



## Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Treatment of Childhood Overweight and Obesity](#)

Released: June 2018

This alert provides a summary of only the recommendations which were updated. Refer to the complete guideline for all recommendations and level of evidence.

### **Updated recommendations include:**

#### **Children 2 years or older with a BMI $\geq$ 85<sup>th</sup> percentile**

##### **Identify presence of weight-related risk factors and complications**

Reinforce lifestyle and behavior modifications:

- Focus on slowing the child's rate of weight gain and maintaining or lowering their BMI percentile.
- Promote healthy diet and lifestyle with focus on 5-2-1-0: 5 or more fruits and vegetables, 2 hours or less recreational screen time, 1 hour or more physical activity, 0 sugar-containing drinks daily.

#### **Children 2 years or older with a BMI $\geq$ 85<sup>th</sup>-94<sup>th</sup> percentile with risk factors or complications**

##### **Lifestyle intervention with treatment of risk factors and complications as needed**

- Testing: AST, ALT, and fasting glucose level every two years for children > 10 years of age; consider lipid screening.