

Elevated BMI - Information for Providers

In children over the age of 2 years, BMI Z score $>+1.04$ ($>85^{\text{th}}$ percentile) denotes criteria for overweight and BMI Z score >1.64 ($>95^{\text{th}}$ percentile) denotes criteria for obesity. However if a child is growing consistently along a BMI curve >1.03 (see figure 1 below) and has no weight-associated conditions, this growth pattern is likely a result of genetic predisposition and not cause for intervention. If a child's weight is accelerating, i.e. BMI Z score is rising over time (see figure 2 below) and/or weight-associated conditions are present, further investigation may be warranted. Consider if the patient-family has experienced the following:

- Recent medication changes, hospitalizations or illnesses
- Changes in the family or family dynamic, life stressors
- Environmental, housing or food security changes
- Lifestyle changes

Suggested referrals

1. For patients experiencing changes in the family or family dynamic, life stressors, environmental or food security changes, consider social work or mental-behavioral health referrals before addressing lifestyle and behaviors.
2. For patients with stable resources who have weight acceleration (fig. 2), and/or weight-associated conditions are present, ask permission to discuss options with family and consider:

1. NEW Kids program

- For children age 2 to 18 with BMI at or above the 85th percentile and a medical co-morbidity. Includes a nurse practitioner and dietitian assessment, nutrition education and goal setting. The program involves 5-6 visits of about 60 minutes each. Must be referred by a health care provider.
- If comorbidity is present, provider can place a referral through Epic (add order > ambulatory referral to NEW Kids > fill out required questions including comorbidity/labs)
- You may also provide form for families to give to the child's PMD to fill out:
<https://childrenswi.org/-/media/chwlibrary/files/medical-care/weight-management-program/new-kids-referral-form.pdf>

2. Healthy Hearts Program - Children's Wisconsin

- Program focused on preventive care and management for children of age any with concerns of hypertension, hyperlipidemia and/or there is a family history of early heart disease. Patients receive treatment plan with a strong focus on healthy living, nutrition, physical activity and behavior. Must be referred by a health care provider.
- If comorbidity is present, provider can place a referral through Epic: add order > ambulatory referral to cardiology > type "healthy hearts" in the referral question box.
- More info here: <https://childrenswi.org/medical-care/herma-heart/programs/healthy-hearts-program>

3. Community Healthy Lifestyle Programs

- Link to [community healthy lifestyle programs](#) can also be found on the MD Handbook website homepage under "Healthy Lifestyle / Weight Management" section

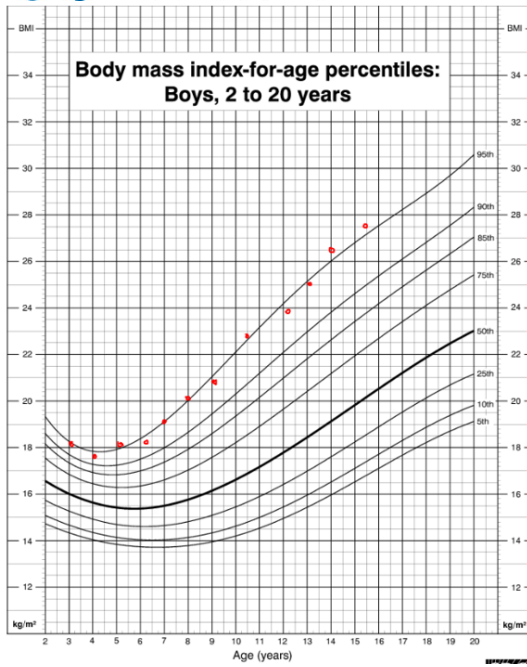


Figure 1

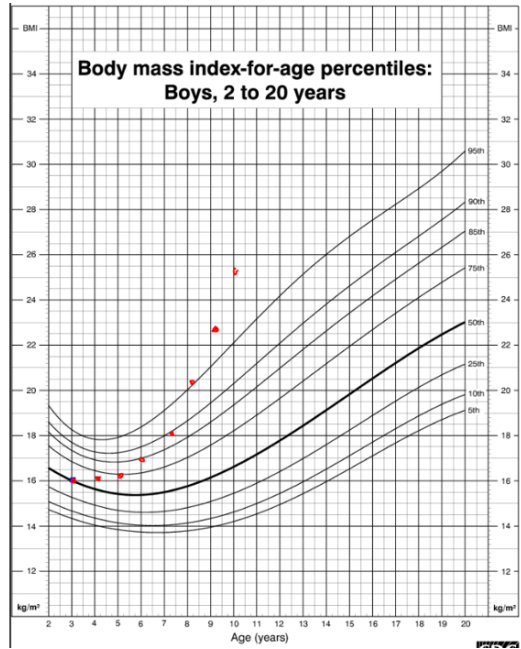


Figure 2