REAP and WAVE: New Tools to Rapidly Assess/Discuss Nutrition with Patients

**Weight**
Assess patient's Body Mass Index.*
Patient is overweight if BMI > 25.

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* Certain pts may require assessment for underweight and/or unintentional weight loss.

**Activity**
Ask patient about any physical activity in the past week: walking briskly, jogging, gardening, swimming, hiking, dancing, golf, etc.

1. Does patient do 30 minutes of moderate activity on most days/week?
2. Does pt do “lifestyle” activity like taking the stairs instead of elevators, etc.?
3. Does patient usually watch less than 2 hours of TV or videos/day?
If pt answers NO to above questions, assess whether pt is willing to increase physical activity.

**Variety**
Is patient eating a variety of foods from important sections of the food pyramid?
Grains (6-11 servings)
Fruits (2-4 servings)
Vegetables (3-5 servings)
Protein (2-3 servings)
Dairy (2-3 servings)

Determine Variety and Excess using one of the following methods:
- Do a quick one-day recall.
- Ask patient to complete a self-administered eating pattern questionnaire.

**Excess**
Is patient eating too much:
Fat? Saturated fat?
Calories?
Salt?
Sugar?
Alcohol?
- Ask about serving/portion sizes, preparation methods and added fats like butter, mayonnaise, sour cream, salad dressing, etc.
- Does pt eat 4 or more meals from sit-down or take-out restaurants per week?
- Does pt indulge on the weekends?

* What does pt think are strengths of his/her eating pattern?
* If pt needs to improve eating habits, assess willingness to make changes.

**Recommendations**

**Weight**
If pt is overweight:
1. State concern for the pt, e.g., “I am concerned that your weight is affecting your health.”
2. Give pt specific advice, i.e.,
   a. Make 1 or 2 changes in eating habits to reduce caloric intake as identified by diet assessment.
   b. Gradually increase activity/decrease inactivity.
   c. Enroll pt in a weight management program and/or consult a dietitian.
3. If pt is ready to make behavior changes, jointly set goals for a plan of action and arrange for follow-up.
4. Give pt education materials/resources.

**Activity**
Examples of moderate amounts of physical activity:
- Walking 2 miles in 30 minutes
- Stair walking for 15 minutes
- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Gardening for 30-45 minutes
- Pushing a stroller 1 ½ miles in 30 minutes
- Raking leaves for 30 minutes
- Shoveling snow for 15 minutes
1. If pt is ready to increase physical activity, jointly set specific activity goals and arrange for a follow-up.
2. Give pt education materials/resources.

**Variety**
What is a serving?
Grains (6-11 servings)
1 slice bread or tortilla, ½ bagel, ½ roll, 1 oz. ready-to-eat cereal, ½ cup rice, pasta, or cooked cereal, 3-4 plain crackers
Is patient eating whole grains?
Fruits (2-4 servings)
1 medium fresh fruit, ½ cup chopped or canned fruit, ¼ cup fruit juice
Vegetables (3-5 servings)
1 cup raw leafy vegetables, ½ cup cooked or chopped raw vegetables, ½ cup vegetable juice
Protein (2-3 servings)
2-3 oz. poultry, fish, or lean meat, 1-1 ½ cup cooked dry beans, 1 egg equals 1 oz. meat, 4 oz. or ½ cup tofu
Dairy (2-3 servings)
1 cup milk or yogurt, ½ oz. cheese

See Instructions 1-4 under Excess.

**Excess**
How much is too much?
Too much fat, saturated fat, calories
- > 6 oz/day of meat
- Ice cream, high fat dairy products
- Fried foods
- High fat snacks and desserts
- Eating > 4 meals/wk
Too much sugar, calories
- High sugar beverages
- Sugary snacks/desserts
Too much salt
- Processed meats, canned/frozen meals, salty snacks, added salt
1. Discuss pros and cons of pt’s eating pattern keeping in mind Variety & Excess.
2. If pt is ready, jointly set specific dietary goals and arrange for follow-up.
4. Consider referral to a dietitian for more extensive counseling and support.

References


