Michigan Quality Improvement Consortium
Clinical Practice Guideline Update Alert

Guideline: Prevention and Identification of Childhood Overweight and Obesity

Released: June 2016

**Updated recommendations:**

**Education, parental modeling of health behaviors, and prevention of risk**

At each periodic health exam
General advice for all ages:
Promote a 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 sugary drinks daily

Preschool (ages 3-5)
Promote age-appropriate sleep durations (11-13 hours/night)

School-aged (ages 5-12)
Promote age-appropriate sleep durations (10-11 hours/night)

**Assessment of body mass index, risk factors for overweight and excessive weight gain relative to linear growth**

General assessment:
Beginning at age 6\(^1\), measure and record weight and height on CDC BMI-for-age growth chart, calculate and plot patients’ BMI percentile

\[
\frac{\text{weight (kg)}}{\text{height squared (m}^2\text{)}} \text{ or } \frac{(\text{pounds x 703})}{\text{inches}^2}
\]

Dietary patterns (e.g. frequency of eating outside the home, consumption of breakfast, adequate fruits and vegetables, excessive portion sizes, consumption of sugar-sweetened beverages, etc.)

Sleep patterns

\(^1\)AAP recommends screening at age 2; USPSTF age 6+; NCQA HEDIS age 3+

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