

## Clinical Practice Guideline: Obesity in Children and Adolescents

### CLINICAL PRACTICE GUIDELINE:

### OBESITY IN CHILDREN (AGES 6 TO 11) AND ADOLESCENTS (AGES 12 TO 17)

#### GOAL:

To improve the quality of life and help prevent short and long term complications of obesity in children and adolescents.

#### INTRODUCTION

The prevalence of obesity is reaching epidemic proportions. Obesity is a risk factor for Type 2 diabetes mellitus, hypertension, dyslipidemia, coronary artery disease, cerebrovascular disease, and osteoarthritis. While obesity is related to a positive energy balance (intake > output), other factors contribute to the increasing prevalence (environmental, cultural, and genetic). After reaching the age of six, an obese patient has a 50% chance of being obese in adulthood.

#### REFERENCES

Section 10 Overweight and Obesity of the 2011 NHLBI *Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents*:

[www.nhlbi.nih.gov/guidelines/cvd\\_ped/summary.htm#top](http://www.nhlbi.nih.gov/guidelines/cvd_ped/summary.htm#top)

Or, downloadable PDF at: [www.nhlbi.nih.gov/guidelines/cvd\\_ped/peds\\_guidelines\\_sum.pdf](http://www.nhlbi.nih.gov/guidelines/cvd_ped/peds_guidelines_sum.pdf)

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