

Healthcare Provider Statement Recommending Healthy Habit Goals

Healthcare providers can help children and youth receive school or home based services to support healthy eating and active living behaviors by getting involved in the special education process. Steps to take:

1. School and/or program staff share this form with families and caregivers.
2. Families and caregivers ask child's healthcare provider to use this form to help their child get more support around healthy eating and/or physical activity at school or home.
3. After the healthcare provider completes the form, parents and caregivers share it at IEP meetings, and meetings with case managers and service providers.

Patient's Name: Ashley B.

Date of Birth: 8/13/2014

Diagnosis: Down Syndrome, Obesity

How the Diagnosis Impacts the Child's Health, Development, or Education:

Ashley is at risk for serious health problems if she does not start eating healthier foods.

Suggested Goal/Service/Accommodation at School:

Ashley needs an adult to monitor her choices at lunchtime. Offer her at least 1 serving of fruit and 1 serving of vegetables at lunch each day. Please add the following goal to Ashley's IEP: Ashley will be offered at least 1 serving of fruit and 1 serving of vegetables at lunch each day. Let her choose and do not force her to eat.

Suggested Goal/Service/Accommodation Outside of School and at Home:

Avoid giving Ashley food to reward good behavior. Non-food rewards, especially active play time, should be used instead.

Recommendation for Additional Assessment:

Ashley should see a Speech and Language Pathologist to be assessed for an oral motor delay and to develop a treatment plan for introducing Ashley to new healthy foods despite her oral-motor challenges.

Provider Signature:

Catherine Jones, FNP

TIP

Ask a member of a child's healthcare practice to join an IEP or other team meeting to emphasize the child's healthy eating and physical activity needs.