

# **Back in Whack for Teens**

**PARENTS SUPPORT PACK**  
**Appendix B**

**RESOURCES FOR WORKING WITH YOUR DOCTOR**  
**Appendix F**

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DEAR PARENTS,

Welcome to the *BACK in WHACK for TEENS PROGRAM* [abbreviated as **BiW4Teens**]! This is an exciting time for you and your teen/tween. You will be involved with helping your teen/tween learn how to adopt healthier eating and lifestyle habits that will support good health for the rest of their life. Health habits in the program not only support physical health, they also support healthy brain development and function, and have a positive effect on emotional health. This program helps to prevent chronic diseases like diabetes, heart disease and cancer.

The *Back in Whack for Teens Program* is designed to be used by teens/tweens in cooperation with you. It is very important that you are actively involved in this program. It is well documented that parental involvement greatly increases program success for teens/tweens.

It would be ideal if you could watch all of the program videos with your tween/teen, however this is usually not practical. There are several sessions that are highly recommended for parents to watch:

Session 1 – Program Introduction of Teens and Parents

Session 5 – Unhealthy Habits

Session 12 – Support New Habits

Session 13 – Nutrition Plan

Session 14 – Food and Energy Balance

Session 15 – Grains

Session 16 – Label Reading

It is important that you and your teen/tween visit about each session, whether or not you have watched the session with them. There is a discussion guide for each session which will help make these talks easier and more productive. Another thing that will help make these talks more productive is to open up the workbook to the session you are discussing.

This healthy lifestyle and nutrition program is appropriate for the whole family. The *Back in Whack for Teens Program* includes many fun family activities that get the whole family moving more together and teaming up in the kitchen. Family involvement has been shown to increase teen/tween success with making healthy habits changes.

Your teen/tween is beginning a journey that will be challenging at times, insightful and rewarding. The *Back in Whack for Teens Program* provides a wonderful opportunity for you and your teen/tween (and maybe the whole family) to spend quality time together.

ENJOY THE JOURNEY TOGETHER!

Sincerely,

*Laurie Jean Ellis*

## ACTIONS PARENTS CAN TAKE TO SUPPORT HEALTHY HABITS

The success of a teen's health plan is dependent on positive parental involvement. Here are some ways parents can help their teen successfully adopt new healthy habits.

### ACTIONS THAT SUPPORT HEALTHY HABITS:

- Help teen find activities to do instead of watching television, or playing video games.
- Get moving with your teen. Offer to be a "physical activity" partner with your teen.
- Provide foods from each food group most every day (veggies, fruit, dairy, grains, meat/protein).
- Offer a fruit and/or vegetable AND a dairy (milk) product at each meal.
- Maintain a supply of fruits, vegetables and healthy snacks in the home.
- Keep only healthy snacks in the house.
- Limit the availability of high-sugar or high-fat snacks in the home.
- Spread food intake out evenly throughout the day - avoid having biggest amount of food eaten in the evening.
- Encourage teen to pack healthy snacks and drinks when away from home (i.e. for outings, during extracurricular activities, when running errands or when traveling).
- Schedule regular meals and snacks.
- Help your teen find activities to do instead of munching.
- Encourage a consistent bedtime and allow for 8 hours of sleep most nights – sleep deprivation is a cause of food cravings and overeating.



### ADDITIONAL POINTS TO CONSIDER:

- Parents need to be in agreement about their teen's health plan.
- Discuss expectations you have for your teen and listen to expectations your teen has for you. Your teen needs to be allowed to make his/her own health choices but should accept guidance from parents. Guidance should be offered in the form of a single statement and not in the form of nagging.
- Avoid rigid, inflexible food rules which promote food sneaking and binge eating.
- Avoid using food to meet emotional needs or to manage behavior (i.e. withholding food as a punishment or rewarding good behavior with food). Food's purpose is to support health, growth and development.
- Encourage your teen to monitor their health goals. Parents need to stay positive and/or neutral concerning their teen's success(es) or lack of success. Avoid negative comments. Don't criticize your teen if he/she is struggling with health goals. Encouragement is what will help your teen get through a rough patch.

### THE POSITIVE POWER OF THE FAMILY:

- Explain the teen's health plan to other family members - get the entire family on board.
- All family members need to be consistent with how they support and encourage the teen to practice healthy habits. Family members should model healthy behavior for eating and physical activity when with the teen. Avoid making the teen feel singled out or isolated.

## Discussion Guide for Part II - Changing Habits

### Session 2 - Peak Health

1. What benefits of Peak Health are most important to you?
2. What do you want to do better or how do you want to feel better when you reach peak health?
3. As a parent, how do you want your teen's health and/or life to be better when he/she completes the Back in Whack for Teens Program?

