



## HEAT **TEEN** Brief Guide

### EARLY IDENTIFICATION

- Document family history relevant to risk of overweight and update annually.
- Measure height and weight at least annually; consider more frequent measurement if at risk of or overweight; document on the CDC growth charts.
- Perform BMI calculation at least annually and document on CDC growth chart; document on problem list if  $\geq 85^{\text{th}}$ %.
- Perform blood pressure at least annually; document those with BP  $\geq 90^{\text{th}}$ % on problem list.
- Perform and document Sexual Maturity Rating (Tanner Stage) annually.
- Perform a fasting glucose level, total cholesterol and/or lipid panel to assess for diabetes mellitus, hyperlipidemia, and metabolic syndrome if the teen's BMI is  $\geq$  the 95<sup>th</sup>%.
- Educate parent and teen about growth pattern, clearly identifying status if at risk of or overweight.

### DEVELOPMENT AND COMMUNICATION

- Perform two-question screen for depression on parent and teen.
- Document areas of strength and concern.
- Monitor teen's social and emotional development.
- Document personal attitudes, values, and beliefs; spiritual and cultural influences about nutrition, physical activity, and body shape and size; race; ethnicity; language and educational preferences.*
- Educate teen and parents about expected growth, development, physical and emotional changes.
- Educate parents about effective communication strategies with their teen.
- Counsel extended family members as well as parents about issues related to teen's health.*
- Refer family, as needed, to free or low-cost community nutritional and physical activity resources, including registered dietitians.
- Engage in Motivational Interviewing to address areas of concern:
  - Reinforce all positive health behaviors
  - Identify discrepancies between goals and behaviors
  - Develop a plan of action in partnership with the family

### NUTRITION AND FEEDING

- Monitor nutritional intake at least annually.
- Identify barriers to healthy eating.
- Educate teen and parents regarding recommended nutritional intake:
  - Limit portion sizes**

**BOLD type indicates a strong evidence-based recommendation**

*Red italic type indicates a culturally appropriate recommendation*