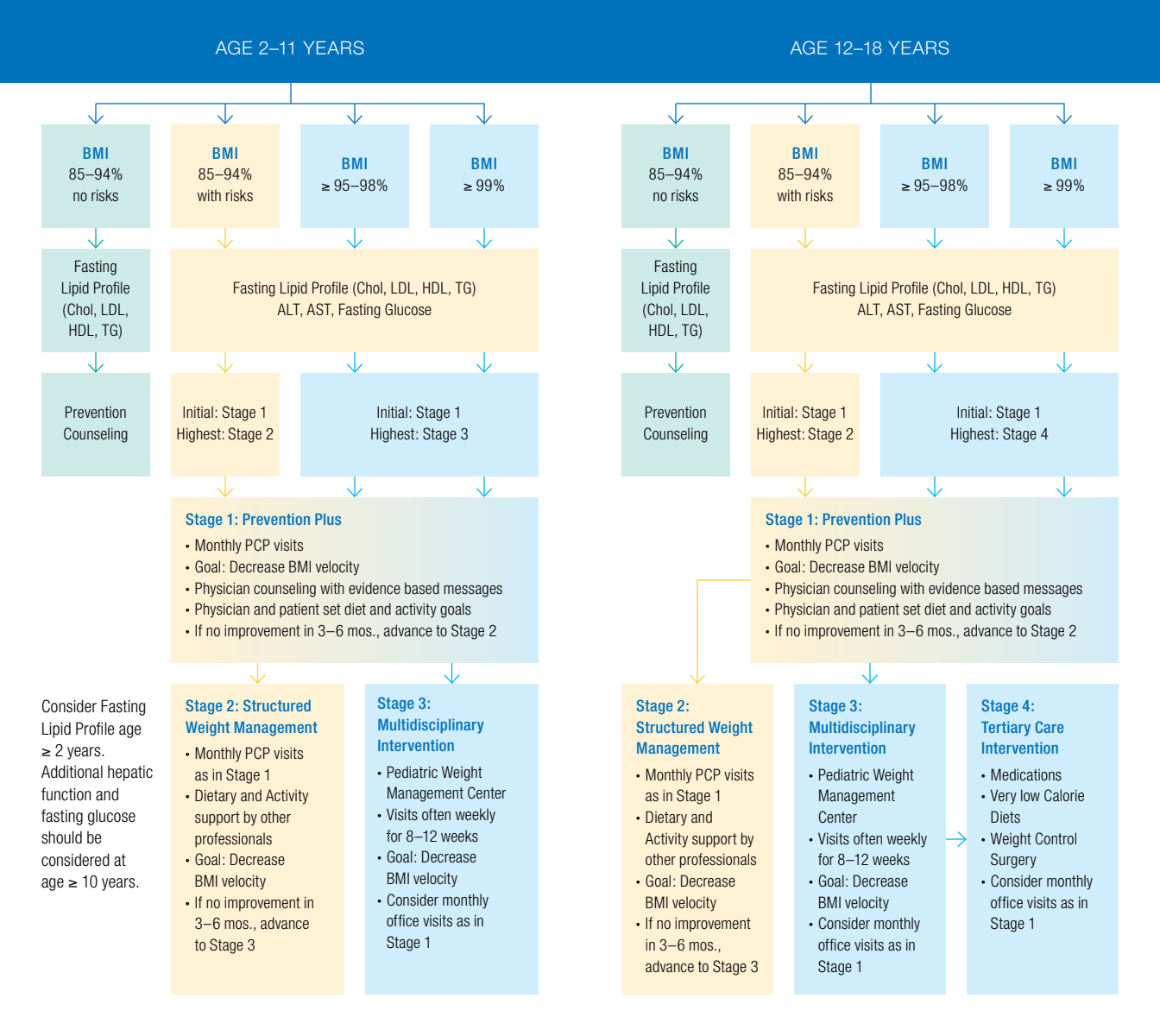
Obesity Intervention Algorithms

FROM THE CENTER FOR
BETTER HEALTH AND NUTRITION

Cincinnati Children's
Heart Institute


AGE 2–11 YEARS
BMI 85–94% no risks
BMI 85–94% with risks
BMI ≥ 95–98%
BMI ≥ 99%
Fasting Lipid Profile (Chol, LDL, HDL, TG)
Fasting Lipid Profile (Chol, LDL, HDL, TG) ALT, AST, Fasting Glucose
Prevention Counseling
Initial: Stage 1 Highest: Stage 2
Initial: Stage 1 Highest: Stage 3
Stage 1: Prevention Plus
• Monthly PCP visits
• Goal: Decrease BMI velocity
• Physician counseling with evidence based messages
• Physician and patient set diet and activity goals
• If no improvement in 3–6 mos., advance to Stage 2
Consider Fasting Lipid Profile age ≥ 2 years. Additional hepatic function and fasting glucose should be considered at age ≥ 10 years.
Stage 2: Structured Weight Management
• Monthly PCP visits as in Stage 1
• Dietary and Activity support by other professionals
• Goal: Decrease BMI velocity
• If no improvement in 3–6 mos., advance to Stage 3
Stage 3: Multidisciplinary Intervention
• Pediatric Weight Management Center
• Visits often weekly for 8–12 weeks
• Goal: Decrease BMI velocity
• Consider monthly office visits as in Stage 1
AGE 12–18 YEARS
BMI 85–94% no risks
BMI 85–94% with risks
BMI ≥ 95–98%
BMI ≥ 99%
Fasting Lipid Profile (Chol, LDL, HDL, TG)
Fasting Lipid Profile (Chol, LDL, HDL, TG) ALT, AST, Fasting Glucose
Prevention Counseling
Initial: Stage 1 Highest: Stage 2
Initial: Stage 1 Highest: Stage 4
Stage 1: Prevention Plus
• Monthly PCP visits
• Goal: Decrease BMI velocity
• Physician counseling with evidence based messages
• Physician and patient set diet and activity goals
• If no improvement in 3–6 mos., advance to Stage 2
Stage 2: Structured Weight Management
• Monthly PCP visits as in Stage 1
• Dietary and Activity support by other professionals
• Goal: Decrease BMI velocity
• If no improvement in 3–6 mos., advance to Stage 3
Stage 3: Multidisciplinary Intervention
• Pediatric Weight Management Center
• Visits often weekly for 8–12 weeks
• Goal: Decrease BMI velocity
• Consider monthly office visits as in Stage 1
Stage 4: Tertiary Care Intervention
• Medications
• Very low Calorie Diets
• Weight Control Surgery
• Consider monthly office visits as in Stage 1

Help for Obese Children

The Center for Better Health and Nutrition is a comprehensive obesity treatment, management and prevention arm of the Heart Institute, drawing upon a multidisciplinary team of experts from cardiology, endocrinology, general pediatrics and adolescent medicine.

Contact us to see how we might be able to help your patient:

513-636-4305

Cincinnati Children's®
Heart Institute

0000 0000 000000