

Obesity in children (BMI at 95th percentile or higher)

NQF measure #1349; Adapted from Institute for Clinical Systems Improvement (ICSI), July, 2013

Calculation and documentation of BMI at least annually, and more often as needed

Assess blood pressure, dyslipidemia, family history of diabetes and CVD

Laboratory: Fasting lipid panel, glucose, AST and ALT every 2 years starting at 10 years of age

Nutrition counseling: limit sugar-sweetened beverage; nutrient-dense breakfast; family meals; limit portions; promote milk and milk products; high-fiber diet

Physical activity counseling: moderately intense activity for at least 60 minutes each day; identify barriers to activity; counsel parents to be good role models

Behavior management: lifestyle interventions; establish target behaviors; encourage self-monitoring and stimulus control

Consider referral to appropriate specialist or program

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