

Checklist for Assessment of Obesity

For patients with a BMI \geq 85th percentile, include the following in your annual well child visit:

1 Obesity-specific Family History

Does your patient have a first-degree relative with any of the following? If yes, they are at greater risk for comorbidities associated with obesity.



- Heart disease
- Hypertension
- Lipid level abnormalities
- Obesity
- Type 2 Diabetes

2 Obesity-specific Review of Systems

Symptoms	Probable Causes
<input type="checkbox"/> Snoring/sleep disturbances	▷ Obstructive sleep apnea
<input type="checkbox"/> Abdominal pain	▷ Gastroesophageal Reflux Disease, constipation, gall bladder disease, Non-Alcoholic Fatty Liver Disease
<input type="checkbox"/> Menstrual irregularities	▷ Polycystic ovary syndrome/Prader-Willi syndrome
<input type="checkbox"/> Hip, knee, leg pain	▷ Slipped Capital Femoral Epiphysis
<input type="checkbox"/> Foot pain	▷ Musculoskeletal stress from weight
<input type="checkbox"/> Polyuria/Polydipsia	▷ Type 2 Diabetes Mellitus
<input type="checkbox"/> Anxiety, school avoidance, social isolation	▷ Depression
<input type="checkbox"/> Severe recurrent headaches	▷ Idiopathic intracranial hypertension
<input type="checkbox"/> Shortness of breath	▷ Asthma

Barlow S, Expert Committee. Expert committee recommendations regarding prevention, assessment, and treatment of child and adolescent overweight and obesity: Summary report. *Pediatrics*. 2007;120(4):S164-S192.

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3 Obesity-specific Physical Exam

Symptoms	Probable Causes
<input type="checkbox"/> Elevated blood pressure on 3 or more occasions (ensure you are using the correct cuff size)	▶ Hypertension
<input type="checkbox"/> Short stature	▶ Consider an underlying endocrine condition
<input type="checkbox"/> Acanthosis nigricans	▶ Increased risk of insulin resistance
<input type="checkbox"/> Acne, hirsutism	▶ Polycystic ovary syndrome
<input type="checkbox"/> Skin irritation, inflammation	▶ Intertrigo
<input type="checkbox"/> Papilledema, cranial nerve VI paralysis	▶ Idiopathic intracranial hypertension
<input type="checkbox"/> Tonsillar hypertrophy	▶ Obstructive sleep apnea
<input type="checkbox"/> Goiter	▶ Hypothyroidism
<input type="checkbox"/> Wheezing	▶ Asthma
<input type="checkbox"/> Tender abdomen	▶ Gastroesophageal Reflux Disease, gallbladder disease, Non-Alcoholic Fatty Liver Disease
<input type="checkbox"/> Abnormal gait, limited hip range	▶ Slipped Capital Femoral Epiphysis
<input type="checkbox"/> Bowing of tibia	▶ Blount Disease
<input type="checkbox"/> Small hands and feet, polydactyly	▶ Possible genetic syndrome
<input type="checkbox"/> Apparent micropenis, undescended testes	▶ Premature puberty, may be normal penis buried in fat, consider Prader-Willi syndrome

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