



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Prevention and Identification of Childhood Overweight and Obesity](#)

Released: June 2018

This alert provides a summary of only the recommendations which were updated. Refer to the complete guideline for all recommendations and level of evidence.

Updated recommendations include:

Education, parental modeling of healthy behaviors, and prevention of risk

At each periodic health exam

General advice for all ages:

- Promote a healthy diet and lifestyle with focus on 5-2-1-0: 5 or more fruits and vegetables, 2 hours or less recreational screen time, 1 hour or more physical activity, 0 sugar-containing drinks daily.

Assessment of body mass index, risk factors for overweight and excessive weight gain relative to linear growth

General assessment:

- Starting at age 2, calculate BMI percentile at each well child visit and record result.
- Risk factors for overweight including pattern of weight change. Watch for increasing BMI percentile or BMI in the $\geq 85^{\text{th}}$ percentile.