

**CHILDREN AND WEIGHT:
TAKING ACTION IN THE MEDICAL AND HEALTH ENVIRONMENT
June 2003**

The priority actions for the Medical and Health Environment are:

- Training and motivating medical providers on using the Body Mass Index (BMI) for children to increase the intervention and prevention of obesity into adulthood.
- Create clinical pathways that provide increased follow-up referrals to Registered Dietitians and health education programs such as family meal planning, physical activity, healthy eating, and healthy food choices.
- Provide more clinic-based organized programs, such as Shape-down, within the medical facility.
- Provide health education tools with positive messages within a clinical setting.

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