Updated recommendations include:

**Children 2 years or older with a BMI ≥ 85\textsuperscript{th} 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 ≥ 85\textsuperscript{th}-94\textsuperscript{th} 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.