### Assessment & Management Flow Chart

#### All child visits ages 2–17
- Patient given age-appropriate Healthy Habits lifestyle questionnaire

#### Risk Factors?
- **NO**
- **YES**

### Any percentile: 2–5 years
- **≤ 85th percentile:** > 5 years
- **> 85th but ≤ 97th percentile:** 5–10 years
- **> 97th percentile:** 5–10 years

### > 85th percentile: > 5 years
- Measure height and weight, and calculate BMI to plot on appropriate growth chart to determine percentile
- Classify as underweight, healthy weight, overweight or obese and document in appropriate part of patient chart

### > 85th but ≤ 97th percentile: 5–10 years
- Risk Factors?
  - **NO**
  - **YES**

### > 97th percentile: 5–10 years
- Risk Factors?
  - **NO**
  - **YES**

### > 97th percentile: > 10 years
- Risk Factors?
  - **NO**
  - **YES**

### Lifestyle assessment:
- Review Healthy Habits questionnaire
- Identify red flags for unhealthy lifestyle and barriers to healthy lifestyle (cultural, social or economic factors)

### Good job!
- Targeted prevention as appropriate
- Reinforce consistent, evidence-based health promoting messages and education (Live 5-2-1-0)
- Check BMI percentile for age/sex annually

### Health history:
- Assessment for co-morbidities, medications, mental health

### Family history:
- Obesity, diabetes, dyslipidemia, CVD and early death from CVD or stroke

### Management of co-morbidities as indicated (Type 2 diabetes, PCOS, hyperlipidemia)

### In-depth health/family history
- **Complete physical examination:**
  - Including BP, HR, pubertal examination (as indicated), assessment of physical signs associated with cause or consequences of OW/Ob
  - Labs (> 10 years):
    - 85th–97th percentile: fasting lipids
    - > 97th percentile: fasting lipids and glucose, ALT/AST

### Other investigations:
  - as medically indicated

### Not Ready
- Improve readiness to change
- Support resolution of family issues
- Involve relevant family members
- Refer to behavior therapist/psychologist
- Re-evaluate every 6 months

### Ready
- Set goal if appropriate
- Provide info on local community-based healthy living resources

### If BMI is > 85th but ≤ 97th percentile and child is 7–13 yrs old:
- Discuss local MEND program and provide information handout

### If BMI is > 97th percentile, or > 85th percentile with co-morbidities, and child is 6–17 yrs old:
- Discuss local Shapedown program

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This flowchart is currently being pilot tested by SCOPE in partnership with the Chilliwack Division of Family Practice as part of a 'Live 5210 Family Physician's Toolkit' that supports family physicians in promoting healthy lifestyles among their paediatric patients and young families. This flowchart is based on the Pathway for the Identification, Assessment and Management of Overweight and Obese Children & Youth developed by Child Health BC in the Consensus Meeting on Weight Management for Children and Youth Final Report, March 2013.

[Live 5210 Canada](www.live5210.ca) supporting the [SCOPE](www.scopebc.ca) campaign.