

West Virginia Adolescent Self-Management Documentation Form

DATE						
BMI						
% BMI						
% BMI Δ						
Weight Δ						
RISK FACTORS						
Tobacco use						
↑BP						
Acanthosis						
Diabetes						
FAMILY HISTORY FOR						
Obesity						
Diabetes						
Hypertension						
CVD						
GUIDANCE / ACTION PLAN						
5 or more fruits and vegetables						
2 or fewer hours of screen time						
1 or more hours of physical activity						
Almost No Sugary Drinks						
Calcium, Folic Acid						
STUDIES						
Lipid screen:						
Cholesterol						
Triglycerides						
LDL						
HDL						
Glucose screen						
Step test						
CONSULTS						
Dietitian						
Physician						
Other						
EDUCATIONAL MATERIALS						

Name: _____

Chart # _____

Provide **all** patients with guidance:

- Nemour's 5-2-1-Almost None
- Calcium, Folic Acid

BMI >85% and <95% and NO other risk factors:

- Nemour's 5-2-1-Almost None
- Review / promote Action Plan

BMI > 85% and < 95% with risk factors or BMI > 95%

- Nemour's 5-2-1-Almost None
- Review/ promote Action Plan
- Dietician/Nutritionist
- Lipid screen
- Glucose screen
- Contact primary provider

BMI > 95% **ADD**

- Nemour's 5-2-1-Almost None
- Review/ promote Action Plan
- Screen for complications
- Physician referral

Be ALERT to increasing BMI

Consider Step Test as an indicator of fitness

BMI < 15 - 20 %: Evaluate for undernutrition