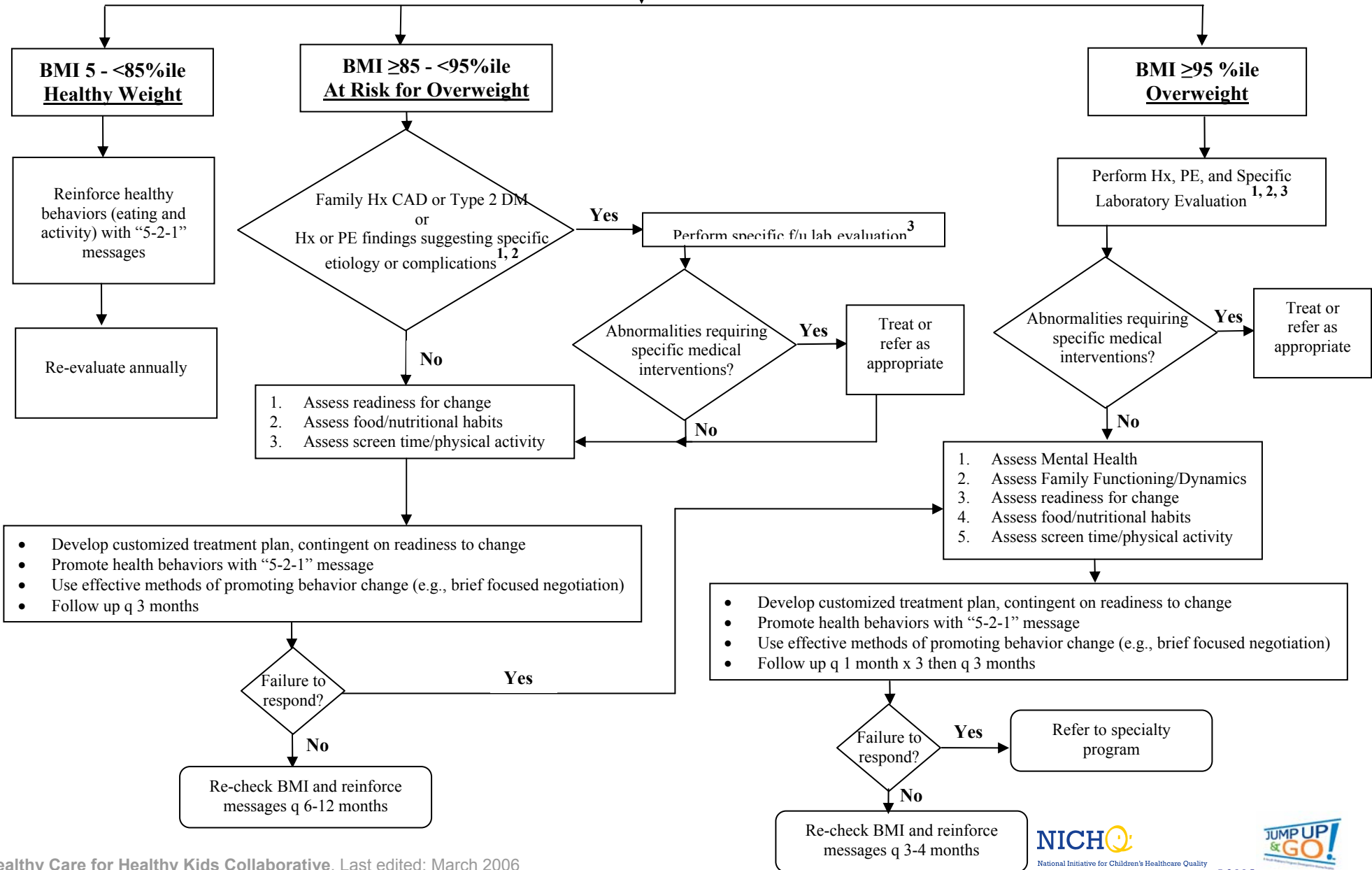


Approach for Prevention & Management of Overweight in Children 2-12 years

1. Measure Height and Weight
2. Calculate BMI and Plot BMI% for age/gender
3. Classify Weight
4. Engage family/youth about 5-2-1 behaviors



Additional Details and Notes

1. Physical Findings Suggesting Specific Causes of Obesity:

- a) Poor linear growth:
 - i. Assess for hypothyroidism
 - ii. If associated with hirsutism, moon facies, striae, hypertension, assess for Cushing's
- b) Developmental delay, abnormal genitalia:
 - i. Consider Prader Willi, Turner, Laurence-Moon-Badet-Biedle
- c) Oligomenorrhea, hirsutism: Consider Polycystic ovarian syndrome

2. History or Physical findings indicating potential complications of obesity

- a) Hypertension
- b) Assess the risk for type II DM - Family history of type II DM in first degree relatives; Ethnicity with a high prevalence of Type II DM (African American, Hispanic, Native American) signs of insulin resistance (acanthosis nigrans, HTN, dyslipidemia, abdominal girth > 90%ile for age, PCOS)
- c) Bowed legs (Blount's Disease)
- d) Sleepiness, snoring: assess for sleep apnea

3. Laboratory evaluation:

- a) If > 10 years of age or pubertal check fasting lipid profile
- b) If > 10 years of age and BMI% $\geq 85^{\text{th}}$ ile for age with ≥ 2 risk factors present screen for diabetes (family history, ethnicity with a high prevalence of Type II DM (African American, Hispanic, Native American) signs of insulin resistance (acanthosis nigrans, HTN, dyslipidemia, abdominal girth > 90%ile for age, PCOS) screen for diabetes with Fasting Blood Sugar
- c) Consider AST/ALT if $\geq 95^{\text{th}}$ ile for age. There is insufficient evidence to recommend for or against routine use of this test in this population.
- d) Abdominal Girth, per table below

Abd Girth 90%ile	8 yrs	12 yrs	15 yrs	Adult	Reference values from Fernandez et al. J Pediatrics 2004; 145: 439-44
Male	71 cm	85 cm	94 cm	102 cm	
Female	70 cm	82 cm	90 cm	89 cm	

4. Fasting Blood Sugar:

- < 100 Normal – re-evaluate every 2 years
 100-125 Impaired – perform 2 hour modified OGTT
 >125 (X2) Type 2 Diabetes