

## Healthy Lifestyle Screening Obesity is preventable.

Healthy Lifestyle Screening							
Has anyone in your family ever been diagnosed with:							
Diabetes / Gestational diabetes		No □		Yes 📮	Who:		
High blood pressure		No □		Yes 🗖	Who:		
Heart disease		No		Yes 🖵	Who:		
(heart attack, stroke, high cholesterol)							
Overweight		No	Yes 🔲		Who:		
<b>S</b>	How many servings (1 serving = 1/2 cup) per of fruits and vegetables does your child eat?	day	0-1 servings		2-3 servings	4-5 servings	More than 5 servings
2	In total, how many hours per day does your ch watch TV or movies, play video or computer games?	nild		ore than hours	3-4 hours	1-2 hours	1 hour or less
	How many days per week is your child physica active, outside of school time, for at least 60 minutes? (walking, running, biking, swimming playing outside, dancing, etc.)			-1 days	2-3 days	4-5 days	6-7 days
	How many times per week does your family do something active together?	0	0-1 days		2-3 days	4-5 days	6-7 days
0	How many times per day does your child drink any of the following: juice, soda, sports drinks, energy drinks, flavored milk, lemonade, sweetened tea or coffee drinks?		4 or more times		3 times	1-2 times	0 times
O T H E R	low many times per week does your child eat reakfast?		0-1 times		2-3 times	4-5 times	6-7 times
	How many times per week does your child eat food outside the home/school?		6-7 times		4-5 times	2-3 times	0-1 times
	How many days per week does your family eat dinner together at the table?		0-1 times		2-3 times	4-5 times	6-7 times
	Are you ever worried that food will run out before you get more money to buy more?		Often		Sometimes	Rarely	Never
	Is your child having difficulty with sleeping or snoring?		Often		Sometimes	Rarely	Never
	How worried are you about your child's health	1?	8-10 (Very)		5-7	2-4	0-1 (Low)
	How worried are you about your child's weigh	t?	8-1	0 (Very)	5-7	2-4	0-1 (Low)
	Is now a good time to work on family eating a activity habits?	nd	(De	8-10 efinitely)	5-7 (Yes)	2-4 (Maybe)	0-1 (No)