

# Childhood Obesity Assessment and Treatment Algorithm

Assess all adolescents and children for obesity.

- Calculate BMI based on height and weight
- Determine percentile by plotting BMI on growth chart
- Diagnose nutritional status

Clinical evaluation

- Measure blood pressure and pulse
- Take a focused family history specifically asking about obesity, Type 2 Diabetes, Cardiovascular disease, and early deaths from Cardiovascular disease

Assess health behaviors and attitudes

- Diet behaviors
- Physical activity behaviors
- Attitudes

Order any appropriate lab tests

- Fasting Lipid Profile
- ALT and AST
- Fasting Glucose
- Other tests as indicated by health risks

Give consistent, evidence based messages to all parents

- Examples:
- 5 Fruits
  - 2 hours or less of TV per day
  - 1 hour or more of physical activity
  - 0 Sweetened beverages

Determine course of action

- Prevention counseling
- Prevention Plus
- Structured Weight Management
- Comprehensive Multidisciplinary Intervention
- Tertiary Care Intervention

## Quick Reference

BMI Percentile	Nutritional Status
<5th %tile	Underweight
5th - 84th %tile	Healthy Weight
85th -<95th %tile	Overweight
>95th %tile	Obese
>99th % tile	Note in Record

## Risk Factors

Family History of overweight/obesity
Diet behaviors
Physical activity behaviors
Ethnicity



Excerpt from Child & Adolescent Obesity Provider Toolkit; CMA Foundation and California Association of Health Plans 2008