CT Children's CLASP Guideline Algorithm: *Obesity & Screening for Co-Morbidities*

Initial Screening:
BMI ≥ 95th percentile
Assessment of BMI on percentile curves via Electronic Health Record, or utilize **BMI calculator**

- Implement behavioral changes using motivational interviewing in the primary care setting.
- **Refer** to **Weight Management Program** (exclusions: active eating disorder; patient/family not able to fully participate - see **Obesity Tool** for details)

INITIAL SCREENING

Recommended Targeted Lab Evaluation ***(not required for referral)***

- **2- 9 years old:**
  - Fasting Lipid Panel
  - ALT if severe obesity (BMI >120% of the 95th percentile) or family history of steatotic liver disease
  - Fasting glucose and hgbA1c (or OGTT) if risk factors for Type II diabetes*
- **≥10 years old:**
  - Fasting Lipid Panel; ALT ; Fasting glucose; HgbA1c

Recommended Additional Screening

- Food insecurity screening
- Blood pressure for all ≥3 years at every visit
- Sleep history for patients with obesity (assess if persistent, loud snoring; witnessed pauses in nighttime breathing, nocturnal gasping, daytime somnolence, nocturnal enuresis, morning headaches, inattention)
- Polycystic Ovarian Syndrome (PCOS) if female with obesity with menstrual irregularity, hyperandrogenism
- Depression screening annually for all patients ≥12 years old
- Physical Exam for SCFE, Blount's
- Increased Intracranial Hypertension

***Risk Factors for Type II Diabetes**

FHx of diabetes, Hx of gestational diabetes, signs of insulin resistance or presence of conditions associated with insulin resistance (i.e., acanthosis nigricans, hypertension, dyslipidemia, polycystic ovarian syndrome, small for gestational age birth weight); use of obesogenic psychotropic medications

For Patients in the 85th – 94th Percentile

Do NOT meet referral criteria for Weight Management referral

- Consider the following targeted lab evaluation:
  - **2- 9 years old:**
    - Fasting Lipid Panel
    - ALT if severe obesity (BMI >120% of the 95th percentile) or family history of steatotic liver disease
    - Fasting glucose and hgbA1c (or OGTT) if risk factors for Type II diabetes*
  - **≥10 years old:**
    - Fasting Lipid Panel; ALT ; Fasting glucose; HgbA1c
  - If any abnormal lab results, follow algorithms in pink oval below
- Implement behavioral changes using motivational interviewing (see **Early Obesity Prevention CLASP tool**)

Lab abnormality or presence of comorbidity?

NO → Ongoing management through Weight Management Program

YES →

- **Glucose Abnormality** *(Fasting glucose ≥126 mg/dL* ***or*** *Hemoglobin A1c ≥6.5%* ***or*** *Random or 2-hour OGTT glucose ≥200 mg/dL)*:
  - Refer to Endocrinology and Weight Management
- **Sleep Apnea/Disordered Sleep**
  - Refer to the Sleep Program and/or order a sleep Study
- **Hypertension/Abnormal Blood Pressure**
  - See **CLASP Guideline for Hypertension**
- **Lipid Abnormality** *(refer to Lipid Abnormalities CLASP Tool for ranges)*
  - See **CLASP Guideline for Lipid Abnormalities** and refer as indicated
- **Suspected PCOS:**
  - Refer to Endocrinology; **or** Adolescent Medicine and Weight Management
- **Anxiety and Depression**
  - See **CLASP Guideline for Anxiety and Depression**
- **Steatotic Liver Disease (SLD)** *(formally Non-Alcoholic Fatty Liver Disease)*
  - See **CLASP Guideline for SLD**

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