

# GrowSmart EPSDT Health Promotion

## Weight Assessment & Counseling (WCC): Nutrition and Physical Activity

September is National Childhood Obesity Awareness Month. It is a good time for families and providers to focus on healthy growth, good nutrition, physical activity, and preventive care. Early screening and support can help children grow well, build healthy habits, and lower the risk for health problems later in life. EPSDT supports the whole child by covering weight checks, nutrition counseling, and guidance on physical activity as part of routine care. Healthy eating and regular activity can also support learning, emotional well-being, and healthy development.

### Why does nutrition matter?

EPSDT helps children and teens get important health services. These include checks of their weight and body mass index (BMI), counseling on nutrition and physical activity, and simple tips for healthy habits at home and school. EPSDT also provides screenings for vision, hearing, oral health, and development, along with behavioral and emotional health checks. Families can get referrals for nutrition, behavioral health, or specialty care, as well as education and follow-up support to help their children stay healthy.

### What do doctors say?

Doctors say that regular weight checks, healthy eating, and daily physical activity are important for children's growth. They explain that early screening can help find problems sooner and give families the support they need. Providers also remind families that building healthy habits when kids are young can help them stay active, feel better, and avoid health issues later on. Doctors encourage parents to ask questions and to follow up on any referrals so children get the care they need.

### Tips for Families

- Talk with your provider about your child's growth and development.
- Schedule well-care or WCC visits when needed.
- Ask questions about food, sleep, and physical activity routines.
- Follow up on referrals or nutrition counseling.
- Build healthy habits at home, such as balanced meals and active play.
- Keep care plans updated for school and sports programs.

### Stay Involved in Your Child's Health

- Talk with your child's provider about any changes in growth, behavior, or routines.
- Keep track of important health information, including medications and updates.
- Bring school or sports forms to appointments so providers can complete them.
- Follow up on referrals and ask questions about nutrition, sleep, and activity.
- Update care plans whenever something changes to help your child stay on track.

### Care Timeline

**Infancy–Age 5:** Regular well-care visits to check growth, nutrition, and development.

**Ages 6–11:** Annual physical exams with weight checks, BMI reviews, and healthy-habits counseling.

**Ages 12–21:** Yearly visits that include discussions about nutrition, physical activity, sleep, screen time, and emotional health.

**As Needed:** Extra visits for concerns about weight, eating habits, behavior, or activity levels.

**Any Time:** Follow up on referrals, update care plans, and talk with providers about changes in health or routines.

### Need Help or Resources?

If your family needs extra help, Trillium Health Resources can guide you. They cover EPSDT screenings, counseling, and medically needed services for children and teens under 21. Trillium also helps families find nutrition, behavioral health, or specialty care. If you have questions or need support, you can contact your care manager or Member & Recipient Services. 1-877-685-2415