



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 6¹, measure and record weight and height on CDC BMI-for-age growth chart, calculate and plot patients' BMI percentile
[weight (kg)/height squared (m²) or (pounds x 703)/inches²]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

¹AAP recommends screening at age 2; USPSTF age 6+; NCOA HEDIS age 3+