

BMI Management

Reviewed and approved, May 2013

This protocol is a general guideline and does not represent the professional standard of care required of the health care provider.

This pathway should be modified as indicated, based on the health care provider's professional judgment, to meet the needs of individual patients.

BMI Management

BMI	Obtain	If WNL	Criteria for Continuing Same Management	If Not Meeting Criteria
<p>>85 and <95</p> <p>AND</p> <ul style="list-style-type: none"> BMI has NOT increased 2 or more points per year No family history of: <ul style="list-style-type: none"> Obesity Type 2 Diabetes Hypertension or other cardiovascular disease Heart attack or stroke at <50 years of age 	Fasting lipid profile	<p>Stage 1 Management</p> <p>Dietary:</p> <ul style="list-style-type: none"> 5 or more servings of fruits/veg each day No sugar-sweetened beverages Eat breakfast daily Limit meals outside home Eat family meals 5-6x/wk Allow child to self-regulate/avoid being overly restrictive 	<p>No weight gain</p> <p>BMI decreasing with growth</p>	<p>Stage 2 Management</p> <p>Dietary:</p> <ul style="list-style-type: none"> Nutrition referral Balanced Macronutrient diet with low amts energy-dense foods Increase structure of meals & snacks <p>Physical Activity:</p> <ul style="list-style-type: none"> Less than 1 hour per day of sedentary activity 1 hour or more of supervised physical activity daily <p>Reassess after 3-6 months</p> <p>Criteria for continuing Stage 2 Management:</p> <p>Weight stable or decreasing not more than 1# per month for kids 2-11 or 2# per month for kids 12 and over</p> <p>Otherwise refer to multidisciplinary team</p>
<p>≥95 and <99</p> <p>OR</p> <p>>85 and <95</p> <p>AND positive on any of the historical criteria listed above</p>	<ul style="list-style-type: none"> Fasting lipids AST ALT Glucose BUN Creatinine 	<p>Physical Activity:</p> <ul style="list-style-type: none"> 2 hours or less sedentary activity 1 hour or more moderate physical activity No TV sets in bedroom <p>Reassess after 3-6 months</p>		
<p>≥99</p>	<ul style="list-style-type: none"> Fasting lipids AST ALT Glucose BUN Creatinine 	<p>Begin Stage 1 Management and Refer to multidisciplinary team</p>		

Abnormal Laboratory Findings

Abnormal Finding	Follow-Up Labs, If Any	Referral (Unless f/u Labs are WNL)
Elevated glucose (fasting <100)	For fasting glucose 100-125, 2-hour oral glucose tolerance test: <ul style="list-style-type: none"> • Diabetes >200 mg/dL, Impaired 140-200 mg/dL. • Hemoglobin A1c: Diabetes > 6.5%, Pre-diabetes 5.7-6.4% • Fasting lipid panel • 25hydroxyvitamin D • AST, ALT • CBC 	<ul style="list-style-type: none"> • Endocrinology (ASAP for fasting glucose ≥126) • Nutrition
Elevated liver enzymes (ALT >25 for boys, >22 for girls)		<ul style="list-style-type: none"> • GI • Nutrition
Cholesterol ≥170, triglycerides ≥110	<ul style="list-style-type: none"> • Begin low fat diet • Repeat with TSH in 2 weeks 	<ul style="list-style-type: none"> • GI • Nutrition
Elevated TSH		Endocrinology