



# Counseling Support Tool:

## BFWW Guide for Adolescent Girls and Young Women

This tool helps providers make physical activity and healthy eating recommendations based on patients' answers to the "Getting Started" questions in the Guide, "My Bright Future: Physical Activity and Healthy Eating for Young Women." The questions below provide an assessment of current behaviors based on a typical day and lend themselves to general recommendations. Providers are encouraged to use their professional judgment and patient history when making specific recommendations. Physical Activity question #6 and Healthy Eating questions #13 and #14 have been omitted because they assess preferences, barriers, and perceptions - not behaviors - and are therefore more helpful with goal-setting activities. The highlighted answers indicate a need for recommendations.

### Questions and Answers

Highlighted answers do not meet guidelines, therefore change is recommended.

### Relevant Guidelines

Based on the Physical Activity Guidelines for Americans, 2008.

### General Recommendations

Recommendations for answers that require behavior change to be recorded on page 13 of the Guide.

Physical Activity - For more information, refer patients to pages 17-19 of the Guide and the wallet card.

<p><b>1. How many days a week do you do physical activity?</b></p> <p>a. 7 days b. 5-6 days c. 3-4 days d. 1-2 days e. 0 days</p>	<p>Engage in physical activity at least 60 minutes each day. Most of the 60 minutes per day should be moderate or vigorous activity and vigorous activity should be included at least 3 days per week. As part of the 60 minutes, muscle-strengthening and bone-strengthening physical activity should be included at least 3 days per week.</p>	<p>Be physically active more days of the week.</p>
<p><b>2. How much time do you spend doing physical activity on a typical day?</b></p> <p>a. 60 minutes or more b. 30-59 minutes c. 20-29 minutes d. Less than 20 minutes e. Once in a while f. Never</p>	<p>Engage in physical activity at least 60 minutes each day. Most of the 60 minutes per day should be moderate or vigorous activity and vigorous activity should be included at least 3 days per week. As part of the 60 minutes, muscle-strengthening and bone-strengthening physical activity should be included at least 3 days per week.</p>	<p>Short bursts of physical activity can add up to meet physical activity needs. Physical activities should be developmentally-appropriate, fun, and offer variety.</p>
<p><b>3. How much time do you spend doing moderate intensity activities like brisk walking, bicycle riding, hiking, house or yard work or games requiring catching or throwing?</b></p> <p>a. 60 minutes or more per day b. 30-59 minutes c. 20-29 minutes d. None</p>	<p>Engage in physical activity at least 60 minutes each day. Most of the 60 minutes per day should be moderate or vigorous activity and vigorous activity should be included at least 3 days per week.</p>	<p>Replace inactivity with activity. Slowly increase activity in small steps in ways that you enjoy.</p>
<p><b>4. How often do you do vigorous intensity activities like jumping rope, vigorous dancing, soccer, swimming, basketball or games with running or chasing?</b></p> <p>a. 60 minutes or more per day b. 30-59 minutes c. 20-29 minutes d. Less than 20 minutes e. Once in a while f. Never</p>	<p>Engage in physical activity at least 60 minutes each day. Most of the 60 minutes per day should be moderate or vigorous activity and vigorous activity should be included at least 3 days per week.</p>	<p>Replace inactivity with activity. Slowly increase activity in small steps in ways that you enjoy.</p>
<p><b>5. Which of the following muscle and bone strengthening activities do you do, and how many times per week do you do them? Check all that apply.</b></p> <p>a. Games such as tug-of-war: ____ times a week b. Pushups and pull ups: ____ times a week c. Resistance exercises like lifting weights: ____ times a week d. Climbing wall: ____ times a week e. Sit ups: ____ times a week f. Hopping, skipping, or jumping: ____ times a week</p>	<p>As part of the 60 minutes per day of physical activity, muscle-strengthening and bone-strengthening physical activity should be included at least 3 days per week</p>	<p>Replace inactivity with activity. Slowly increase activity in small steps in ways that you enjoy.</p>

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### Questions and Answers

Highlighted answers do not meet guidelines, therefore change is recommended.

### Relevant Guidelines

Based on the Dietary Guidelines for Americans, 2010.

### General Recommendations

Recommendations for answers that require behavior change to be recorded on page 13 of the Guide.

Healthy Eating - For more information, refer patient to pages 20-25 of the Guide and the wallet card.