### Session 3 - Body Appreciation

1. How did you rate your body appreciation?
2. Would you like to improve your body appreciation and body image?
3. Did the body appreciation session help you think about your body in a different way? If yes, how so?
4. Did you know that the cells of your body are listening to what you think?
5. What do you think about the body-love-hug exercise? Are you willing to try it?

### Session 4 Journaling

1. How can journaling help with habit change?
2. What are other ways journaling can help you?
3. What are different types of journaling you could do?
4. What kind of journaling do you want to try?

### Session 5 Unhealthy Habits

1. Were you surprised by how many unhealthy habits you have that are causing to your energy balance to be out of whack?
2. How many healthy habits do you have? [Hint – they are all the non-highlighted habits on page 5.2.]
3. Why is it important to recognize and take credit for your existing healthy habits?
4. Which habit(s) on the list made you say, "I didn't know that habit could cause my body to store excess energy."

### Session 6 Food Cravings

1. What unhealthy foods do you crave?
2. When you think about it, are there certain situations that make food craving worse?
3. Do you think there is anything you can do to prevent or avoid or lessen these cravings?
4. Did you make a Distraction Action Plan? What does it look like?
5. What does it mean to, "Ride the wave, through the crave?"

### Session 7 Healthy Habits

1. Did you get any ideas from the handouts in this session that will help you change unhealthy habits into healthier habits? Which handouts were they?
2. Do you think you want to start working on changing easier habits and then work on the harder ones later, or just the opposite?
3. Have you started to think about which unhealthy habits you want to start working on first?

### Session 8 Physical Activity

1. How do you think daily physical activity can help you feel better and be healthier?
2. Which type of physical activity is going to do the most to help get your energy balance back in whack?
3. What is your favorite way to get your body moving? How many calories would you burn doing this activity? [Hint – Look at the chart on page 8.3.]
4. What is the BiW 360 goal?
5. What does your activity pyramid look like? What kinds of physical activities did you write in the spaces for the different types of activity?
6. How can I help you meet your BiW 360 goal?
7. Did you read “35 Ways to Help Your Teen Reach the BiW 360 Goal?” Are there are some ideas that sound good to you?

### Session 9 Goal Setting

1. What 2 or 3 healthy habit goals did you choice to start working on?
2. What do I need to do to help you be successful? [For example, do we need to get the soda pop out of the house or make sure there are healthy snack foods in the house.]
3. How can I support you while you are working on adopting your new healthier habits?
4. Did you select your new habits in the BiW Habit Tracker?

### Session 10 Mighty Messages

1. How would you describe a Mighty Message?
2. What are some different ways you can practice a mighty message?
3. Have you written any mighty messages to help support your healthy habit goals?
4. What is an ANT and how do you “stomp ANTs?”
5. Do you have any ANTs you need to stomp?

### Session 11 Mini Movies

1. What is a mini movie?
2. How do you practice a mini movie?
3. How do mini movies work?
4. Have you thought of a mini movie to support your healthy habits?

### Session 12 Support New Habits

1. Are there any positive reinforcements you like to try (i.e. put a token in a jar every time you accomplish a daily goal)?
2. Would you like set up a positive reward system (i.e. when you accomplish your healthy habit goals for 3 weeks, we can do something special together)?
3. What is a mindset?
4. What are some of the things a person might think if they have a positive mindset?
5. What are some things you could do to connect pleasure to your healthy habit goals?
6. What power tools are you using along your habit change journey?
7. Is there anything I can do to help you be successful with accomplishing your healthy habit goals and stick with the program?
8. Is there anything else you want to add to the BiW Habit Change Contract?

## Discussion Guide for Part III - Eating Healthier

### Session 13 - Nutrition Plan

1. Which nutrition plan is yours?
2. Is it recommended that you strictly follow your nutrition plan?
3. Can you list the different food categories on your nutrition plan?
4. What are the four categories of energy foods?
5. What are some examples of foods in the starch category?
6. How many servings do you need from each food category?
7. How much water or sugar-free caffeine-free fluid does your body need each day?
8. What is the nutrition plan worksheet and how are you supposed to use it?
9. Do you have to use the food and activity log?
10. Why is it important to learn serving sizes for energy foods?
11. What does it mean to respect serving sizes?

### Session 14 - Food and Energy Balance

1. Do you understand all the important words? [Hint – See pages 14.2 and 14.3.]
2. What is a slow-release energy food and how does it affect your energy balance?
3. What is quick release energy food and how does it affect your energy balance?
4. Why is it important to eat foods that have lots of vitamins and minerals in them?
5. Why is hydration important for energy balance?
6. How can stomach problems negatively impact your energy balance?
7. How can overgrowth of bad bacteria in your gut affect your energy balance?
8. What are kinds of foods support good bacteria?
9. What kind of foods do bad bacteria like?

