

## ***Bright Futures in Practice: Nutrition***

*Bright Futures in Practice: Nutrition*, 2<sup>nd</sup> edition (2002), the second volume in the *Bright Futures in Practice* series, provides developmental nutrition guidelines from the prenatal period through adolescence. Chaired by Mary Story, Ph.D., R.D., *Bright Futures in Practice: Nutrition* emphasizes prevention and early recognition of nutritional concerns. This guide provides technical information to meet the needs of health professionals, and practical and educational information for families and communities.

### **How can *Bright Futures in Practice: Nutrition* be used?**

*Bright Futures in Practice: Nutrition* can be used to

- Identify the nutrition services (screening, assessment, and counseling) essential to achieving the health outcomes recommended in *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*.
- Identify desired health outcomes that promote a positive nutritional status.
- Improve nutritional health of infants, children, and adolescents by communicating practice guidelines to health professionals for prevention and care.
- Describe the roles of health professionals in the delivery of nutrition services and identify opportunities for coordination and cooperation within the community.
- Improve the partnership between health professionals, families, and communities in promoting nutritional health.

### **What makes *Bright Futures in Practice: Nutrition* unique?**

*Bright Futures in Practice: Nutrition* is based on several innovations. The guide

- Emphasizes prevention and early recognition of nutritional concerns in infancy, childhood, and adolescence.
- Provides an age-based guide for promotion of nutrition
- Acknowledges the contribution and partnership of health promotion and disease prevention health professionals, community program staff, and families in nutrition supervision.

### **How can I learn more about *Bright Futures in Practice: Nutrition*?**

For more information, please visit our web site at <http://www.brightfutures.org> or contact

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