<p><b>1. How often do you have foods from the dairy group?</b></p> <p>a. 3 or more times a day  b. Twice a day  c. Once a day  d. Less than once a day</p>	<p>Have 3 cups from the dairy group, each day. <i>Based on a 2,000 calorie diet.</i></p>	<p>Choose fat-free or low-fat milk, yogurt, and cheese. If lactose-intolerant, try low-fat, lactose-free milk or fortified soy milk.</p>
<p><b>2. When eating foods from the dairy group, how often do you choose fat-free or low-fat options?</b></p> <p>a. Always  b. Often  c. Occasionally  d. Never</p>	<p>Increase intake of fat-free or low-fat milk products. Replace higher fat milk and milk products with lower fat options.</p>	<p>Choose fat-free or low-fat milk, yogurt, and cheese. If lactose-intolerant, try low-fat, lactose-free milk or fortified soy milk.</p>
<p><b>3. How often do you have foods from the protein group such as lean hamburger, chicken, turkey, seafood, pork, peanut butter, eggs, nuts, beans, or tofu?</b></p> <p>a. 5-6 times per day  b. 3-4 times per day  c. 1-2 times per day  d. Less than once a day</p>	<p>Eat 5 ½ ounces from the protein foods group each day. <i>Based on a 2,000 calorie diet.</i></p>	<p>Choose a variety of protein foods, including lean meats and poultry. Eat more seafood, eggs, beans and peas, soy products and unsalted nuts and seeds.</p>
<p><b>4. If you eat meat, how is it usually prepared?</b></p> <p>a. Fried, breaded or battered  b. Baked, broiled or grilled  c. A combination</p>	<p>Eat less meat that has been fried, breaded or battered.</p>	<p>Choose meat that has been grilled, poached, broiled or roasted.</p>
<p><b>5. How often do you choose seafood instead of other meat?</b></p> <p>a. Several times a week  b. Once a week  c. Less than once a week  d. Never</p>	<p>Aim for 8 ounces of seafood per week. <i>Based on a 2,000 calorie diet.</i></p>	<p>Eat a variety of seafood, including both fish and shellfish.</p>
<p><b>6. How often do you eat fruit or drink 100% fruit juice?</b></p> <p>a. 5 or more times a day  b. 3-4 times a day  c. 1-2 times a day  d. Less than once a day</p>	<p>Eat at least 2 cups of fruits each day. <i>Based on a 2,000 calorie diet.</i></p>	<p>Eat a variety of fruit. Go easy on fruit juices.</p>

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## Questions and Answers

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Healthy Eating - For more information, refer patient to pages 20-25 of the Guide and the wallet card.

<p><b>7. How often do you eat vegetables or drink 100% vegetable juice?</b></p> <p>a. 5 or more times a day b. 3-4 times a day c. 1-2 times a day d. Less than once a day</p>	<p>Eat 2 ½ cups of vegetables each day. <i>Based on a 2,000 calorie diet.</i></p>	<p>Eat a variety of vegetables. Eat more beans and peas and dark green and red and orange vegetables.</p>
<p><b>8. Do you eat a variety of vegetables, including dark green, red and orange, and beans and peas?</b></p> <p>a. Yes b. No c. Sometimes</p>	<p>Eat a variety of vegetables. Eat 1 ½ cups of dark green vegetables per week, 5 ½ cups of red and orange vegetables per week and 1 ½ cups of beans and peas per week. <i>Based on a 2,000 calorie diet.</i></p>	<p>Eat more beans and peas and dark green and red and orange vegetables.</p>
<p><b>9. How often do you eat foods from the grains group?</b></p> <p>a. 5-6 times per day b. 3-4 times per day c. 1-2 times per day d. Less than once a day</p>	<p>Eat 6 ounces from the grains group each day. <i>Based on a 2,000 calorie diet.</i></p>	<p>At least half of all grains should be whole grains, such as whole wheat bread and brown rice.</p>
<p><b>10. How many of your grain group choices come from whole grains instead of refined or enriched grains?</b></p> <p>a. More than half b. About half c. Less than half d. None</p>	<p>Increase whole grain intake. Whenever possible, replace refined grains with whole grain choices.</p>	<p>At least half of all grains should be whole grains, such as whole wheat bread and brown rice.</p>
<p><b>11. How often do you eat candy cake, cookies, donuts or chips ?</b></p> <p>a. 3 or more times a day b. 2 times a day c. Once a day d. Less than once a day</p>	<p>Limit sweets/added sugars and foods high in solid fat.</p>	<p>Cut down on sweets, foods with added sugar and high in solid fats. Get most of your calories from grain, fruit, vegetables, fat-free or low-fat dairy products, and lean meats and beans.</p>
<p><b>12. How often do you drink soda, soft drinks, pop or sweetened tea?</b></p> <p>a. 3 or more times a day b. 2 times a day c. Once a day d. Less than once a day</p>	<p>Cut back on drinks with added sugars or caloric sweeteners.</p>	<p>Make sure soft drinks and other sweetened drinks do not crowd out other foods/drinks for good health such as fat-free or low-fat dairy or fortified soy beverages.</p>

Questions in this section ask about food frequency (how many times a day a young women eats something) rather than the number of “servings” she eats each day. This is because generally people find it easier to think about how often they eat a type of food. In addition, a “serving” consumed during a meal may not equal a “serving” as it relates to the Dietary Guidelines. Therefore, when you review the questions with your patients, ask them about the size of the servings they typically choose to help assess whether or not they are meeting the guidelines for number of servings per day.



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