### Session 15 – Grains

1. What is the difference between whole grains and refined grains?
2. How does fiber have a positive effect on your energy balance?
3. How many grams of fiber should a whole grain contain?
4. How do refined grains and whole grains affect your energy balance differently?
5. What are examples of whole grains and refined grains?
6. What kind of whole grains and refined grains did you find in the kitchen?
7. What are serving sizes for different kinds of grains?
8. Have you measured any serving sizes for grains you have eaten?

### Session 16 - Label Reading

1. What are important parts on the food label?
2. What are things you look for on the food label to know if your getting a healthy food?
3. Are all serving sizes on food labels the same as serving sizes on your BiW nutrition plan?
4. What kind of ingredients do you want to avoid?

**Session 17 – Legumes & Veggies**

1. What is a legume? Can you give examples?
2. Are all legumes slow release energy foods?
3. What is the serving size for legumes?
4. What kind of legumes have you found in your kitchen?
5. Have you measured any legumes that you have eaten?
6. What is a starchy vegetable? Can you give examples?
7. Are all starchy vegetables slow release energy foods?
8. Which starchy vegetable is the most abused of all the vegetables?
9. What kind of starchy vegetables have you found in your kitchen?
10. Have you measured any starchy vegetables that you have eaten?
11. What is a non-starchy vegetable? Can you give examples?
12. What are the serving sizes of non-starchy vegetables?
13. Why are they a good food category to eat from if you are hungry for more food?
14. What non-starchy vegetables are in your kitchen?
15. Have you measured any non-starchy vegetables that you have eaten?

**Session 18 – Fruit**

1. Does fruit have a positive or negative effect on your energy balance?
2. Are all fruits slow-release energy foods?
3. Which fruit is a quick release energy food? Is it bad for you to eat this fruit?
4. What are the serving sizes for fruits?
5. What fruit did you find in your kitchen?
6. Have you measured any serving sizes for fruit that you have eaten?
7. What is mindful eating?

**Session 19 - Dairy**

1. What are different kinds of dairy products?
2. How do they affect energy balance?
3. What are examples of healthy dairy choices and unhealthy dairy choices?
4. What are serving sizes for different dairy products?
5. What dairy products have you found in your kitchen?
6. Have you measured any dairy products that you have consumed?

**Session 20 – Protein & Meat**

1. What are different kinds of meat?
2. What other foods are high in protein besides meat?
3. What are healthy choices a protein?
4. What are unhealthy choices of meat?
5. What are serving sizes of different kinds of protein?
6. What kind of protein is in the kitchen?
7. Have you measured any serving sizes for protein that you have eaten?

### Session 21 – Fats

1. Is it bad to eat fat?
2. Are some fats healthier than others? Can you give examples?
3. What is the most health damaging type of fat a person can eat? [Hint – See page 21.4.]
4. What are serving sizes for different kinds of fats?
5. Why are fat serving sizes so small?
6. What is an omega-3 fatty acid?
7. Omega-3 fatty acids do many good things for your body? Can you list a few of those things? [Hint – See page 21.3]
8. Where can you get omega-3 fatty acid?
9. What kinds of fats did you find in your kitchen?
10. Have you measured serving sizes of fats you have eaten?

### Session 22 - What about Sugar

1. How does sugar affect your energy balance?
2. What are some negative effects that sugar has on your body?
3. How does sugar effect brain function?
4. What kind of gut bacteria love sugar?
5. What kind of foods or drinks do you consume that have sugar added to them?
6. Do you want to do a 30-day sugar-free challenge with me?

### Session 23 - Healthier Kitchen

1. How do you use the blueprint for a healthy kitchen?
2. Are you supposed to throw out all unhealthy food that you have found in the kitchen?
3. Where can you find the healthiest foods in the grocery store?
4. What are some ways that you can save money on groceries? [Hint – See pages 23.3 and 23.4.]

### Session 24 - Team Up for Meal Planning

1. What ideas do you have for meals?
2. Do these meals have healthy ingredients?
3. If not, could we change out any of the unhealthy ingredients for healthier ingredients?
4. What ingredients do we need to put on the grocery list to be able to make your meal?
5. What does a healthy plate look like?
6. Did you read “Tips for Getting Teens Excited About Healthy Eating?” Did you see any things you would like to do on this handout? [Hint – Seep page 24.10.]

## Discussion Guide for Part IV - Keep Moving Forward

### Session 25 - Problem Solving

1. What are the steps for problem solving?
2. Why is it important to identify the cause of a problem?
3. Why is it important to brainstorm several possible solutions?
4. Do you have any problems that you need to solve? If yes, do you want help solving your problem(s)?



