Childhood Obesity Algorithm - Assessment, Prevention & Treatment

Assess Behaviors & Attitudes - Eating, Physical Activity, Sedentary Time, Motivation

Assess Medical Risks - Family History, Review of Systems, Physical Examination (BMI, BP)

Healthy Weight
BMI 5-84%ile

Overweight
BMI 85-94%ile

Obese
BMI 95-98%ile

BMI >=99%ile

Assess Fasting Lipid Profile

Health Risks?\(^{(1)}\)

No

Yes

Assess ALT, AST, Fasting Glucose\(^{(2)}\)

Other Tests as Indicated by Health Risks

Prevention Counseling - Empathize/Elicit - Provide - Elicit

Maintain Weight Velocity & Reassess Annually

Stage 1 Prevention Plus\(^{(3)}\)

Maintain Weight or Decrease Velocity & Reassess Every 3-6 Months

Maintain Weight or Gradual Loss\(^{(4)}\) & Reassess Every 3-6 Months

Gradual to Moderate Weight Loss\(^{(5)}\) & Reassess Every 3-6 Months

Stage 2 Structured Weight Management\(^{(3)}\)

Stage 3 Comprehensive Multidisciplinary Intervention\(^{(3)}\)

Stage 4 Tertiary Care Intervention

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\(^{(1)}\) Example – medical risk or behavioral risk

\(^{(2)}\) 10 years and older every 2 years

\(^{(3)}\) Progress to next stage if no improvement in BMI/weight after 3-6 months and family willing

\(^{(4)}\) Age 6-11yr = 1 lb/month, Age 12-18yr = 2lbs/week average

\(^{(5)}\) Age 2-5yr = 1 lb/month, Age 6-18yr = 2lbs/week average

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Childhood Obesity Action Network
The Healthcare Campaign to Stop the Epidemic

National Initiative for Children's Healthcare Quality