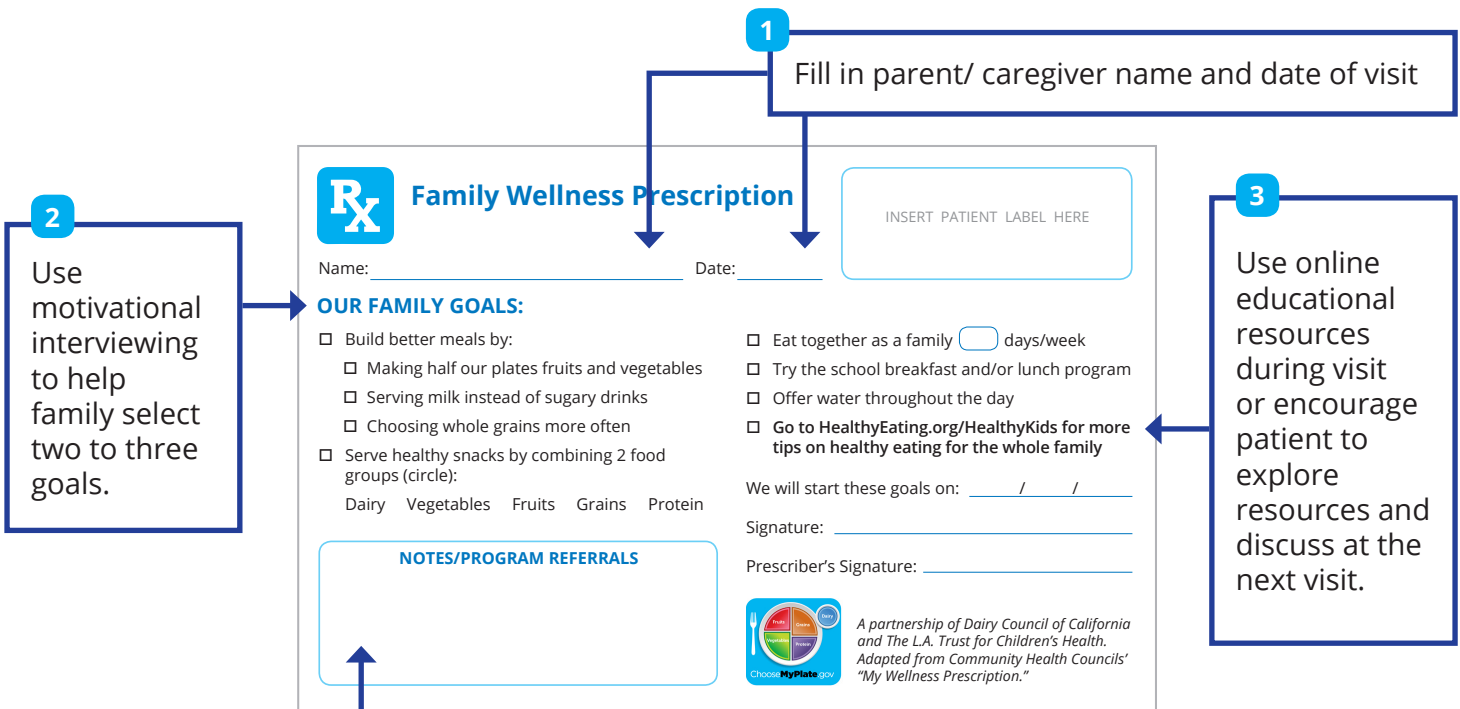


Overview

The Family Wellness Prescription is a tool for medical providers and health educators to address childhood overweight and obesity using a family engagement approach. Developing healthy lifestyle habits at a young age is critical for lifelong health and chronic disease prevention. By providing families with guidance on realistic, healthy eating goals for self-selection, as well as referrals to nutrition resources unique to their community, the Family Wellness Prescription offers an innovative approach to address childhood overweight and obesity.

How to Complete

Use the following prescription as a general example of what a wellness prescription should entail. Tailor it to your clinic's specific resources and procedures.



Rx Family Wellness Prescription

Name: _____ Date: _____

INSERT PATIENT LABEL HERE

OUR FAMILY GOALS:


<input type="checkbox"/> Build better meals by: <ul style="list-style-type: none"><input type="checkbox"/> Making half our plates fruits and vegetables<input type="checkbox"/> Serving milk instead of sugary drinks<input type="checkbox"/> Choosing whole grains more often	<input type="checkbox"/> Eat together as a family <input type="text"/> days/week
<input type="checkbox"/> Serve healthy snacks by combining 2 food groups (circle): Dairy Vegetables Fruits Grains Protein	<input type="checkbox"/> Try the school breakfast and/or lunch program
	<input type="checkbox"/> Offer water throughout the day
	<input type="checkbox"/> Go to HealthyEating.org/HealthyKids for more tips on healthy eating for the whole family

We will start these goals on: ____ / ____ / ____

Signature: _____

Prescriber's Signature: _____

NOTES/PROGRAM REFERRALS

 A partnership of Dairy Council of California and The L.A. Trust for Children's Health. Adapted from Community Health Councils' "My Wellness Prescription."

Best Practices

Recommendation

- Incorporate Family Wellness Prescription into electronic medical records or scan a copy to save in patient's paper records.
- Inform clinic staff on Family Wellness Prescription and encourage them to make referrals to the program.
- Emphasize the importance of follow-up visits.
- Visit HealthyEating.org for additional nutrition education resources.

