

## Using the 5210 Healthy Habits Questionnaire (ages 2-17)

The 5210 Healthy Habits Questionnaire is used to gather basic healthy lifestyle information from patients. Providers have found that using and reviewing the questionnaire is a powerful tool for starting the conversation around healthy lifestyles. It's helpful to begin by pointing out an area where the child is doing well. Then, help the family/caregiver identify areas for improvement. Using Motivational Interviewing, the clinician and other team members can help the patient find motivation for making change to increase healthy habits into their lifestyle.



Here are some talking points for you to consider when addressing the questions included in the 5210 Healthy Habits Questionnaire\*.

### 1 How many servings of fruits and vegetables do you have a day?

Five or more servings of fruits and/or vegetables per day contribute to a healthy diet.

**One serving is:** ½ cup of fresh or frozen (the size of a fruit cup), 1 cup of leafy greens (a small salad), or a piece of fruit the size of a tennis ball.

### 2 How many times a week do you eat dinner at the table with your family?

Family meals are associated with an increased intake of fruits and vegetables.

Encourage families to eat meals together often. Mealtime is a great opportunity for parents to connect with their children.

### 3 How many times a week do you eat breakfast?

Breakfast is very important for a healthy diet. Eating breakfast every day provides the energy needed to start the day. It's fuel for the body!

### 4 How many times a week do you eat takeout or fast food?

Eating takeout or fast food may be associated with poor nutrition. These foods have a tendency to be higher in salt, fat, and sugar so children should eat them less often. If children do eat takeout or fast food, they should look for healthy options.

### 5 How much screen time do you have each day? Don't include schoolwork.

The American Academy of Pediatrics recommends the following: Avoid digital media for toddlers younger than 18 to 24 months other than video chatting. For children 18 to 24 months, watch digital media with them because they learn from watching and talking with you. Limit screen use for preschool children, ages 2 to 5, to just 1 hour a day of high-quality programming.

### 6 Do you have a TV or keep a tablet or smartphone in your bedroom?

Keep family mealtimes, other family and social gatherings, and children's bedrooms screen free.

\*The questions are from the questionnaire for ages 10-18; however, the same discussion points apply to both age ranges.

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### 7 How many hours do you sleep each night?

Research has found that chronic sleep curtailment has been associated with high overall obesity rates at age seven. Establishing healthy sleep habits may be a critical component of an obesity prevention intervention.

| Ages        | Hours                  |
|-------------|------------------------|
| 4-12 months | 12-16 (including naps) |
| 1-2 year(s) | 11-14 (including naps) |
| 3-5 years   | 10-13 (including naps) |
| 6-12 years  | 9-12                   |
| 13-18 years | 8-10                   |

### 8 How much time each day do you spend being active (faster breathing/heart rate or sweating)?

It is best to be active for 1 hour or more each day. The time spent doing physical activity can be divided into smaller segments throughout the day.

### 9 How many 8-ounce servings of these do you drink a day?

Consider the following recommendations:

#### 100% Juice

- Children 1-3 Years Old: at most 4 ounces
- Children 4-6 Years Old: 4-6 ounces
- Youth 7-18 Years Old: 8 ounces
- Children 1 Year Old & Under: should not be given juice

#### Fruit or Sports Drinks

Limited—you can use this opportunity to have a conversation about when a sports drink is needed (after 60 minutes of continuous vigorous activity).

#### Water

Unlimited

#### Whole Milk

Children under 1 year should drink breast milk or formula. Whole milk is recommended for children 1 to 2 years old. After age 2, children should be drinking low fat or skim milk.

#### Non-fat, Low-fat, or Reduced-fat Milk

- Children 2-3 Years Old: 2 cups a day
- Children 4-8 Years Old: 3 cups a day
- Pre-Teens & Teens: 4 cups a day

#### Soda or Punch

Limited