

Staying Healthy Assessment

9 – 11 Years

Child's Name (first & last)	Date of Birth	<input type="checkbox"/> Female <input type="checkbox"/> Male	Today's Date	Grade in School:
Person Completing Form	<input type="checkbox"/> Parent <input type="checkbox"/> Relative <input type="checkbox"/> Friend <input type="checkbox"/> Guardian <input type="checkbox"/> Other (Specify)			School Attendance Regular? <input type="checkbox"/> Yes <input type="checkbox"/> No

Please answer all the questions on this form as best you can. Circle "Skip" if you do not know an answer or do not wish to answer. Be sure to talk to the doctor if you have questions about anything on this form. Your answers will be protected as part of your medical record.

Need Interpreter?
 Yes No

Clinic Use Only:
Nutrition

1	Does your child drink or eat 3 servings of calcium-rich foods daily, such as milk, cheese, yogurt, soy milk, or tofu?	Yes	No	Skip
2	Does your child eat fruits and vegetables at least two times per day?	Yes	No	Skip
3	Does your child eat high fat foods, such as fried foods, chips, ice cream, or pizza more than once per week?	No	Yes	Skip
4	Does your child drink more than one cup (8 oz.) of juice per day?	No	Yes	Skip
5	Does your child drink soda, juice drinks, sports drinks, energy drinks, or other sweetened drinks more than once per week?	No	Yes	Skip
6	Does your child exercise or play sports most days of the week?	Yes	No	Skip
7	Are you concerned about your child's weight?	No	Yes	Skip
8	Does your child watch TV or play video games less than 2 hours per day?	Yes	No	Skip
9	Does your home have a working smoke detector?	Yes	No	Skip
10	Does your home have the phone number of the Poison Control Center (800-222-1222) posted by your phone?	Yes	No	Skip
11	Do your child always use a seat belt in the back seat (or use a booster seat if under 4'9")?	Yes	No	Skip
12	Does your child spend time near a swimming pool, river, or lake?	No	Yes	Skip
13	Does your child spend time in a home where a gun is kept?	No	Yes	Skip
14	Does your child spend time with anyone who carries a gun, knife, or other weapon?	No	Yes	Skip
15	Does your child always wear a helmet when riding a bike, skateboard, or scooter?	Yes	No	Skip

Physical Activity

Safety

16	Has your child ever witnessed or been a victim of abuse or violence?	No	Yes	Skip	
17	Has your child been hit or has your child hit someone in the past year?	No	Yes	Skip	
18	Has your child ever been bullied, felt unsafe at school or in your neighborhood (or been cyber-bullied)?	No	Yes	Skip	
19	Does your child brush and floss her/his teeth daily?	Yes	No	Skip	Dental Health
20	Does your child often seem sad or depressed?	No	Yes	Skip	Mental Health
21	Does your child spend time with anyone who smokes?	No	Yes	Skip	Alcohol, Tobacco, Drug Use
22	Has your child ever smoked cigarettes or chewed tobacco?	No	Yes	Skip	
23	Are you concerned your child may be using drugs or sniffing substances, such as glue, to get high?	No	Yes	Skip	
24	Are you concerned that your child may be drinking alcohol, such as beer, wine, wine coolers, or liquor?	No	Yes	Skip	
25	Does your child have friends or family members who have a problem with drugs or alcohol?	No	Yes	Skip	
26	Has your child started dating or “going out” with boyfriends or girlfriends?	No	Yes	Skip	Sexual Issues
27	Do you think your child might be sexually active?	No	Yes	Skip	
28	Do you have any other questions or concerns about your child’s health or behavior?	No	Yes	Skip	Other Questions

If yes, please describe:

Clinic Use Only	Counseled	Referred	Anticipatory Guidance	Follow-up Ordered	Comments:
<input type="checkbox"/> Nutrition <input type="checkbox"/> Physical activity <input type="checkbox"/> Safety <input type="checkbox"/> Dental Health <input type="checkbox"/> Mental Health <input type="checkbox"/> Alcohol, Tobacco, Drug Use <input type="checkbox"/> Sexual Issues	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	
PCP’s Signature:		Print Name:			Date:
SHA ANNUAL REVIEW					
PCP’s Signature:		Print Name:			Date:
PCP’s Signature:		Print Name:			Date: