

Expert Committee Recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity: Summary Report

Actions and Directives

Document BMI routinely Rec_1: Imp_1: Dir_1
establish procedures to deliver obesity prevention messages Rec_1: Imp_2: Dir_2
Use BMI percentile to screen for body fat Rec_2: Imp_3: Dir_3
Do not perform Skinfold thickness measurements Rec_2: Imp_4: Dir_4
Do not measure waist circumference Rec_2: Imp_5: Dir_5
review and regularly update the family history Rec_2: Imp_7: Dir_6
Assess blood pressure at all health supervision visits Rec_2: Imp_9: Dir_7
asses behaviors that have the strongest evidence for association with energy balance and that are modifiable. Rec_2: Imp_10: Dir_8
Address frequency of eating food prepared outside the home, Rec_2: Imp_11: Dir_9
Address ounces, cups, or cans of sugar-sweetened beverages consumed each day Rec_2: Imp_11: Dir_10
Address portion size Rec_2: Imp_11: Dir_11
Address ounces or cups of 100% fruit juice consumed each day; Rec_2: Imp_11: Dir_12
Address frequency and quality of breakfast Rec_2: Imp_11: Dir_13

Address consumption of foods that are high in energy density, such as high-fat foods; Rec_2: Imp_11: Dir_14
Address number of fruit and vegetable servings consumed each day Rec_2: Imp_11: Dir_15
Address time spent in moderate physical activity each day Rec_2: Imp_12: Dir_16
Address routine activity patterns Rec_2: Imp_12: Dir_17
Address sedentary behavior Rec_2: Imp_12: Dir_18
involve the whole family in lifestyle changes Rec_3: Imp_13: Dir_19
help families tailor behavior recommendations to their cultural values Rec_3: Imp_14: Dir_20
consider obese Rec_4: Cond_1: Act_1
consider overweight; this term replaces “at risk of overweight.” Rec_4: Cond_2: Act_2
Measure pulse Rec_4: Cond_3: Act_3
Blood pressure Rec_4: Cond_3: Act_4
signs associated with comorbidities of overweight and obesity Rec_4: Cond_3: Act_5
Obtain a fasting lipid profile Rec_4: Cond_4: Act_6
Measure fasting lipid profile, AST, ALT, and fasting glucose levels Rec_4: Cond_5: Act_7
Measure fasting lipid profile, AST, ALT, and fasting glucose levels Rec_4: Cond_6: Act_8
Assess at a minimum yearly height, weight and BMI for age Rec_4: Imp_15: Dir_21

Plot those measures on standard growth charts Rec_4: Imp_15: Dir_22
use 99th percentile BMI values for age as cutoff points to allow for improved accessibility of the data in the clinical setting and for additional study Rec_4: Imp_17: Dir_23
qualitatively assess dietary patterns at a minimum, at each well-child visit for anticipatory guidance Rec_4: Imp_18: Dir_24
obtain a focused family history for obesity, type 2 diabetes mellitus, cardiovascular disease (particularly hypertension), and early deaths resulting from heart disease or stroke Rec_4: Imp_19: Dir_25
Counsel: limiting consumption of sugar-sweetened beverages (consistent evidence) Rec_5: Cond_7: Act_9
Counsel: encouraging diets with recommended quantities of fruits and vegetables (mixed evidence) Rec_5: Cond_7: Act_10
Counsel: limiting television and other screen time by allowing no more than 2 hours per day Rec_5: Cond_7: Act_11
Counsel: removing television and computer screens from children's primary sleeping areas (consistent evidence) Rec_5: Cond_7: Act_12
Counsel: eating breakfast daily (consistent evidence) Rec_5: Cond_7: Act_13
Counsel: limiting eating at restaurants, particularly fast food restaurants (consistent evidence) Rec_5: Cond_7: Act_14
Counsel: encouraging family meals in which parents and children eat together (consistent evidence) Rec_5: Cond_7: Act_15
Counsel: limiting portion sizes (consistent evidence) Rec_5: Cond_7: Act_16
Counsel: eating a diet rich in calcium Rec_5: Imp_20: Dir_26
Counsel: eating a diet high in fiber Rec_5: Imp_20: Dir_27
Counsel: eating a diet with balanced macronutrients Rec_5: Imp_20: Dir_28

Counsel: initiating and maintaining breastfeeding

Rec_5: Imp_20: Dir_29

Counsel: participating in 60 minutes of moderate to vigorous physical activity per day

Rec_5: Imp_20: Dir_30

Counsel: limiting consumption of energy-dense foods.

Rec_5: Imp_20: Dir_31

advocate for the federal government to increase physical activity at school

Rec_6: Imp_21: Dir_32

support efforts to preserve and to enhance parks as areas for physical activity, inform local development initiatives regarding the inclusion of walking and bicycle paths, and promote families' use of local physical options by making information and suggestions about physical activity alternatives available in doctors' offices

Rec_6: Imp_21: Dir_33

actively engaging families with parental obesity or maternal diabetes,

Rec_6: Imp_22: Dir_34

encouraging an authoritative parenting style

Rec_6: Imp_22: Dir_35

discouraging a restrictive parenting style regarding child eating

Rec_6: Imp_22: Dir_36

encouraging parents to model healthy diets and portions sizes, physical activity, and limited television time;

Rec_6: Imp_22: Dir_37

promoting physical activity at school and in child care settings

Rec_6: Imp_22: Dir_38