### Session 26 - Getting Around Path Blockers

1. How is a road block different from a problem?
2. Can road blocks be removed?
3. Are you always going to be able to find way around every road block you encounter?
4. What do you do when there is no way around a road block?
5. Have you encountered any road blocks during this program? If yes, do you want help looking for a way around them?

### Session 27 - Staying Motivated

1. What do you need to do to continue following your healthy lifestyle and nutrition program?
2. How can I help support you as you continue to follow your healthy lifestyle and nutrition program?
3. How are we going to work with your doctor from this point forward?
4. Did you get all 14 sets of Wacky Words? Do you need help sending in your completed Wacky Words form?

### Closing Note for Parents:

PARENTS! Express enthusiasm about all the benefits that come from eating healthy food and staying physically active. Praise your teen for how hard they are working to adopt healthier habits. Encourage them to keep doing their best. Enthusiasm is a great motivator. Infect your teen with enthusiasm for healthy habits.



Dear Doctor,

I have enrolled in the Back in Whack for Teens Program (BiW4Teens). It is an evidence-based, pediatrician approved, effective weight management program specifically designed for teens and tweens. The program was developed in a pediatric clinic by a pediatric nutritionist who is also a pediatric nurse and certified health coach.

BiW4Teens is intended to last a minimum of 6 months. Upon completion of the program, I will have adopted lasting healthy lifestyle and eating habits that will help lower my BMI and support the overall health of my body. My goal is to get down to a BMI percentile of the 85th% or less. If I haven't reached my BMI goal in 6 months, my newly established healthy habits will help me continue to lower my BMI until I reach my goal.

BiW4Teens consists of an educational interactive video series paired with a workbook. The program contains the following program components:

- Individualized nutrition plan
- Nutrition education & training
- Personalized exercise plan
- 25 high impact health habits that have proven to help teens lower their BMI\*\*
- Behavioral change methods that includes several effective habit change tools
- Parents support pack which provides guidance about how parents can successfully support their teen or tween during the program
- Multiple family activities to elicit family support and get them involved in the program

\*\*Please note that 14 of the high impact health habits have been proven to help prevent diabetes, heart disease and certain types of cancers.

Pediatricians have reported the following program benefits:

- Youth have successfully adopted healthier eating and lifestyle habits.
- Youth have lost weight and/or lowered their high BMIs.
- Youth have improved abnormal lab values as follows:
  - Lowered elevated cholesterol levels;
  - Increased low HDL (good) cholesterol levels;
  - Lowered elevated liver enzymes; and
  - Lowered elevated A1C and blood glucose levels.
- Youth have lowered blood pressure.
- Whole families have adopted healthier eating and lifestyle habits.

Date I started BiW4Teens: \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_ Waist \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

BiW4Teens utilizes expert guidelines from the American Academy of Pediatrics, Academy of Nutrition and Dietetics, National Institute of Health, Dietary Guidelines for Americans 2010, plus several more in the development of this program. The program has received the *National Association of Nutrition Professionals 2015 Community Award* for being a program that is having a positive impact on the health of our nation. This award winning program has also received national recognition from the Centers of Disease Control for being an effective weight management intervention for youth. Go to [www.positivepatterns4life.com/clinic](http://www.positivepatterns4life.com/clinic) to learn more about BiW4Teens.

## BiW4Teens – Initial Doctor’s Visit

Name \_\_\_\_\_ DOB \_\_\_\_\_

Date \_\_\_\_\_, T \_\_\_\_\_, P \_\_\_\_\_, R \_\_\_\_\_, BP \_\_\_\_\_

Ht \_\_\_\_\_, Wt \_\_\_\_\_, BMI \_\_\_\_\_, Waist circumference \_\_\_\_\_

List Active Health Conditions Below:

1. Health Condition \_\_\_\_\_
2. Health Condition \_\_\_\_\_
3. Health Condition \_\_\_\_\_
4. Health Condition \_\_\_\_\_
5. Health Condition \_\_\_\_\_
6. Health Condition \_\_\_\_\_

Recommended labs:

- ☐ Hemoglobin A1C
- ☐ Fasting glucose
- ☐ Glucose tolerance test
- ☐ Comprehensive Metabolic Profile
- ☐ Liver enzymes
- ☐ Lipid panel
- ☐ TSH & T free <sub>4</sub>
- ☐ Vitamin D level
- ☐ Other: \_\_\_\_\_

Visit Notes: \_\_\_\_\_

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**BiW4Teens – Program Update for Doctor**

Date: \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

Ht \_\_\_\_\_, Wt \_\_\_\_\_, BMI \_\_\_\_\_, Waist circumference \_\_\_\_\_

List nutrition plan you are following: \_\_\_\_\_

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List healthy habits you are working on: \_\_\_\_\_

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Describe Improvements in Active Health Conditions Below: \_\_\_\_\_

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Other comments: \_\_\_\_\_

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