

Healthcare Provider One Pager

Purpose and Background

- The Student Healthy Weight Program provides severely obese children with education and behavior-modification services through the nurse and physical education teacher at their local school
- The healthcare provider's role is to identify children who would benefit from this program (BMI > 97%) and obtain parent consent to refer them to the nurse coordinator and school nurse

During Initial Visit

- Review child's Medical History and BMI with parent during office visit
- Explain importance of healthy weight related to chronic disease prevention
- Discuss the Student Healthy Weight Program
 - Explain program focus is on wellness and developing healthy habits rather than just weight loss
 - Reassure parents that the program will be very discrete to prevent negative comments/actions by other students
 - Explain the School Nurse and Physical Education Teacher will provide information on Nutrition and Physical Activity
 - Provide parent with a handout of the Student Healthy Weight Program based on the Nemours 5-2-1-Almost None Program ***Handout provided in Health Care Provider toolkit on DHMH website: [Five-Two-One-Almost None](#)**
- Explain and complete Referral Prescription and Consent Forms ***Forms are provided in Health Care Provider toolkit found on DHMH website [Referral Prescription and Consent Form](#)**
 - Referral Prescription – healthcare provider completes form to communicate with school staff about student's needs. Ensure healthcare provider email address is provided for further communication
 - **Parent should take this form to the student's school nurse and a copy should be sent to the school system's nurse coordinator**
 - Consent – provides parental permission for student to participate in program
 - **Parent should take this form to the student's school nurse and a copy should be sent to the school system's nurse coordinator**

After Initial Visit

- Email/fax Referral Prescription and Consent Form Notification to local School Systems' Nurse Coordinator
- School nurse will email/fax healthcare provider of receipt of signed referral and consent form
- School Nurse and PE Teacher provide parent/student activities from the 5-2-1-Almost None program to be completed at home and returned to School Nurse and PE Teacher
- School Nurse and PE Teacher provide program updates to healthcare provider and parents through student progress reports

At Follow-Up Visits

- Provide follow-up and support of the program during family office visits
- Discuss barriers to completion of activities and how to overcome these barriers