

**Problem: NUTRITION**

**K** 1 2 3 4 5

**B** 1 2 3 4 5

**S** 1 2 3 4 5

*Not applicable or unable to address today (circle one)*

Signs & Symptoms	Category	Target	Care Description	Notes
<ul style="list-style-type: none"> <li>○ Overweight: adult BMI 25.0 or more; child BMI 95<sup>th</sup> percentile or less</li> </ul>	TGC	Signs/Symptoms physical	Training for health care providers: obesity facts and interventions	
<ul style="list-style-type: none"> <li>○ Underweight: adult BMI 18.5 or less; child BMI 5<sup>th</sup> percentile or less</li> </ul>	TGC	Screening procedures	Training for health care providers: obesity screening procedures	
<ul style="list-style-type: none"> <li>○ Lacks established standards for daily caloric/fluid intake</li> <li>○ Exceeds established standards for daily caloric/fluid intake</li> <li>○ Unbalanced diet</li> <li>○ Improper feeding schedule for age</li> <li>○ Does not follow recommended nutrition plan</li> <li>○ Unexplained/progressive weight loss</li> <li>○ Unable to obtain/prepare food</li> </ul>	TGC	Signs/Symptoms physical	Training for health care providers: obesity counseling interventions	

ADULT OBESITY CARE PLAN: PROVIDER EDUCATION, WORKSITE WELLNESS, NUTRITION COALITION & WALKABILITY

<ul style="list-style-type: none"> <li>○ Hypoglycemia</li> <li>○ Hyperglycemia</li> <li>○ Other</li> </ul>				
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**Problem: PHYSICAL ACTIVITY**

**K** 1 2 3 4 5      **B** 1 2 3 4 5      **S** 1 2 3 4 5      *Not applicable or unable to address today (circle one)*

Signs & Symptoms	Category	Target	Care Description	Notes
<ul style="list-style-type: none"> <li>○ Sedentary lifestyle</li> <li>○ Inadequate/inconsistent exercise routine</li> <li>○ Inappropriate type/amount of exercise for age/physical condition</li> <li>○ Other</li> </ul>	TGC	Signs/Symptoms - physical	Training for health care providers: obesity counseling interventions	

**Problem: HEALTH CARE SUPERVISION**

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ADULT OBESITY CARE PLAN: PROVIDER EDUCATION, WORKSITE WELLNESS, NUTRITION COALITION & WALKABILITY

<ul style="list-style-type: none"> <li>○ Fails to obtain routine/preventive health care</li> <li>○ Fails to seek care for symptoms requiring evaluation/treatment</li> <li>○ Fails to return as requested to health care provider</li> <li>○ Inability to coordinate multiple appointments/treatment plans</li> <li>○ Inconsistent source of health care</li> <li>○ Inadequate source of health care</li> <li>○ Inadequate treatment plan</li> <li>○ Other</li> </ul>	TGC	Wellness	Worksite wellness program	
	S	Wellness	Worksite wellness program	
	CM	Interaction	Gain Management Support	
	CM	Communication	Worksite health promotion resources	
	S	Wellness	Identify a wellness coordinator	
	CM	Interaction	Organize wellness committees	
	S	Signs/symptoms physical	Gather workplace data	
	TGC	Wellness	Define your mission and set goals	
	S	Interaction	Identify your partners	
	TGC	Wellness	Develop a wellness plan	
	TGC	Wellness	Use Incentives	
	TGC	Finances	Determine a budget	

ADULT OBESITY CARE PLAN: PROVIDER EDUCATION, WORKSITE WELLNESS, NUTRITION COALITION & WALKABILITY

	TGC	Finances	Consider Legal Issues	
	TGC	Communication	Develop Communication Strategies	
<b>Problem: INTERPERSONAL RELATIONSHIP</b>				
<b>K</b> 1 2 3 4 5 <b>B</b> 1 2 3 4 5 <b>S</b> 1 2 3 4 5 <i>Not applicable or unable to address today (circle one)</i>				
Signs/symptoms	Category	Target	Care Description	Notes
<ul style="list-style-type: none"> <li>○ Difficulty establishing/maintaining relationships</li> <li>○ Minimal shared activities</li> <li>○ Incongruent values/goals/expectations/schedules</li> <li>○ Inadequate interpersonal communication skills</li> <li>○ Prolonged, unrelieved tension</li> <li>○ Inappropriate suspicion/manipulation/control</li> </ul>	S	Interaction	Status of Relationships	
	TGC	Communication	Develop/Improve Skills	

