OBESITY ASSESSMENT, PREVENTION, AND TREATMENT IN PEDIATRIC PRIMARY CARE

GENERAL ASSESSMENT

1. Growth curves over time (BMI-%tile, height and weight)
2. Dietary, physical activity and sedentary behaviors
3. Family history: obesity (esp parental), CVD disease (elevated lipid levels, HTN), T2DM

WEIGHT STATUS ASSESSMENT

Healthy Weight (BMI 5-<85%tile)

Overweight (BMI 85-<95%tile)

Obese (BMI ≥ 95%tile)

TARGETED ASSESSMENT

Obesity Related Condition
- History, PE (see Table 1 & Table 2)
- Screening Labs (see Table 3)

Motivation, Attitudes
- Barriers
- Culture

PLAN

Prevention: Promote healthy eating, physical activity, and tv/screen viewing reduction

Stage 1: Prevention Plus
- Healthy Lifestyle Recommendations (Table 4)
- Follow-up frequency tailored family’s unique situation (generally 1-6 months)

Stage 2: Structured Weight Management
- Greater structure and support for behavior change (Table 4)
- Follow up monthly
- Office staff and provider may need additional training

RE-ASSESSMENT

Eating, physical activity, and sedentary behaviors
Weight, BMI %tile
Medically related conditions

Deflection in BMI percentile
Or maintain BMI < 85%tile

Reinforce plan

No changes

Reinforce/New Plan
Consider moving to next stage

*see Table 6 for weight change guidelines

Staged-Based Considerations (Table 5) for Primary Care Providers for Obesity Treatment in Children and Adolescents