




**STEP 4: Determining Interventions and Developing an Action Plan**  
 – by population, setting, and resources

**Healthcare Delivery Setting-Physical Activity  
 Intervention Action Step Examples**

<b>HEALTHCARE DELIVERY SETTING</b>	<b>Intervention Action Step Examples</b>
 <b>Policy</b>	Assure hospital and healthcare delivery policies and practices allow for and facilitate breastfeeding. Advocate for and recommend patient reimbursement by insurance companies for counseling in nutrition, physical activity, and weight management.
 <b>Practices</b>	Increase awareness of and encourage referrals to health professionals specializing in nutrition, physical activity, and behavior modification. Attend provider education opportunities that address current prevention and treatment guidelines and techniques for overweight and obesity. Health care professionals should routinely track Body Mass Index to assess risk of obesity.
 <b>Communication</b>	Provide information and brochures and educate the public on the causes, prevention, treatment methods, and health risks of obesity. Distribute nutrition, physical activity, and weight management related materials, such as resource lists and community program information.



**RESOURCES:**

**PROGRAMS and ACTIVITIES**

**American Academy of Pediatrics**

Featured topics include a Women’s Guide to Breastfeeding, Breastfeeding Promotion, and Breastfeeding and the Use of Human Milk, plus additional American Academy of Pediatrics resources such as policy papers on the Prevention of Childhood Obesity. <http://www.aap.org/healthtopics/breastfeeding.cfm>

**Baby-Friendly Hospital Initiative**

The Baby-Friendly Hospital Initiative (BFHI) is based on the WHO/UNICEF *Ten Steps to Successful Breastfeeding*, and recognizes hospitals and birth centers that have taken steps to provide an optimal environment for the promotion, protection, and support of breastfeeding. [www.babyfriendlyusa.org](http://www.babyfriendlyusa.org)

**Centers for Disease Control and Prevention**

Highlights some of the many programs and services currently promoting and supporting breastfeeding within health care, worksites, and communities nationwide. This site identifies policies that are influencing breastfeeding promotion throughout the United States. [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

**Centers for Disease Control and Prevention – 2000 Growth Charts and New Body Mass Index-For-Age Charts**

The revised growth charts consist of 16 charts (8 for boys and 8 for girls). These charts represent revisions to the 14 previous charts, as well as the introduction of two new body mass index-for-age (BMI-for-age) charts

for boys and for girls, ages 2 to 20 years. Website provides growth charts, data tables, educational materials, computer programs, and reports. [www.cdc.gov/growthcharts/](http://www.cdc.gov/growthcharts/)

**Pediatric Growth Charts Training Modules –**

Website provides self-directed interactive training modules for healthcare professionals using the pediatric growth charts in clinical and public health settings to assess growth of infants, children, and adolescents. <http://www.cdc.gov/nccdphp/dnpha/growthcharts/training/modules/index.htm>

**The Breastfeeding: Heritage and Pride Program**

Works with low income women who receive prenatal care at Hartford Hospital's Women's Ambulatory Health Services. [www.hispanichealth.com](http://www.hispanichealth.com)

**American Academy of Family Physicians (AAFP)**

Developed a Physician's Breastfeeding Support Kit to complement a practicing physician's efforts in promoting and managing a breastfeeding family. [www.aafp.org/afp/20000401/2093.html](http://www.aafp.org/afp/20000401/2093.html)

## **GUIDELINES**

**Blueprint for Action on Breastfeeding**

From the Centers for Disease Control and DHHS, an action plan for breastfeeding based on education, training, awareness, support and research. Plan includes key recommendations and established breastfeeding policy for the nation. <http://www.4woman.gov/Breastfeeding/bluprntbk2.pdf>

**Academy of Breastfeeding Medicine**

Provides evidence-based protocols regarding clinical issues that are related to breastfeeding. [www.bfmed.org](http://www.bfmed.org)

**National Healthy Mothers, Healthy Babies Coalition**

Mission to promote and improve culturally and linguistically appropriate, community-based services that foster healthy mothers, healthy babies, and healthy families. Website provides a listing of state and regional coalitions and resources on workplace support and models of excellence for breastfeeding employees. [www.hmhb.org](http://www.hmhb.org)