

# CHILDHOOD OVERWEIGHT & OBESITY REFERRAL GUIDELINE

MAINE MEDICAL PARTNERS - PEDIATRIC SPECIALTY CARE (DIV. OF ENDO & DIABETES) • 887 CONGRESS ST, SUITE 100, PORTLAND, ME • (207) 662-5522

## HIGH RISK

### SUGGESTED EMERGENT CONSULTATION

#### SYMPTOMS AND LABS

< age 3 with concerns for severe obesity

OR

Any age with new onset obesity or rapidly increasing BMI over a few weeks or months

OR

**Any child with poor linear growth**  
(hints at severe underlying disease)

Red flags include hypertension, proximal muscle weakness, widespread violaceous striae, polyuria, polydipsia, abnormal neurologic findings

## MODERATE RISK

### SUGGESTED CONSULTATION OR CO-MANAGEMENT

#### SYMPTOMS AND LABS

< age 3

OR

Any child not responding with stabilizing or lower BMI with primary care intervention

OR

Evolving concerns for obesity related comorbidities

See green box for common exam findings and labs

## LOW RISK

### SUGGESTED ROUTINE CARE

#### SYMPTOMS AND LABS

> age 3

AND

Longstanding elevation in BMI > 85th percentile

AND

Normal linear growth

Families commonly report that their children have the symptom of being “constantly hungry”

Common exam findings include pink striae, cervical spine adipose tissue, acanthosis, concerns for early puberty (see PUBERTY guideline)

Consider CMP, A1C, nonfasting lipids, 25 hydroxy vitamin D (See AAP algorithm below for more detail)