

Lipid Management In Overweight / Obese Children

Age < 2 years
Weight for height >95th percentile

No lipid testing
Use low fat milk

Age > 2 years
BMI >85th percentile

Fasting lipids
(with LDL)[^]

Inclusion criteria:
• Obesity
Exclusion criteria:
• Normal BMI
• Diabetes

Low Risk
LDL-c <110 mg/dL
OR
Triglycerides (2-9 yrs): <75 mg/dL
(>9yrs): <90 mg/dL

Weight management
Repeat lipids in 3 years

Moderate Risk
LDL-c 110-129 mg/dL OR 130-160 + 0
or 1RF*
OR
Triglycerides (2-9 yrs): 75-99 mg/dL
(>9yrs): 90-129 mg/dL

Weight management
Repeat lipids in 2 years or
sooner if weight gain

High Risk
LDL-c ≥ 130 + 2 RF* OR 160-190 + 1
RF* OR ≥ 190
OR
Triglycerides (any age) ≥ 200 mg/dL

Refer to specialist
(Endocrinology or Cardiology)

*RISK FACTORS FOR CARDIOVASCULAR DISEASE

HIGH-LEVEL

- Parent/grandparent/aunt/uncle h/o premature cardiovascular disease (age: <55 year male, <65 female):
 - coronary atherosclerosis, peripheral vascular disease, cerebrovascular disease
- Diabetes mellitus, type 1 or 2
- Hypertension requiring therapy
- Current smoker
- Chronic renal disease
- s/p any solid organ transplant
- h/o Kawasaki disease with current coronary aneurysms

MODERATE-LEVEL

- HDL-c <40 mg/dL
- h/o Kawasaki disease w/ regressed coronary aneurysms
- Hypertension not requiring therapy
- Chronic inflammatory disease
- HIV infection
- Nephrotic syndrome

POTENTIAL RISK FACTORS

- Prediabetes
- h/o cancer or congenital heart disease
- Unknown Family History
- Passive smoker

WEIGHT MANAGEMENT

A) General Recommendations

1. Diet
 - % of total calories
 - FAT
 - Total fat ~ 30
 - Saturated fat <7
 - Polyunsaturated fat Up to 10
 - Monounsaturated fat Up to 20
 - Trans fat <1
 - Cholesterol <200 mg/dL
 - Carbohydrate ~ 50%
 - (from whole grains, fruits and vegetables)
 - Protein ~15%
 - (more specific suggestions by nutrition)
2. Take a multivitamin (without iron)
3. Exercise: 60 min each day

B) Refer to weight management program

[^]If LDL cannot be determined due to high triglycerides, please obtain a direct LDL.