How to Use This Tool Kit

The Health Care Work Group from the Missouri Council for Activity and Nutrition (MoCAN) developed this tool kit to provide you with all of the information you need to effectively assess and treat your overweight and obese adult patients. In addition, this kit offers pertinent information for providers to consider when discussing healthy lifestyles, including physical activity and healthy eating behaviors, with all patients.

The Health Care Work Group consists of leaders from Missouri health plans, academic medical centers, physician practices as well as other health care professionals, including advance practice nurses and dietitians. These professionals shared their daily experiences of working to address the growing obesity epidemic in their practices and communities to determine the materials presented within this tool kit.

The physician resources and patient handouts address assessing readiness to change, goal setting and diet and physical activity information. These handouts have been designed for you to copy and explain to your patients.

An evaluation form is also included in the tool kit. Your feedback is important for continuing our work to provide health care providers with effective tools for encouraging patients to adopt healthy behaviors. Instructions for completing and returning the evaluation can be found on the evaluation form.

Thank you for joining MoCAN’s efforts to reverse obesity trends by utilizing these resources developed by health care providers for health care providers.

Additional materials can be downloaded on the Missouri Department of Health and Senior Services (DHSS) web site at: http://www.dhss.mo.gov/Obesity/Publications.html.