

# Childhood Obesity – Indications for Specialty Care

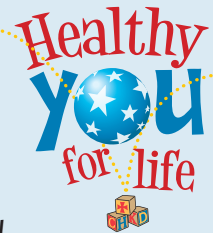
	<p><b>BMI ≥ 85%</b> (overweight without risk factors)</p>	<p><b>BMI ≥ 95%</b> (obese) or <b>BMI ≥ 85%</b> with any risk factors: Acanthosis Nigricans, HTN, strong family history of obesity, early MI or Dyslipidemia</p>
<b>Education</b>	<p>Lifestyle, nutrition and exercise guidance</p> <p>See <a href="#">Childhood Obesity Treatment Stages</a></p>	<p>Lifestyle, nutrition and exercise guidance</p> <p><b>CHKD Healthy You for Life Weight Management Program</b> <b>668-7035</b></p>
<b>Labs (FASTING)</b>	<p>As indicated</p>	<p><b>Primary Care Provider orders:</b> <b>FASTING</b> CMP, GGT, CBC, Urinalysis, Lipid profile, Free testosterone (if hirsute, menstrual dysfunction)</p>
<b>Referral</b>	<p>As indicated</p>	<p><b>Adolescent Medicine</b> ..... <b>668-7850</b> Females with an elevated FREE testosterone or menstrual dysfunction and hirsutism</p> <p><b>Cardiology</b> ..... <b>668-7214</b> Fasting lipid panel with elevated TC, LDL, TG, change in nutritino and exercise</p> <p><b>Endocrine</b> ..... <b>668-7237</b> Fasting insulin levels are not recommended in the routine screening of overweight children, regardless of the presence of acanthosis nigricans. In addition, although we recognize that HgbA1C is used in adult medicine to screen for diabetes, this is not a validated or approved method of diabetes screening in children. We discourage its routine use as a screening tool in pediatrics. In the absence of abnormal glucose values, treatment decisions are rarely, if ever, based on insulin or HgbA1C values.</p> <p><b>GI Clinic</b> ..... <b>668-7240</b> Elevated ALT, AST, GGT</p> <p><b>Nephrology</b> ..... <b>668-7244</b> Overweight/obese children with hypertension SBP or DBP that are ≥ 95th %</p> <p><b>Sleep Medicine</b> ..... <b>668-9466</b> Snoring, excessive sleepiness or other sleep concerns</p>

**Healthy You for Life Program**

- 12-month treatment program with regular visits to the Healthy You for Life clinic. Clinic staff include RN, RD, Sports Med PT, Exercise Specialist, LCSW, and consulting pediatrician with specialty in nutrition.
- Intensive 8-week lifestyle class
- Fitness classes with exercise specialist

668-7035

[www.chkd.org/healthyyou](http://www.chkd.org/healthyyou)



**BMI youth calculator at [www.chkd.org/bmi](http://www.chkd.org/bmi)**