

Overweight and Obesity Evaluation

Ages 2-19 Years

Determine BMI Classification

HEALTHY WEIGHT (BMI 5th-84th %ile)

RISK FACTORS ASSESSMENT
Ask if first-degree family member or personal hx of any of the following:

- Heart disease
- Hypertension
- Lipid level abnormalities
- Obesity
- Type 2 diabetes

NO **YES**

SCREENING AND REVIEW OF DAILY HEALTH BEHAVIORS

- 9 – hrs sleep each night
- 5 – fruits/vegetables
- 2 – hr limit recreational screen time
- 1 – hr physical activity
- 0 – sweetened beverages

Counsel on obesity prevention and reinforce healthy behaviors.

Set SMART Goals (Specific, Measurable, Attainable, Relevant, Time-bound) for Lifestyle Modifications
Re-evaluate Annually

OVERWEIGHT (BMI 85th-94th %ile)

RISK FACTORS ASSESSMENT

OBESITY-SPECIFIC REVIEW OF SYSTEMS (ROS)

COMORBIDITY/ ASSOCIATED CONDITION	SCREENING QUESTIONS	EXAM
Obstructive Sleep Apnea (OSA)	Snoring, apnea, fatigue, headache	Tonsillar hypertrophy
Slipped Capital Femoral Epiphysis (SCFE)	Hip or knee pain, limping	Observe gait, MSK exam
Diabetes	Polyuria, polydipsia, nocturia	Acanthosis nigricans, Hidradenitis Suppurativa (HS), skin tags
Hypothyroidism	Heat/cold intolerance, constipation	Thyromegaly
Idiopathic Intracranial Hypertension (IIH)	Headache, visual disturbance, facial numbness	CN palsy, papilledema
Polycystic Ovary Syndrome (PCOS)	Irregular menses	Hirsutism, acne
Anxiety, Depression, Eating Disorder	Body image perception, bullying	Linear lacerations, hand ulcerations, hair thinning, peach fuzz, oversize/overwarm clothing
Hidradenitis Suppurativa (HS)	Frequent skin infections or lesions in axilla or groin	Tender nodules in axilla/groin, +/- drainage

OBESITY-RELATED SCREENING LABS (age 10 and up)
A1C, Lipid Profile, AST/ALT, 25-hydroxy vitamin D

SCREENING AND REVIEW OF 95210
Counsel on obesity prevention and reinforce healthy behaviors.

Set SMART Goals for Lifestyle Modifications
Re-evaluate at each visit every 6 months

OBESITY (BMI ≥ 95th %ile)

RISK FACTORS ASSESSMENT
Obesity is sufficient risk factor

Augmented, Obesity-Specific Hx, ROS and Exam
**see Obesity-Specific ROS and Exam*

OBESITY-RELATED SCREENING LABS

SCREENING AND REVIEW OF 95210
Counsel on obesity prevention and reinforce healthy behaviors.

Set SMART Goals for Lifestyle Modifications
Re-evaluate at each visit every 3 months

If not seeing significant improvement after 3-6 months, consider referral to Metabolic & Obesity clinic.
Consider metformin with B12 supplementation if pre-diabetes OR insulin resistance on exam (must be ≥ 10 years).

WEIGHT MAINTENANCE OR WEIGHT LOSS TARGETS

		BMI 85-94%ile	BMI ≥ 95%ile
AGE 2-7 YEARS	No secondary complications	MAINTENANCE	MAINTENANCE
	Secondary complications	MAINTENANCE	LOSS (no more than 1 pound [0.5 kg] per month)
AGE > 7 YEARS	No secondary complications	MAINTENANCE	LOSS (2-4 pounds [1-2 kg] per month)
	Secondary complications	LOSS (up to 1-2 pounds [0.5 kg] per week)	LOSS (2-4 pounds [1-2 kg] per month)

*Maintain weight to decrease BMI with increasing height