



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

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

Released: June 2020

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:

Identify presence of weight-related risk factors and complications

Reinforce Prevention Recommendations (see [MQIC Prevention and Identification of Childhood Overweight and Obesity guideline](#))

History and physical exam

- Pulse and blood pressure (≥ 3 years), using appropriate technique and cuff size for age.
- Family history, social determinants/influencers (healthy food access, safe neighborhood for physical activity), patient or parental concern about weight, dietary patterns (e.g., frequency of eating outside the home, consumption of breakfast, adequate fruits and vegetables, excessive portion sizes, etc.), physical activity level, sleep patterns, and history of medication use.