

Session 1 – Get To Know The Client

I. Objectives

- Conduct a health assessment
- Discuss the client's daily routine
- Determine any health conditions, physical activity, and problematic foods/habits.
- Create Program Goals

II. Introduction

The aim of session 1 is to identify the client's health background information. This information will assist the health educator to tailor the BieneStar Adult Healthy Lifestyle Program to the special needs of the client. The causes for unhealthy behavior are not just related to poor eating habits or lack of physical activity.

There are many stressors in the client's life that contribute to health risks such as not having enough resources to buy healthier meals, personal and family problems that lead to stress and feeling tired, and/or lack of sleep. This is why the following health assessment will be collected to better serve the client.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will assess the client's health. The Health Assessment provides information regarding their vital signs as well as personal and health information.

Health Assessment



- DOB
- Age
- Weight
- Height
- Body Mass Index
- Body Fat Percent
- Blood Pressure
- Finger Stick Glucose

Personal Information

- Marital Status
  - ___Married
  - ___Single
  - ___Divorced
- Number of people living in household
  - ___# of children (under age 18)
  - ___# of adults (age 18 or older)

Annual Household Income

$20,000 – 30,000
$31,000 – 40,000
$41,000 – 50,000
$51,000 – 60,000
$61,000 – 70,000
$71,000 – 80,000
$81,000 – 90,000
$91,000 – 125,000
$126,000 or more

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Race

- Hispanic
- Asian
- Native Hawaiian/Other Pacific Islander
- Caucasian/White
- African American / Black
- American Indian
- Alaskan Native
- Other



Highest Level Of Education Completed

- Less than High School
- High School Diploma
- Some College
- Associate's Degree
- Bachelor's Degree
- Master's Degree
- Doctoral Degree

Bed Time

How many hours do you usually sleep at night? _____

Health Conditions

The health educator will ask the client if they have ever been diagnosed with any medical condition. If the client reports having hypertension or diabetes then medications prescribed and dosages will be recorded.

Hypertension

Yes or No
If Yes list medications and dose: _____

_____

Diabetes

Yes or No
If Yes list medications and dose: _____

_____

Physical Activity

During the past 7 days, how many minutes was the client physically active (i.e. brisk walk, heavy housework, mow lawn)?

_____Minutes

Health Goal

The health educator will ask the client to give an example of where do they see themselves a year from today?

This can vary:

This can be a weight loss goal

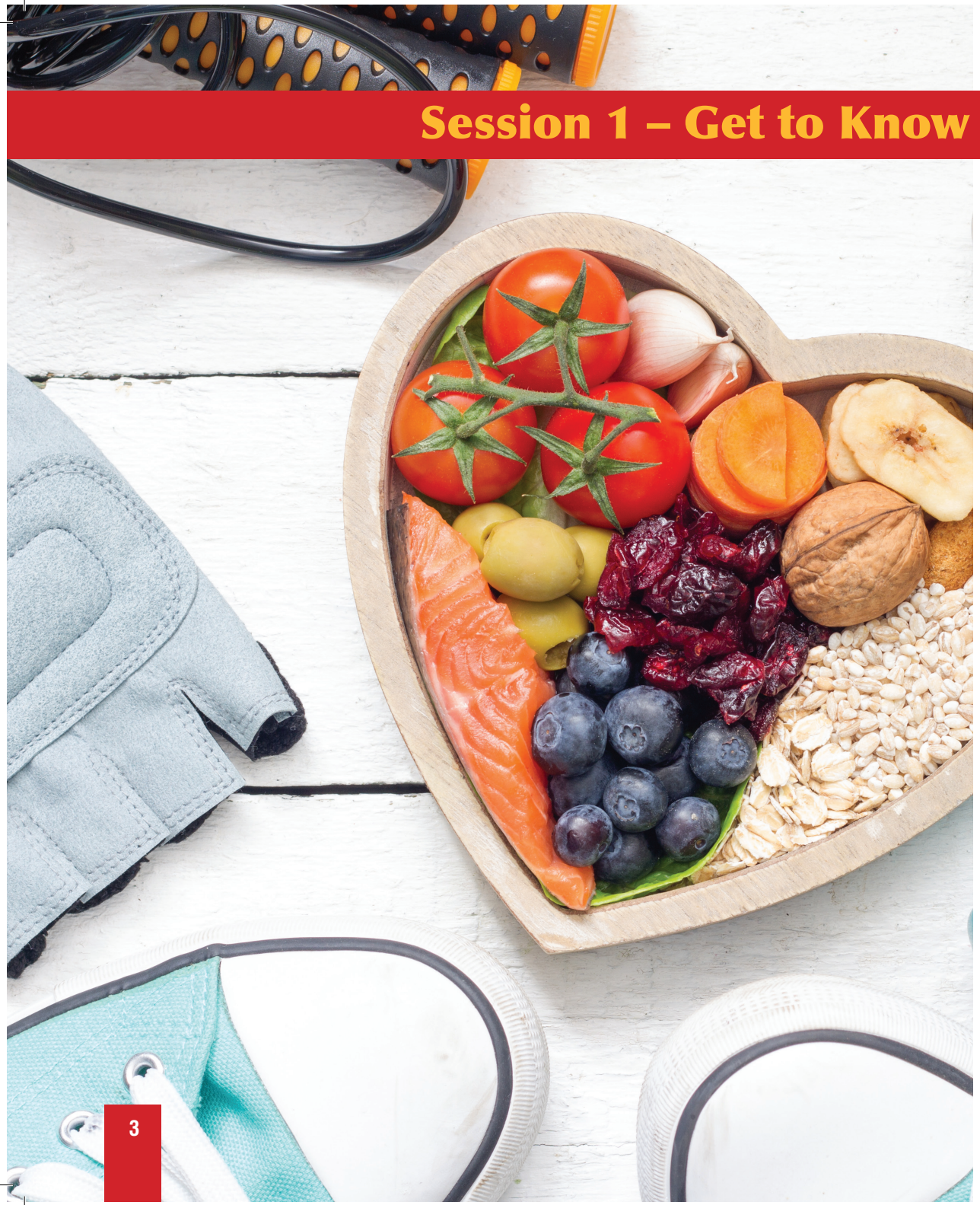
Lifestyle goal

Prevention of type 2 diabetes

Prevention of obesity



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V. Activity

Ask the client to record the number of minutes they walked in a week (Goal 150 minutes/week)

Directions:

Use the physical activity weekly log to describe the different activities you engage in throughout the week as well as the duration of each activity.

Add up the total weekly amount.

Examples:

Sunday you bike ride for 20 minutes.

Monday you lift weights for 30 minutes.



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Weekly Log: Physical Activity

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type of Activity							
Total Minutes							
							Weekly Total

