

## Creating a Healthy Pediatric / Family Practice Office Environment



***“A picture is worth more than a thousand words”***

The physician’s office is a worksite that can be a powerful tool to communicate healthy eating and active living messages.

- Hang physical activity and nutrition posters in waiting areas and in examination rooms
  - Make them as prominent as vaccination posters
- Create a 5-2-1 bulletin board. Monthly or quarterly updates can feature
  - Patient activities in their communities
  - Resources & news articles for parents and children
  - Seasonal activities
  - Fruit or vegetable of the month
- Give 5-2-1 stickers to children who are working on or plan to work on one of three
- Play videos that show children taking part in non traditional sports and other physical activities
- Play videos of children trying new fruits and vegetables
- Display books, puzzles and activity sheets that support healthy eating and active living to entertain children
- Replace lollipop and candy rewards with stickers, bookmarks and other non food items



Work with you staff to make healthy eating and active living apart of their lives.

- Have staff contest to create an office slogan or universal message about healthy lifestyles
- Sample a fruit or vegetable of the month – select items of different cultures to try
- Host a healthy eating lunch
- Provide 10 minute physical activity or walk break during the work day

