



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 \geq 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 \geq 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.