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CHDP INFORMATION NOTICE: 09-B

To: CHDP Directors, Deputy Directors, Health Educators, Nutritionists and Regional Office Staff

Subject: My Healthy Lifestyle Goal Tracker: Companion Health Education Tool For CHDP/Kaiser Permanente Childhood Obesity Poster, “Little Changes. Big Rewards. Are you ready?”

The purpose of this CHDP Information Notice is to provide you with information regarding the availability of My Healthy Lifestyle Goal Tracker. It is designed as a companion health education tool to use with the CHDP/Kaiser Permanente Childhood Obesity Poster, “Little Changes. Big Rewards. Are you ready?” It is available in English and Spanish to correspond with the English and Spanish versions of the poster.

Description of New Health Education Tool

The goal tracker is a behavior tracking tool for patients/families to track specific lifestyle behaviors which are identified on the CHDP/Kaiser Permanente poster, “Little Changes. Big Rewards. Are you ready?” In September 2008, the Branch distributed CHDP Information Notice 08-E which made the co-branded CHDP/Kaiser Permanente poster, “Little Changes. Big Rewards. Are you ready?” available for local program distribution. The poster and tracking tool list the following evidence-based behaviors which were derived from the 2007 American Medical Association Expert Committee Recommendations on Childhood and Adolescent Overweight and Obesity: Get Moving; Eat Smart; Pull the Plug and Drink Well. The evidence-based behaviors are strongly associated with improving pediatric overweight/obesity and general child health.

The goal tracker is divided into four quadrants of healthy lifestyle behaviors followed by a goal-setting prompt and fill-in circles for tracking progress. On the reverse side of the tool there are parent and kid tips and strategies to assist with making healthy lifestyle changes. The poster and companion goal tracker tool are intended to assist the provider with discussing the Body Mass Index (BMI) percentile and to initiate preventive counseling.

The tool was developed by Sacramento County CHDP Program and is available for free downloading from the Sacramento County CHDP program website:

<http://www.sacdhrs.com/article.asp?ContentID=2011>

CHDP INFORMATION NOTICE: 09-B

Page 2

June 15, 2009

It is also included with this notice. Local programs are encouraged to download color copies and share this tool along with the co-branded CHDP/Kaiser Permanente Poster, "Little Changes. Big Rewards. Are you Ready?" with CHDP providers.

If you have questions, please contact Judy Sundquist, CMS Nutrition Consultant @ 916-327-1400.

Original Signed by Luis R. Rico

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Enclosure