ADULT OBESITY CARE PLAN: PROVIDER EDUCATION, WORKSITE WELLNESS, NUTRITION COALITION & WALKABILITY

<ul style="list-style-type: none"> <li>○ Physically/emotionally abusive to partner</li> <li>○ Difficulty problem solving without conflict</li> <li>○ Other</li> </ul>				
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**Problem: COMMUNICATION WITH COMMUNITY RESOURCES**

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<b>Signs &amp; Symptoms</b>	<b>Category</b>	<b>Target</b>	<b>Care Description</b>	<b>Notes</b>
<ul style="list-style-type: none"> <li>○ Unfamiliar with options/procedures for obtaining services</li> <li>○ Difficulty understanding roles/regulations of service providers</li> <li>○ Unable to communicate concerns to providers</li> <li>○ Dissatisfaction with services</li> <li>○ Inadequate or unavailable Resources</li> <li>○ Language barrier</li> <li>○ Cultural barrier</li> </ul>	S	Continuity of Care	Coordination Among community partners/stakeholders	
	TGC	Communication	Public health perspective and strategies	
	CM	Interaction	Coordination among provides/advisors	

ADULT OBESITY CARE PLAN: PROVIDER EDUCATION, WORKSITE WELLNESS, NUTRITION COALITION & WALKABILITY

<ul style="list-style-type: none"> <li>○ Educational barrier</li> <li>○ Transportation barrier</li> <li>○ Limited access to care/services/goods</li> <li>○ Unable to use/has inadequate communication devices/equipment</li> <li>○ Other</li> </ul>				
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<ul style="list-style-type: none"> <li>○ Overweight: adult BMI 25.0 or more; child BMI 95<sup>th</sup> percentile or less</li> <li>○ Underweight: adult BMI 18.5 or less; child BMI 5<sup>th</sup> percentile or less</li> <li>○ Lacks established standards for daily caloric/fluid intake</li> </ul>	S	Signs/symptoms physical	Community partners/stakeholders need support for choosing healthy food choices and portion sizes	
	TGC	Behavior modification	Create environments conducive to healthy eating/food choices	

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<ul style="list-style-type: none"> <li>○ Exceeds established standards for daily caloric/fluid intake</li> <li>○ Unbalanced diet</li> <li>○ Improper feeding schedule for age</li> <li>○ Does not follow recommended nutrition plan</li> <li>○ Unexplained/progressive weight loss</li> <li>○ Unable to obtain/prepare food</li> <li>○ Hypoglycemia</li> <li>○ Hyperglycemia</li> </ul>	TGC	Dietary Management	Educate consumers regarding purchasing/ordering healthy food choices	
	CM	Continuity of Care	Coordination among community partners/programs/businesses	
	CM	Support Group	Provide client specific information: reliable web-based sites	
	S	Signs/symptoms physical	Weight: track adult obesity rates at community setting, worksite, etc.	
	S	Dietary management	Track number of vendors, or the like, who follow basic nutritional recommendations/plan	

**Problem: NEIGHBORHOOD/WORKPLACE SAFETY**

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<ul style="list-style-type: none"> <li>○ High crime rate</li> <li>○ High pollution level</li> <li>○ Uncontrolled/dangerous/infected animals</li> <li>○ Inadequate/unsafe play/exercise areas</li> <li>○ Inadequate space/resources to foster health</li> <li>○ Threats/reports of violence</li> <li>○ Physical hazards</li> <li>○ Vehicle/traffic hazards</li> <li>○ Chemical hazards</li> <li>○ Radiological hazards</li> <li>○ Other</li> </ul>	S	Environment	How Walkable is Your Community?	
	S	Environment	Choose a Walking Route	
	TGC	Environment	Walking Issues	
	CM	Environment	Steps to Take to Help Improve Walkability in Your Neighborhood	