



Family Wellness Prescription

INSERT PATIENT LABEL HERE

Name: _____ Date: _____

OUR FAMILY GOALS:

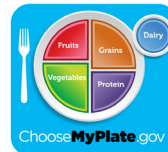
- Build better meals by:
 - Making half our plates fruits and vegetables
 - Serving milk instead of sugary drinks
 - Choosing whole grains more often
- Serve healthy snacks by combining 2 food groups (circle):
Dairy Vegetables Fruits Grains Protein
- Eat together as a family days/week
- Try the school breakfast and/or lunch program
- Offer water throughout the day
- Go to HealthyEating.org/HealthyKids for more tips on healthy eating for the whole family**

We will start these goals on: _____ / _____ / _____

Signature: _____

Prescriber's Signature: _____

NOTES/PROGRAM REFERRALS



A partnership of Dairy Council of California and The L.A. Trust for Children's Health. Adapted from Community Health Councils' "My Wellness Prescription."



Prescripción para el Bienestar Familiar

INSERT PATIENT LABEL HERE

Nombre: _____ Fecha: _____

LAS METAS DE NUESTRA FAMILIA:

- Preparar mejores comidas:
 - Asegurándonos que la mitad de lo que comemos sean frutas y verduras.
 - Bebiendo leche en lugar de bebidas azucaradas.
 - Eligiendo granos enteros con mayor frecuencia.
- Sirviendo bocadillos saludables combinando dos grupos alimenticios (encerrarlos en un círculo):
Lácteos Verduras Frutas Granos Proteína

- Comer en familia días/semanas.
- Probar el programa escolar de desayuno/almuerzo.
- Ofrecer agua para beber durante todo el día.
- Visitar HealthyEating.org/HealthyKids para obtener más consejos sobre cómo alimentar a mi familia de forma más saludable.**

Comenzaremos este plan en: ____ / ____ / ____

Firma: _____

Firma del prescriptor: _____

NOTAS/REFERENCIA A OTROS PROGRAMAS



Una sociedad entre el Dairy Council of California y The L.A. Trust for Children's Health. Adaptado del documento "MyWellness Prescription" del Community Health Council.

Family Wellness Prescription

A Guide for Medical Providers + Health Educators

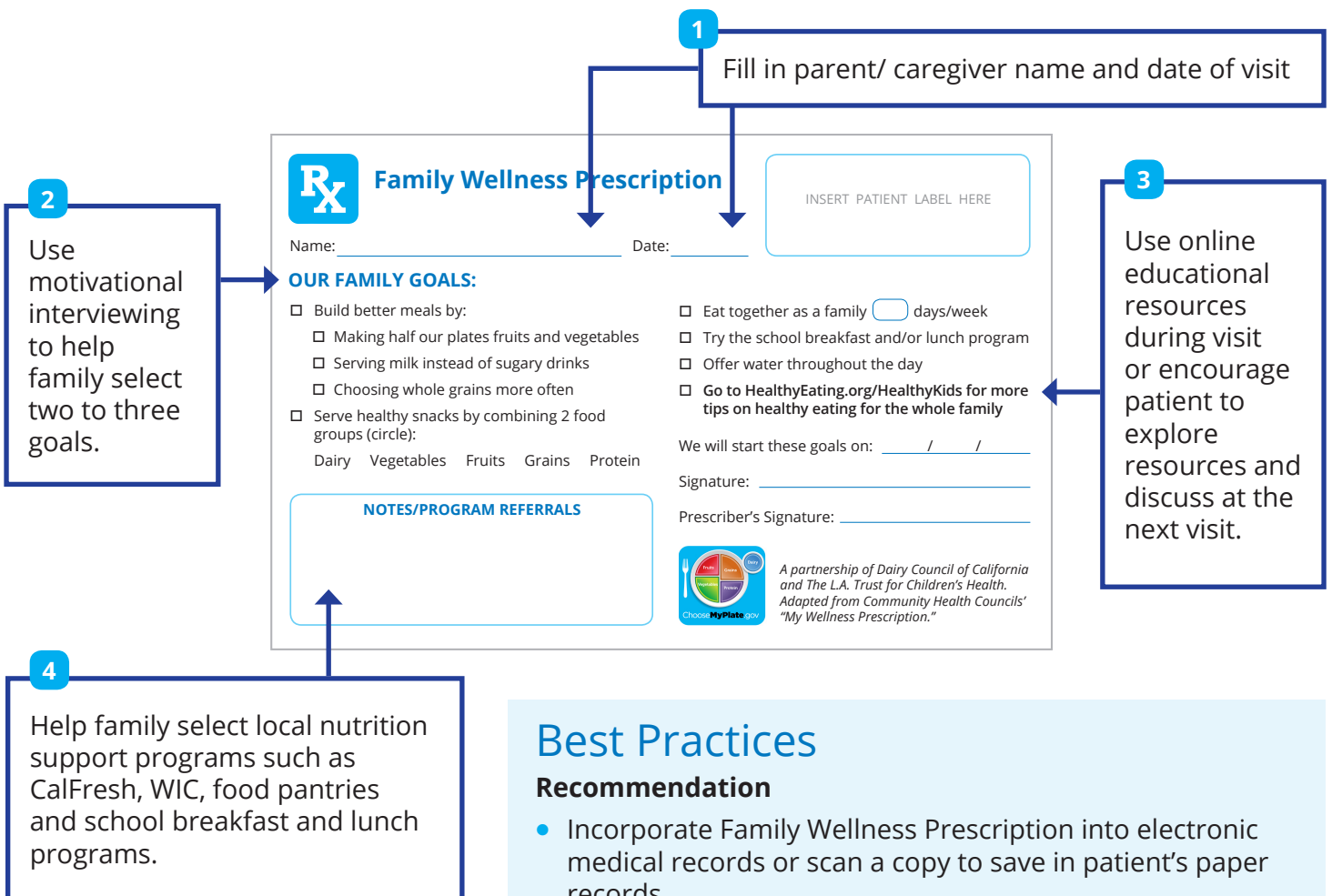


Overview

The Family Wellness Prescription is a tool for medical providers and health educators to address childhood overweight and obesity using a family engagement approach. Developing healthy lifestyle habits at a young age is critical for lifelong health and chronic disease prevention. By providing families with guidance on realistic, healthy eating goals for self-selection, as well as referrals to nutrition resources unique to their community, the Family Wellness Prescription offers an innovative approach to address childhood overweight and obesity.

How to Complete

Use the following prescription as a general example of what a wellness prescription should entail. Tailor it to your clinic's specific resources and procedures.



Best Practices

Recommendation

- Incorporate Family Wellness Prescription into electronic medical records or scan a copy to save in patient's paper records.
- Inform clinic staff on Family Wellness Prescription and encourage them to make referrals to the program.
- Emphasize the importance of follow-up visits.
- Visit HealthyEating.org for additional nutrition education resources.

