



Provider Resources for the Evaluation & Prevention of Child and Adolescent Obesity



Calculate

BMI and plot on BMI growth curve annually for every child >2 years old

Review

- Family History
- Dietary Habits
- Activity / Sedentary Habits
- BMI Trajectory

Medical Evaluation

- Target obesity related diseases (OSA, DM, HTN, PCO)
- Review of Systems
- Physical Exam
- Screening, laboratory testing if >95% or if >85% BMI with risk factors (HTN, increased lipids, smoker, family history) - FBS, AST/ALT, Lipid panel
- Determine family concern and motivation to change

Categorize

Normal Weight
(BMI 5 – 85%)

Overweight
(BMI 85 – 94%)

Obese
(BMI 95 - 99%)

Severe Obesity
(BMI >99%)

Low Risk

High Risk

Prevention[†]

- Reinforce healthy behaviors
- Target specific behavior changes
- Utilize motivational interviewing techniques
- Involve families in goal setting
- Share healthy recipes, culturally sensitive[†]
- Schedule follow-up to monitor
- Provide messages of obesity prevention in office setting[†]
- Community resource handouts for increased physical activity and local healthy restaurants[†]

Intervention

- Determine intensity of treatment plan
- Weight maintenance or slow weight loss
- Advance intensity of treatment based on response
- Schedule follow-up office visits to monitor treatment plan
- Plan daily meal and snack items
- Identify diet & exercise goals and behavior changes
- Increase activity, decrease screen time
- Consider a multidisciplinary approach and referrals (dietician)
- Consider weight management programs and tertiary care center
- Community resource handouts for increased physical activity and local healthy restaurants[†]

Talking Points for Prevention[†]

Fast food frequency
Sweetened beverage intake
Portion size
Daily breakfast
Fruit and vegetable intake
Physical activity 60min/day
Limit screen time <2hr/day
Family meals
Self-regulation of child's meals

[†] Available in Toolkit

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