Your ***Weight & Health*** *Profile*

NAME HEIGHT WEIGHT

CIINICIAN NAME DATE

Your body mass index (BMI) _____

Your associated health risk*:

- ☐ May be increased *(BMI less than 18.5)*
- ☐ **Average *(BMI 18.5-24.9)***
- ☐ Increased *(BMI 25-29.9)*
- ☐ High *(BMI 30-34.9)*
- ☐ Very High *(BMI 35-39.9)*
- ☐ Extremely High *(BMI greater than 40)*

Your waist circumference_____inches

High risk: ☐ Men: >40 inches

☐ Women: >35 inches

Your health conditions & risk factors:

**Any of these factors may further increase your risk*

- ☐ Heart disease or stroke
- ☐ Diabetes _____
- ☐ High blood sugar _____
- ☐ High cholesterol _____
- ☐ High blood pressure _____
- ☐ Breathing problems (including sleep apnea)
- ☐ Family history of diabetes/heart disease
- ☐ Poor nutrition
- ☐ Physical inactivity
- ☐ Tobacco use
- ☐ Other _____

Your Readiness

How ready are you to take the next steps to improve your health?

- ☐ Not ready (precontemplation)
- ☐ Thinking about it (contemplation)
- ☐ Ready (preparation)

If now is not a convenient time, what would it take for you to be ready? _____

What could your next step be?

- ☐ Physical activity
- ☐ Nutrition
- ☐ Weight maintenance/loss
- ☐ Other _____

Your Prescription

(Recommend 1 to 3 small steps for next visit)

Physical activity goal:

Recommended for everyone unless there are specific medical reasons not to exercise.

- ☐ Walking
- ☐ Biking
- ☐ Swimming
- ☐ Gardening
- ☐ Other _____

Minutes per day _____

Steps per day _____

Days per week _____

Nutrition goal:

- ☐ Control portion size
- ☐ Eat fruits & vegetables
- ☐ Decrease sweetened beverages
- ☐ Cut back on fat in diet _____
- ☐ Other _____

Weight maintenance, prevention of further weight gain, or weight loss goal:

(Weight loss is recommended if your BMI or waist circumference are high, or if you have a health risk.)

- ☐ Weight loss for next visit _____
- ☐ Other _____

GOAL DATE:

follow-up visit _____

See resources on back.

Produced by the Vermont AHEC Network & the Vermont Department of Health, 2007, updated August, 2015.

Resources for ***Patients***

"There is no drug or pill as effective or affordable as a healthy lifestyle."

Nutrition Education and Counseling at CVMC

What could our RDNs do for you?

- Help you understand the relationship between food and health.
- Show you how to create a meal plan based on your individual nutrition needs and food preferences.
- Customize a nutritious and tasteful eating plan to help you lose weight realistically and permanently.
- Teach you how to eat healthy to prevent chronic diseases like diabetes and heart disease.
- Provide guidance on the use of dietary and herbal supplements.
- Answer your questions and clarify common myths and misconceptions about nutrition.

How are your health and weight connected?

According to the Centers for Disease Control and Prevention, if you are overweight or obese, you are at a higher risk for developing a chronic condition such as:

- Heart disease
- Stroke
- Type 2 diabetes
- Some types of cancers
- High blood pressure
- High blood cholesterol and high blood triglycerides
- Liver and gallbladder disease
- Sleep apnea and respiratory problems
- Arthritis
- Gynecological problems for women (abnormal menstrual periods and infertility)

Working with an RDN to develop a realistic meal and exercise plan to lose weight and keep it off can help you prevent these conditions.

Will my insurance cover a visit with a dietitian at CVMC?

Many health insurance companies cover outpatient nutrition services; however coverage may vary and depend on your diagnosis.
We recommend you contact your insurance prior to coming to verify coverage, co-pays and reimbursements.

"It's cheaper and easier to preserve your health
than it is to repair it."

Programs available through CVMC include YMCA Diabetes Prevention program: helps you adopt and maintain a healthy lifestyle by increasing physical activity, eating healthier, and losing a modest amount of weight. This year-long program is for people who have been diagnosed with prediabetes or meet specific risk criteria for developing the disease.
www.cvmc.org/wellness-resources
Lisa Champagne
Self Management Program Coordinator
802-225-5680
Lisa.Champagne@CVMC.org

Vermont Department of Health, Fit and Healthy Vermonters provides links to Eat for Health and get Moving Vermont – simple tips and resources to support healthy eating and promote physical activity
http://healthvermont.gov/fitandhealthy.aspx

3SquaresVT: Putting healthy food on your table! Helps Vermonters stretch their food budgets and put three square meals a day on their tables.
http://vermontfoodhelp.com/how-it-works

Northeast Organic Farming Association of VT: Assists limited-income Vermonters in obtaining farm fresh fruits and vegetables through partially-subsidized community supported agriculture (CSA) shares with local farms
http://nofavt.org/program/farm-share/members

Farm to Family: Farm To Family coupons help you buy locally-grown fresh fruits and vegetables at participating farmers' markets.
http://dcf.vermont.gov/esd/farm_to_family

Eating with Grace: Counseling & consultation for adults wanting to make peace with food, weight & body image issues.
http://eatingwithgrace.com/index.html

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