Michigan Quality Improvement Consortium
Clinical Practice Guideline Update Alert

Guideline:  Treatment of Childhood Overweight and Obesity

Released:  June 2016

Updated recommendations:

Children 2 years or older with a BMI ≥ 85th percentile

Identify presence of weight-related risk factors and complications
Reinforce Prevention Recommendations (see MQIC Prevention and Identification of Childhood Overweight and Obesity guideline)

History and physical exam:
Family history, patient or parental concern about weight, dietary patterns (e.g. frequency of eating outside the home, consumption of breakfast, adequate fruits and vegetables, excessive portion sizes, etc.) physical activity level, sleep patterns, and history of medication use including nutritional supplements

Symptoms of diabetes, hypothyroidism, digestive disorders, gallbladder disease, obstructive sleep disorders, weight-related orthopedic problems, depression and anxiety, or other mental health concerns, etc.

Reinforce lifestyle and behavior modifications:
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 sugary drinks daily

Children 2 years or older with a BMI ≥ 95th percentile (obese) with or without risk factors or complications

Weight loss with concomitant treatment of risk factors and complications as needed
If available, offer obese children and adolescents ages 6-18 a comprehensive, intensive behavioral intervention to promote improvement in weight status.

Long-term goal should be a body mass index below 85th percentile for age and sex.

Consider counseling and psychological services.

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

MQIC.ORG