



My Wellness Prescription for Teens

INSERT PATIENT LABEL HERE

Name: _____ Date: _____

MY GOALS:

- Increase vegetable servings to each day.
- Consume daily servings of fat-free/low-fat dairy.
- Drink glasses or bottles of water each day.
- Increase activity: mins. days each week.
- Try the school breakfast and/or lunch program.
- Increase fruit servings to each day.
- Swap out servings of grains for whole grains.
- Reduce sugar-sweetened drinks to each week.
- Decrease screen time to mins. each day.

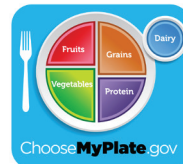
For more go to HealthyEating.org/HealthyTeens to complete the online nutrition modules.

NOTES/PROGRAM REFERRALS

Don't forget your next wellness visit: ____ / ____ / ____

Student Signature: _____

Prescriber Signature: _____



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



Mi Receta del Bienestar para Adolescentes

COLOQUE AQUÍ LA ETIQUETA DEL PACIENTE

Nombre: _____ Fecha: _____

MIS METAS:

- Incrementar mis porciones de verduras a por día.
- Consumir porciones diarias de productos lácteos sin grasa/bajos en grasa.
- Beber vasos o botellas de agua todos los días.
- Aumentar mi actividad física: min. días por semana.

- Probar el desayuno escolar y/o el programa de almuerzo.
- Aumentar mis porciones de frutas a por día.
- Intercambiar porciones de granos por granos enteros.
- Reducir las bebidas azucaradas a por semana.
- Reducir el tiempo de pantalla a minutos por día.

Para más información, visita: HealthyEating.org/HealthyTeens y completa los módulos de nutrición en línea.

No olvides tu próxima visita para tu bienestar: ____ / ____ / ____

Firma del alumno: _____

Firma del prescriptor: _____

NOTAS/ PERSONAS REFERIDAS AL PROGRAMA



Una asociación del Dairy Council of California y The L.A. Trust for Children's Health. Adaptado de "Mi Receta del Bienestar" del Community Health Councils (Consejos Comunitarios de Salud).

My Wellness Prescription for Teens

A Guide for Physicians + Health Educators

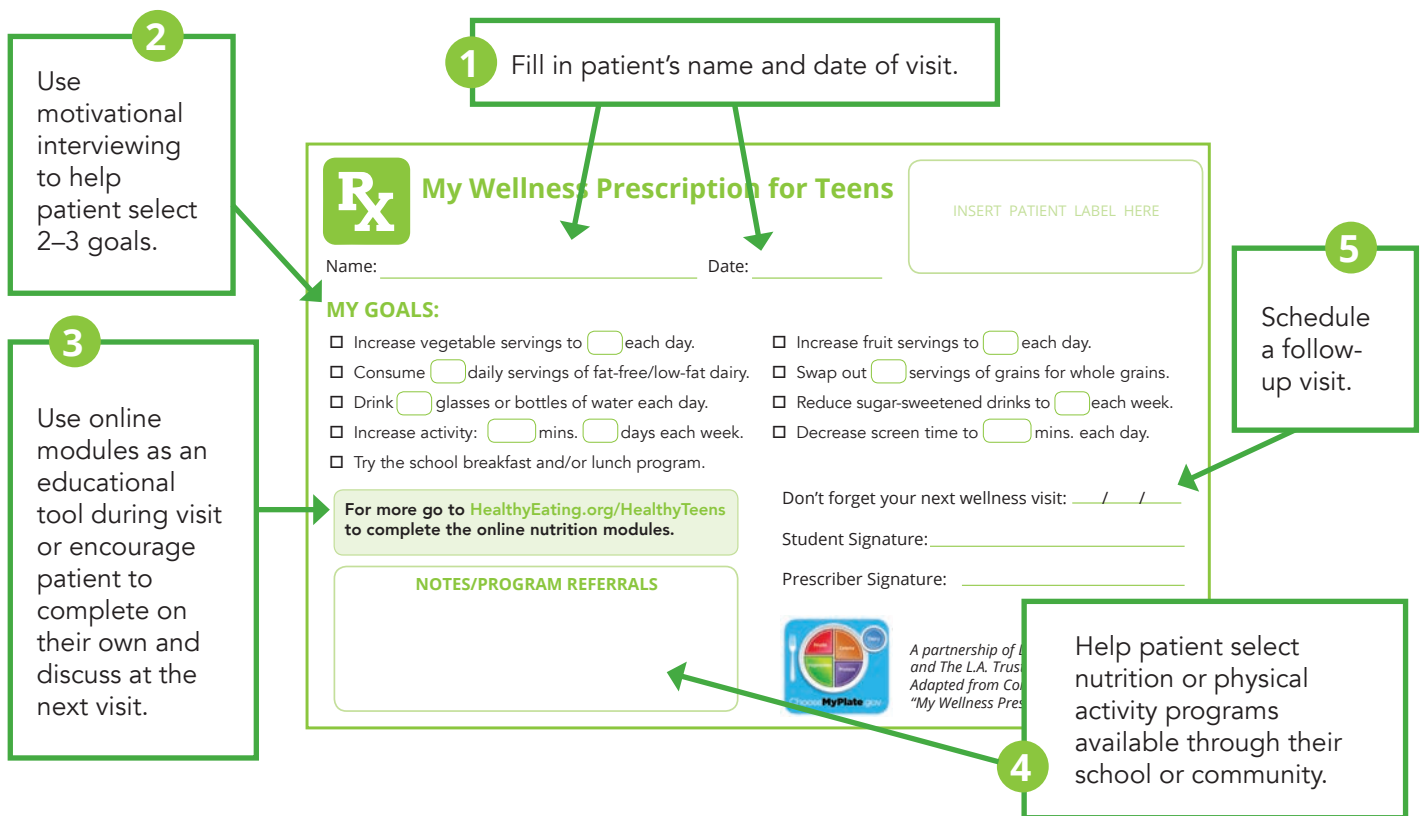


Overview

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.

