

Be Part of the SOLUTION ▶



You

Eat smart and move more to achieve and maintain a healthy weight. Track your steps or minutes of exercise each day. Include fruits and vegetables at every meal. Learn to recognize hunger and satiety. We are all role models and can be part of the solution.

Friends and Family

Encourage the families you work with to plan and fix simple healthy meals and make healthy snacks easy to "grab and go". Suggest they meet a friend for a walk or start a walking group in their neighborhood or work place. Have them explore local parks and playgrounds. Have them find outdoor and indoor recreational activities that are fun for them and their family.

The Places You Go

Make it easier and safer for people to be physically active, whether at the office, in the neighborhood, or to and from school. Advocate for more walking paths, trails, sidewalks, and greenways. Help make fruits and vegetables accessible to all including mobile markets and farmers markets. When serving meals or snacks, offer water and healthy food options. Make healthy choices possible for your employees, clients, patients, or students.



Healthcare Care for others

Healthcare can help individuals achieve and maintain a healthy weight, and can support environments and policies that enable individuals to carry out their personal health prescriptions. Clinicians and other healthcare professionals can screen for and diagnose overweight and obesity, provide treatment plans, and increase awareness of the health risks of obesity. They can accept and support the inherent diversity of body shapes and sizes. They can advocate for time spent to counsel patients with overweight or obesity, and they can refer appropriately to community-based resources. Clinicians and healthcare professionals can work for the creation of healthy environments, including vending, in healthcare worksites (e.g., hospitals, clinics). They can promote and advocate for breastfeeding. Healthcare professionals can be powerful advocates for healthy eating and physical activity environments across all sectors of their communities.

Assess, counsel, and advise patients on physical activity and how to do it safely.

Screen all adults annually using a BMI measurement; in most populations a cutoff point of ≥ 25 kg/m² should be used to initiate further evaluation of overweight or obesity.

Measure waist circumference when evaluating patients for adiposity-related disease risk. Men should have a waist circumference < 40 inches, women < 35 inches.

Implement a practice policy to require measurement of weight and length or height in a standardized way and plotting of information on World Health Organization or the CDC growth charts as part of every well-child healthcare provider visit.

Screen patients with overweight or obesity and patients experiencing progressive weight gain for prediabetes and type 2 diabetes and evaluate for metabolic syndrome by assessing waist circumference, fasting glucose, A1C, blood pressure, and lipid panel that includes triglycerides and HDL.

Screen patients with overweight or obesity for obstructive sleep apnea.

Treat patients with overweight or obesity with lifestyle therapy that includes healthy eating and physical activity to reduce the risk of type 2 diabetes and hypertension.

Treat patients with medications that are more weight-neutral, and emphasize behaviors to minimize weight gain.

Screen all patients for food insecurity using standardized questions and refer them to appropriate federal, state, or local food and nutrition assistance programs.

Promote a positive, comfortable, welcoming, and accessible office environment to reduce weight bias and improve patient care.

Accommodate patients of all sizes by providing access to armless chairs, scales for patients above 350 pounds, longer speculums, and extra-large blood pressure cuffs.

Utilize patient-first language for individuals with overweight or obesity.

Counter and minimize the abundance of unscientific and inappropriate weight-loss products and claims.

Shift to healthier food and beverage choices. Offer nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.

Limit advertisements of less healthy foods and beverages in healthcare settings.

Counsel caregivers about risk factors for obesity, such as children's weight-for-length, BMI, rate of weight gain, and parental weight status.

Establish policies and practices to offer counseling and behavioral interventions for adults identified as obese, and integrate with other community-based interventions.

Use terms that are appropriate for families and children to define healthy weight and BMI, and explain how to achieve this goal.

Promote effective prenatal counseling about maternal weight gain and the relationship between obesity and diabetes.

Assess and record information on patients' dietary patterns.

Establish policies and practices to train and educate health professionals to increase children's healthy eating, and counsel parents or caregivers about their children's diet.

Implement and maintain Baby-Friendly hospital initiatives.

- Comply fully with the *International Code of Marketing of Breast Milk Substitutes*.
- Develop a written breastfeeding policy that is routinely communicated to all healthcare staff and parents.
- Establish ongoing monitoring and data-management systems.
- Ensure that all staff have sufficient knowledge, competence, and skills to support breastfeeding.
- Inform all pregnant women about the benefits and management of breastfeeding.

- Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth.
- Support mothers to initiate and maintain breastfeeding and manage common difficulties.
- Give newborns no food or drink other than breast milk, unless medically indicated.
- Practice "rooming in"—allow mothers and infants to remain together 24 hours per day.
- Encourage breastfeeding on demand.
- Give no artificial teats, pacifiers, or bottle nipples to breastfeeding infants.
- Coordinate discharge so that parents and their infants have timely access to ongoing support and care.

Achieve and maintain the North Carolina Maternity Center Breastfeeding-Friendly Designation.

Promote exclusive breastfeeding for six months after birth and continuation of breastfeeding in conjunction with complementary food for one year or more.

Provide point-of-decision prompts to encourage the use of stairs in clinical settings.

Advise caregivers of children ages two to five years to limit screen time to less than two hours per day, including discouraging the placement of televisions, computers, or other digital media devices in children's bedrooms or other sleeping areas.

Train healthcare providers in the area of prevention and management of obesity based on the National Academies of Science, Engineering, and Medicine suggested provider competencies.

Partner with other sectors to promote access to community-based physical activity programs.

Practice healthy lifestyle behaviors, be role models for patients, and participate in community coalitions.