

Handout

Tools to Facilitate Self-Awareness and Behavior Change Within the Nutrition Care Process

Weight Perception

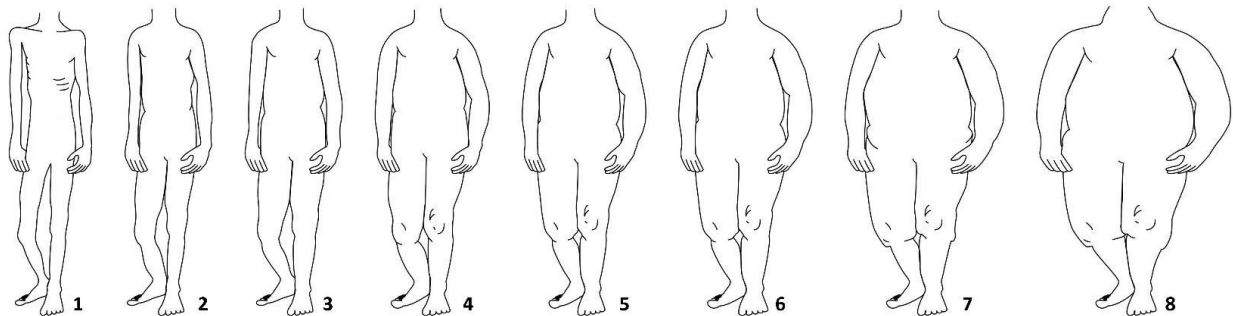
How do you think of yourself in terms of weight?

- Very underweight
- Slightly underweight
- About the right weight
- Slightly overweight
- Very overweight

Body Figure Awareness

Which body looks the most like you?

Figure 1: Modified-Collins Body Figure Scale validated in a racially/ethnically diverse pediatric population (Vanderwall, 2019) Written permission granted for use in present publication.



Readiness to Change

Validated rulers are used to assess the importance of a health behavior to a client and examine their confidence in achieving the change or health behavior. These rulers are available for download at www.centerforebp.case.edu/resources/tools/readiness-ruler.