

Management Algorithms

Overweight & At Risk for Overweight

Well Child Care Visit

1. Assess BMI
2. Classify BMI

≥ **85th** percentile

1. Establish rapport with family
2. Assess:
 - a.) Diet & physical activity
 - b.) Family history*
3. Conduct physical exam*

- * Family History Risk Factors:
- Race/Ethnicity
 - High blood pressure
 - Diabetes
 - Dyslipidemia
 - Obesity
- Physical Exam Abnormalities
- High blood pressure
 - Respiratory disturbances/Sleep problems
 - Signs of insulin resistance (acanthosis nigricans)
 - Orthopedic problems

≥ **95th** percentile
Obtain **fasting** labs/other evaluations

Schedule follow-up visit

85th - 94th percentile:
Consider **fasting** labs / other evaluations needed

YES

Obtain fasting lipids, glucose/other labs & evaluations & schedule follow-up

NO

Monitor as needed & provide usual care