

Rx:

**RESOURCES AND IDEAS FOR
COUNSELING YOUR PATIENTS ON
NUTRITION AND WEIGHT REDUCTION**



- As the Illinois Department of Healthcare and Family Services does not recognize dietitians as a specialty, HFS *does not* pay for dietitian consultations. Nutrition counseling and weight reduction and/or management must begin in the PCP's office. Here are some ideas and resources to help you get started with this important aspect of patient care in the medical home:
- Keep **brochures** about local nutrition and exercise programs in waiting areas and exam rooms. These might include local WIC programs, food pantry locations and exercise classes that do not charge, such as faith based groups or local hospitals.
- Encourage women who are pregnant, breastfeeding or just had a baby, or parents who have children less than 5 years old to contact the Illinois Department of Human Services (DHS) and locate a local **WIC (Women, Infants, and Children)** program. To find out the WIC location nearest to your patients, call WIC at 217-782-2166. WIC can provide vouchers for healthy food, information about nutrition as well as information and assistance with breastfeeding.
- Qualifying women, children and seniors can participate in the DHS **Farmers Market Nutrition Programs (FMNP)**, which provide coupons to purchase fresh vegetables, fruits and herbs from farmers markets in 24 participating counties.

The FMNP operates from July 1 through October 31. For more information, call DHS at 1-800-843-6154. To locate a farmers market in your area, go to <http://www.agr.state.il.us/markets/farmers/>.

- Write the phone number of a local YMCA on a prescription for your patient. Samples of printable "**nutrition prescriptions**" can be found at <http://www.practice.aap.org/content.aspx?aid=3003>.
- Consider **partnerships** to create community programs and services for patients to assist with nutrition and exercise. These could include the medical home, public health professionals and community organizations. Check the Web sites such as <http://www.collaborateforhealthyweight.org> and another great one <http://www.walkwithadoc.org>.

- Be sure to save this site to your internet “favorites” as it provides **health and nutrition resources** for Chicago area children. You can also search by statewide, county, and community area for programs and resources available. <http://www.clocc.net/>
- An introductory guide on **healthy weight**, along with great tools that can be used with patients: http://www.nhlbi.nih.gov/health/public/heart/obesity/aim_hwt.pdf
- Web sites targeted for **families and children** with “user friendly” Fit Tips: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>
<http://www.fitness.gov/>
- If you are interested in offering group* **weight loss programs** in your office these may be helpful: <http://www.health.gov/dietaryguidelines/workshops/DGAWorkshopsComplete.pdf>
<http://www.healthfinder.gov/HealthTools/>
- *For one –on-one office visits, if the provider documents what the patient was counseled on, and at least 50 percent of the time spent with the patient was for counseling, the provider can bill codes 99212-99215.

Please check with the HFS Bureau of Comprehensive Health Services (877-782-5565 or Hfs.webmaster@illinois.gov) for further information and questions regarding billable services.

- Create a **personalized food and activity plan** with goals, and get weight management guidance: <http://www.choosemyplate.gov/SuperTracker/default.aspx>
- This site has a **free calorie counter tool** that can be offered for patient use: <http://www.myfitnesspal.com/>
- And for those that utilize **iPhone or iPad apps**: <http://www.itunes.apple.com/us/app/calorie-counter-by-mynetdiary/id287529757?mt=8>