



Counseling Support Tool:

BFWHW Guide for Adult 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 Adult 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 judgement and patient history when making specific recommendations. Physical Activity questions #6 and #7 and Healthy Eating questions #12 and #13 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 16-18 of the Guide.		
1. How much time do you spend doing physical activity on a typical day? a. More than 30 minutes b. 20-30 minutes c. Less than 20 minutes d. Less than 10 minutes e. 0 minutes	For substantial health benefits, adults should do at least 2 hours 30 minutes of moderate-intensity, vigorous, or some combination of the two physical activity. Additional health benefits accrue from even more physical activity. Adults should include muscle-strengthening activities at least 2 days per week.	Aerobic physical activity should be performed in episodes of at least 10 minutes in length, and it should be spread throughout the week.
2. How many days a week do you do physical activity? a. 7 days b. 5-6 days c. 3-4 days d. 1-2 days e. 0 days	Engage in at least in 2 hours 30 minutes per week of moderate-intensity physical activity or 1 hour 15 minutes of vigorous-intensity activity.	Avoid inactivity. Some physical activity is better than none, and adults who engage in some physical activity gain some health benefits.
3. How much time do you spend doing activities such as briskly walking, water aerobics, ballroom dancing or general gardening? a. 2.5 hours or more per week b. 1.5-2.5 hours per week c. 0.5-1.5 hours per week d. Less than 0.5 hours per week	Engage in at least in 2 hours 30 minutes per week of moderate-intensity physical activity or 1 hour 15 minutes of vigorous-intensity activity.	Avoid inactivity. Some physical activity is better than none, and adults who engage in some physical activity gain some health benefits.
4. How much time do you spend doing activities such as racewalking, jogging or running, swimming, jumping rope, bicycling faster than 10 miles per hour or heavy gardening? a. 1 hour 15 minutes or more per week b. 45 minutes - 1 hour 15 minutes per week c. 15 - 45 minutes per week d. Less than 15 minutes per week	Engage in at least in 2 hours 30 minutes per week of moderate-intensity physical activity or 1 hour 15 minutes of vigorous-intensity activity.	Avoid inactivity. Some physical activity is better than none, and adults who engage in some physical activity gain some health benefits.
5. How often do you do muscle strengthening activities such as lifting weights, calisthenics like pushups, pull ups or sit ups or heavy gardening? a. More than 2 times per week b. About 2 times per week c. Once a week d. Less than once a week	Do muscle strengthening activities on two or more days per week.	Muscle strengthening activities involve resistance training and weight lifting. They should be moderate or high intensity and involve all major muscle groups.

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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 19-23 of the Guide.

<p>1. How often do you have foods from the dairy group such as low-fat milk or yogurt?</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>2. When eating foods from the dairy group, how often do you choose fat-free or low-fat options?</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>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?</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>4. When you eat meat, how is it usually prepared?</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>Prepare meat by grilling, poaching, broiling or roasting.</p>
<p>5. How many of your grain group choices come from whole grains instead of refined or enriched grains?</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>6. How often do you eat fruit or drink 100% fruit juice?</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>
<p>7. How often do you eat a cup of vegetables or drink 100% vegetable juice?</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>

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Questions and Answers

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General Recommendations

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Healthy Eating - For more information, refer patient to pages 19-23 of the Guide.

8. Do you eat a variety of vegetables, including dark green, red and orange, and beans and peas?

Yes
No
Sometimes

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. *Based on a 2,000 calorie diet.*

Eat more beans and peas and dark green and red and orange vegetables.

9. How often do you use oils (like olive oil, vegetable oil or soft margarine) instead of solid fats (like butter, stick margarine or pork fat)?

Always
Often
Occasionally
Never

Consume 6 teaspoons of oils per day. *Based on a 2,000 calorie diet.*

Use oils instead of solid fats when possible.

10. How often do you drink regular sodas, sports drinks, energy drinks and/or fruit drinks?

3 or more times a day
2 times a day
Once a day
Less than once a day

Cut back on drinks with added sugars or caloric sweeteners.

Drink few or no regular sodas, sports drinks, energy drinks, and fruit drinks. Choose water, fat-free milk, 100% fruit juice, or unsweetened tea or coffee as drinks rather than sugar-sweetened drinks.

11. How often do you eat cake, cookies, ice cream, other desserts and/or candy?

3 or more times a day
2 times a day
Once a day
Less than once a day

Cut back on foods with added sugars or caloric sweeteners.

Eat less cake, cookies, ice cream, other desserts, and candy. If you do have these foods and drinks, have a small portion. Select fruit for dessert.

Since people generally find it easier to think about how often they eat a type of food, questions in this action ask about food frequency (how many times a day a woman eats something) rather than the amount of food she eats each day. Therefore, when you review the questions with your patients, ask them about the amount of food they typically choose each day to help assess whether or not they are meeting the guidelines.



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