



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

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

Released: June 2022

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:

Population: 2+yrs, 85% or greater BMI with risk factors or complications

- **Testing** Revised to: AST, ALT, fasting glucose and lipid panel every 2 years for children > 10 years of age.

Population: 2+yrs, 95% or greater BMI with or without risk factors

- **Added:** If available, a comprehensive multidisciplinary weight management program referral is recommended to include counseling and psychological services. If weight management program not available, referral to Registered Dietician for families and children motivated to make healthy lifestyle changes is suggested.