ALL WELL CHILD VISITS AGES 3-18

Check-in: Front Desk
Everyone is given a 5-2-1-0 Survey

Check-in: RN/CNA/MA
- Height, weight and BMI %’ile for age and gender is calculated and classified
- Document in appropriate part of patient chart (BMI, %’ile, classification)

5-84%’ile age/gender
"Healthy Weight"

85-94%’ile age/gender
"Overweight"

>95%’ile age/gender
"Obese"

GOOD JOB!
Review 5-2-1-0 assessment survey

Reinforce healthy habits and 5-2-1-0 message
- Healthy eating
- Physical activity
- Screen time

Check BMI %’ile annually

Without comorbidities

With comorbidities

1. Review 5-2-1-0 assessment survey
2. Assess patient/family readiness to change
3. Discuss concept of goal setting
4. Set goal if appropriate or wait for follow-up
5. Schedule follow-up contact
6. Refer to specialist or community program as necessary/available.

Adapted from the Maine Center for Public Health Keep ME Healthy project