

HEALTHCARE SYSTEMS

Overarching Recommendations

Target both physical activity and nutrition practices and behaviors

Include combinations of environment and policy, and education and counseling strategies

<u>Environment and Policy Recommendations</u>	<u>Strategies with Descriptions</u>
<ul style="list-style-type: none"> • Provide easy-to-access places for physical activity combined with information outreach 	<p><u>Health system-sponsored facilities and programs with information on health benefits:</u> Offer employee fitness centers, sponsor physical activity programs with incentives using pedometers, and combine this with brochures on the health benefits of physical activity and who can participate, when, and how</p>
<ul style="list-style-type: none"> • Use “point of decision prompts” 	<p><u>Decision prompts:</u> Post signs by elevators that ask folks to make a decision to take the stairs and be more physically active; make stairwells well-lit, clean, & pleasant to use</p>

<u>Education and Counseling Recommendations</u>	<u>Strategies with Descriptions</u>
<ul style="list-style-type: none"> • Sponsor and support community campaigns for physical activity 	<p><u>“Buddy system”</u> Pair up participants as exercise or walking partners and for supportive phone calls as part of health system-sponsored physical activity or health programs</p>
<ul style="list-style-type: none"> • Provide education and counseling by health care professionals for individuals and small groups on healthy eating and physical activity 	<p><u>Instructional classes:</u> Offer classes or small group meetings on healthy eating and physical activity. Include how to buy, prepare, and serve a “healthy” diet when eating at home and away from home; Include the “how,” “when,” and “how much” of being more physically active.</p>
	<p><u>Behavior change strategies:</u> Use counseling strategies to help individuals or small groups make lifestyle changes for healthy eating and increased physical activity; focus on behaviors and not just education</p>
	<p><u>Instruction with behavior change classes:</u> Offer classes about how to be more active and to buy, prepare and eat a healthy diet. Include counseling strategies on how to make lifestyle changes in eating and being physically active.</p>

HEALTHCARE SYSTEMS (con't)

	<p><u>Support groups:</u> Sponsor support groups that on a regular basis walk together and meet to share ways they've been successful being more physically active and eating a healthy diet and to work together to solve problems encountered</p>
	<p><u>Low impact aerobic exercise and flexibility training classes:</u> Offer "how-to" classes on low impact aerobic exercise and flexibility training</p>
	<p><u>Group exercise classes:</u> Offer weekly classes for adults to exercise together and provide peer support, camaraderie, and fun</p>
	<p><u>Diaries:</u> Ask patients or clients to keep food diaries and physical activity diaries. Ask them to write down everything they have to eat or drink and how active they are as steps walked per day or minutes in moderately active exercise. Use this information to set healthy eating and physical activity goals and track progress.</p>
	<p><u>Goal setting:</u> Help patients set personal goals for eating a healthy diet and increasing physical activity, such as steps or minutes walked a day</p>
	<p><u>Telephone follow-up:</u> Call patients and ask how they are doing to increase steps walked each day and change their eating patterns; ask how they are reaching their goals</p>
	<p><u>Physical activity classes in diverse settings:</u> Offer physical activity classes as part of cardiac rehabilitation, diabetes education, and prenatal programs on ways to be more physically active during the day and when exercising</p>
	<p><u>Health insurance reimbursement:</u> Help physicians identify reimbursement codes for nutrition counseling, obesity, supervised exercise; negotiate with insurance companies for reimbursement</p>

*Health care professionals include physicians, nurses, dietitians, health educators, psychologists, physical therapists, and other trained health care providers. Health care systems include private, not-for-profit, and public hospitals, provider practice groups, and other agencies.