

## 2009 Wellness and Prevention HMO QI Fund Project Wellness Program Resources

The following resources may assist IPA physicians to promote wellness services for their patients.

### Body Mass Index

The Centers for Disease Control defines BMI as follows: "Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems." Online information about body mass index (BMI), including a BMI calculator and information on how to interpret BMI for adults and for children and adolescents, is available at the Centers for Disease Control and Prevention website:

<http://www.cdc.gov/nccdphp/dnpa/bmi/>

### Physical Activity

The United States Public Health Service has recently published Physical Activity Guidelines, available at:

<http://www.health.gov/PAguidelines/Report/Default.aspx> A brief summary of the report is available at:

[http://www.health.gov/PAguidelines/Report/A\\_Summary.aspx](http://www.health.gov/PAguidelines/Report/A_Summary.aspx)

### Smoking Cessation

Smoking cessation resources from the Surgeon General are available at: <http://www.surgeongeneral.gov/tobacco/>

### AMA Healthier Life Steps Program:

#### Diet, Physical Activity, Alcohol Consumption, Tobacco Use

The American Medical Association's program, *Healthier Life Steps*, provides "background information and tools to help physicians support their patients' efforts to change four key health behaviors: diet, physical activity, alcohol consumption, and tobacco use. The Physicians' Guide describes the important role physicians play in fostering lifestyle change, and explains how physicians can implement strategies to assess patients' readiness to change and how to counsel patients on making these changes. The tool-kit provides a self-assessment questionnaire, action plans, progress tracking calendars, and a poster to help physicians help patients implement needed behavior changes." CME credit is also available.

Program resources are available at:

<http://www.ama-assn.org/ama/pub/physician-resources/public-health/promoting-healthy-lifestyles/healthier-life-steps-program.shtml>

### Assessment of Alcohol Use and Screening for Problem Drinking

#### *Helping Patients Who Drink Too Much*

NIAA National Institute on Alcohol Abuse and Alcoholism

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"This *Guide* is written for primary care and mental health clinicians. It has been produced by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), a component of the National Institutes of Health, with guidance from physicians, nurses, advanced practice nurses, physician assistants, and clinical researchers."

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### American Academy of Pediatrics:

The American Academy of Pediatrics has recommendations for physicians and families on prevention and management of childhood obesity available at: <http://www.aap.org/healthtopics/overweight.cfm>

### BCBSIL Web site

Physicians may refer their members to Blue Access for Members on the BCBSIL Web site. Members can use the Personal Health Manager to:

- Make healthier choices about food, start a fitness program, quit smoking and keep track of results
- Get health and wellness questions answered by nurses, dietitians, fitness trainers and life coaches
- Learn about health and possible health risks
- Stay motivated to reach their goals

Blue Access for Members also includes information about Blue Extras, which gives members access to discounts on a variety of health care and wellness products and services. To access these resources, members may go to [www.bcbsil.com](http://www.bcbsil.com) and sign in to Blue Access for Members.