CT Children's CLASP Guideline Algorithm

Obesity & Screening for Co-Morbidities

Initial Screening:
Age: 3-18 years old
BMI 120% or higher (Class 2 Obesity)[1]
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 CLASP Tool for details)

INITIAL SCREENING

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

- Fasting Lipid Panel
- ALT
- Fasting glucose and hgbA1c (or OGTT)

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)
- Polyendocrine Metabolic Ovarian Syndrome (PMOS; formerly 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

Lab abnormality or presence of comorbidity?

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 Polyendocrine Metabolic Ovarian Syndrome (PMOS, formerly 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

NO

Ongoing pediatric care and yearly screening/abs

[1] **For Patients BMI > 84th percentile and <120%**

- *Do NOT meet referral criteria for Weight Management referral*
- Consider the following targeted lab evaluation:
  - **2- 9 years old:**
    - Fasting Lipid Panel
    - ALT if 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 above**
- Implement behavioral changes using motivational interviewing (see Early Obesity Prevention CLASP)
- **Teens ages ≥ 12 years with Class 1 Obesity can be considered for obesity medication in the primary care medical home (see Obesity Medication CLASP)**
- **Utilize Appendix B: PT Referral Questions to determine if PT referral is appropriate**
- **If BMI ≥ 95% and no other comorbidities, a routine referral to General Outpatient Nutrition is indicated**

***Risk Factors for Type II Diabetes**

Family history 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

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