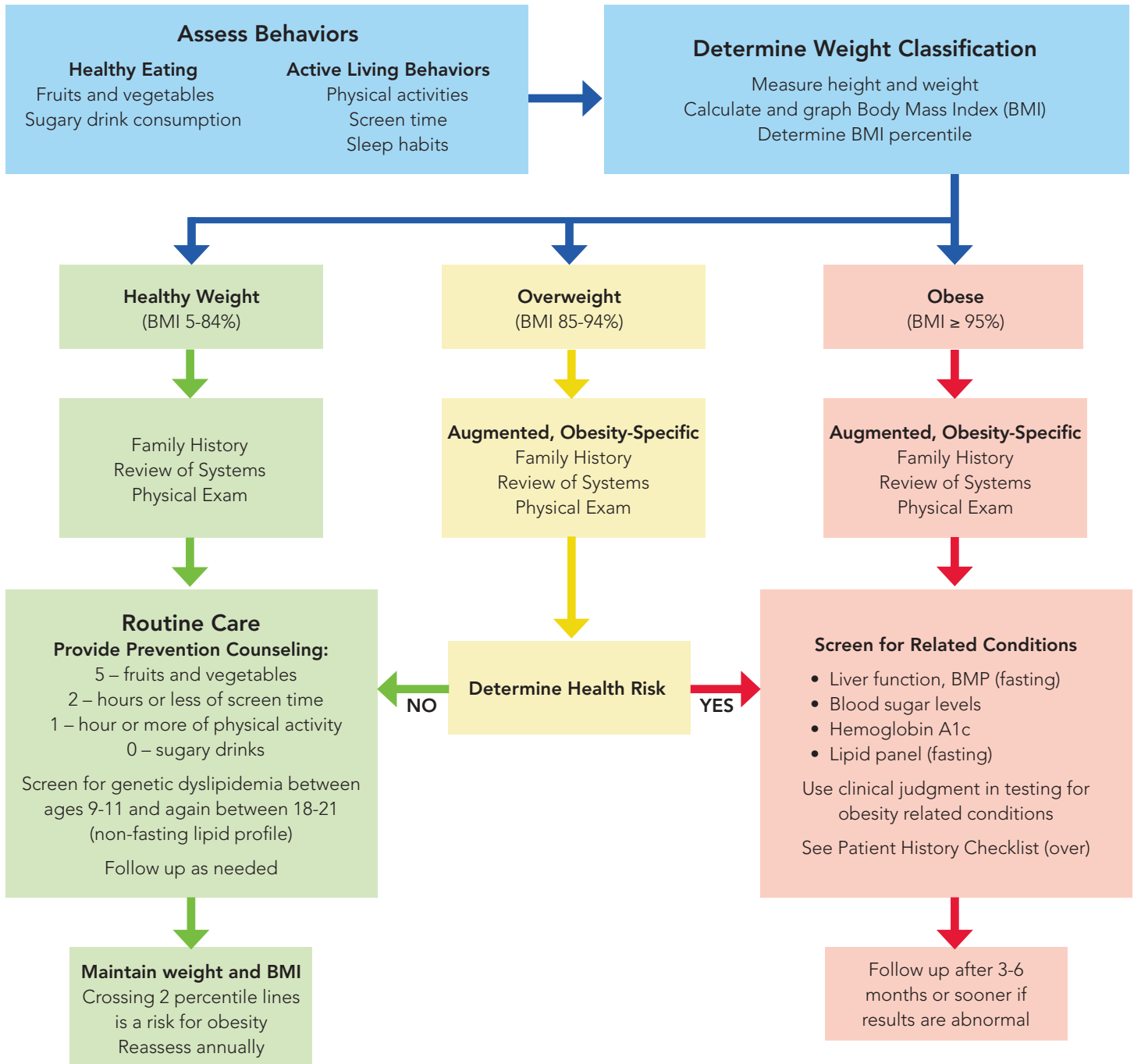


Algorithm for the Assessment, Prevention, and Management of Childhood Obesity in Patients 2 Years and Older

Adapted from the 2007 Expert Committee Recommendations, American Academy of Pediatrics, Institute for Healthy Childhood Weight

<https://ihcw.aap.org/Documents/Assessment%20and%20Management%20of%20Childhood%20Obesity%20Algorithm.pdf>



Program provided by:



Patient History Checklist for Childhood Obesity

In addition to the questions usually included in your patient history, it is important to address the following with overweight and obese patients:

1. Review of Systems

- A. Constitutional
 - Sleep habits
 - Fatigue/lethargy
- B. Respiratory
 - Snoring
 - Wheezing/coughing
 - Difficulty breathing
- C. Cardiovascular
 - Chest pain
- D. Gastrointestinal
 - Abdominal pain
 - Vomiting
 - Constipation
- E. Skin
 - Acanthosis nigricans
 - Striae
- F. Neurologic
 - Developmental delay
- G. Genitourinary
 - Menarche
 - Oligomenorrhea
 - Amenorrhea
- H. Musculoskeletal
 - Knee/hip pain
 - Limp

2. Current Health Habits

- A. Nutrition: 24 hour diet recall
 - Fruits and vegetable consumption
 - Sugary beverages
 - Milk consumption (type and quantity)
 - Family meals
 - Eating out habits
- B. Physical Activity
 - Type and quantity
- C. Screen Time
 - Type and quantity
 - Is there a TV or computer in the room where the child sleeps?

3. Family History: Emphasize obesity-related issues

- A. Obesity
- B. Diabetes
- C. Hypertension
- D. Cardiovascular disease
- E. Depression

4. Obesity-Related Conditions

- A. Cardiovascular
 - Dyslipidemia
 - Hypertension
- B. Endocrine
 - PCOS
 - Precocious puberty
 - Prediabetes/metabolic syndrome
 - Premature adrenarche
 - Type 2 diabetes
- C. Neurological
 - Pseudotumor cerebri
- D. Gastrointestinal
 - Cholelithiasis
 - Constipation
 - GERD
 - Steatohepatitis
- E. Orthopedic
 - Blount's disease
 - SCFE
- F. Pulmonary
 - Asthma
 - Sleep apnea
- G. Psychological/Behavioral
 - Anxiety
 - Binge eating disorder
 - Depression
 - Teasing/bullying
- H. Skin
 - Acanthosis nigricans
 - Hirsutism
 - Intertrigo

Remember that you can and should code for these comorbidities.