

Assess risk factors at first visit and all subsequent visits (use obesity screening ICD-10 code Z13.89)

Assess Maternal Risk Factors:

- High maternal BMI > 26
- Maternal gestational diabetes
- Excess maternal weight gain (>35 lbs)
- Maternal smoking during pregnancy
- Parental obesity

Assess Child Risk Factors (birth – age 5 years):

- Rapid weight gain crossing ≥ 2 weight-for-length or BMI percentiles
- Higher birth weight > 4kg or low birth weight < 2.5 kg
- Higher absolute weight-for-length or BMI > 85th %ile
- Lower socioeconomic status
- Insufficient sleep < 12 hours/day in 6 month - 2 year olds, < 10 hours/day in 3-5 year olds

- Assess parental understanding of any infant/child's risk factors for developing obesity and the associated health risks (see section on ["How to Frame the Conversation"](#))
- Assess and address barriers to healthy eating and active living, including:
 - Breastfeeding support
 - Healthy food access and/or affordability
 - Nutrition education
 - Physical activity
 - Screen time limits
- At every WCC visit, initiate healthy eating and active living practices:
 - Monitor growth
 - Follow weight-for-length (birth to 24 months) and BMI (2-5 years) closely
 - Explain and review growth chart visually with parents at each visit and discuss importance of keeping child on the chart
 - Ensure consistent and repeated messaging at every well child visits on the following
 - Breastfeeding promotion and support for at least the first 6 months and teach healthy bottle feeding
 - "Responsive feeding" messages for all infant feeding (see healthychildrens.org resources)
 - Appropriate introduction of complementary foods at 4-6 months and education on healthy food preferences
 - Limiting sugar sweetened beverages (only water, breast milk and unflavored milk after first year)
 - At least 1 hour daily of physical activity
 - Screen time limits: none for children < 2 yrs of age, 1 hour/day for $\geq 2-5$ yrs of age, no more than 2 hours/day for kids > 5 yrs
 - Good sleep hygiene: ≥ 12 hours/day for 6 month-2 year olds, ≥ 10 hours/day for 3-5 year olds
 - Provide family handouts & resources: [Healthy Lifestyle Tips](#), [Healthy Eating Tips](#), [Appendix A: Obesity Prevention Resources](#))

Weight-for-length or BMI crosses > 2 percentiles
OR
BMI $\geq 85^{\text{th}}$ percentile?

YES

NO

Interventions:

- Assess and address caregiver concerns and target area(s) for change
- Assess motivation and confidence for change
- Summarize plan for change and next steps with positive feedback
- Connect families to community services and resources for early intervention to support families after they leave the office ([Appendix A: Obesity Prevention Resources](#))
- If BMI > 85th and < 95th percentile OR if BMI crosses more than 2 percentile curves on the growth chart, recommend referral to Clinical Nutrition
- Schedule follow up in 2-3 months and repeat steps above

Continue to monitor growth and provide obesity prevention and counseling at every WCC visit

BMI $\geq 95^{\text{th}}$ percentile with continued upward trajectory after 6 months of office intervention?

NO

YES

Refer to CT Children's Weight Management Program or other pediatric weight management multi-disciplinary team (physician, psychologist, PT, and nutritionist)