

Childhood Obesity – Indications for Specialty Care

	BMI ≥ 85% (overweight without risk factors)	BMI ≥ 95% (obese) or BMI ≥ 85% with any risk factors: Acanthosis Nigricans, HTN, strong family history of obesity, early MI or Dyslipidemia
Education	Lifestyle, nutrition and exercise guidance CHKD Healthy You Weight Management Program 668-7035	Lifestyle, nutrition and exercise guidance CHKD Healthy You Weight Management Program 668-7035
Labs (FASTING)	None	Primary Care Provider orders: FASTING CMP, GGT, CBC, Urinalysis, Lipid profile, Free testosterone (if hirsute, menstrual dys- function)
Referral	None	Adolescent Medicine 668-7850 Females with an elevated FREE testosterone or menstrual dysfunction and hirsutism Cardiology 668-7214 Dyslipidemias Endocrine 668-7237 TSH > 5, fasting glucose > 100, glycosuria GI Clinic 668-7240 Elevated ALT, AST, GGT Nephrology 668-7244 Overweight/obese children with hyperten- sion SBP or DBP that are ≥ 95th % Pulmonary 668-7426 See sleep questionnaire, asthma Sleep Medicine 668-9466 See sleep questionnaire, sleep apnea

Healthy You Weight Management Program

- 12-month treatment program with regular visits to the Healthy You clinic. Clinic staff include RN, RD, Sports Med PT, LCSW, and consulting pediatrician with specialty in nutrition.
- Intensive 10-week lifestyle class two times a week
- Fitness component partnered with the YMCA

668-7035
www.chkd.org/healthyyou



BMI youth calculator at www.chkd.org/bmi