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Pima Health System - Office of Medical Management

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**Pima Health System
Clinical Practice Guideline for
The Prevention of Pediatric
Overweight and Obesity**

May 2008

Pima Health System Clinical Practice Guideline/Medical Management Committee Membership

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Purpose of this Document

Pima Health System has adopted the American Academy of Pediatrics, **Policy Statement on the Prevention of Pediatric Overweight and Obesity**, published in August 2003, and reaffirmed in October 2006, to serve as an evidence-based framework to propose strategies, to foster prevention and early detection of obesity in children and to offer an approach for diagnosing and managing obesity in the pediatric population. Extensive literature review on Pediatric Obesity and Practice Guidelines developed for pediatric overweight/obesity suggests that the American Academy of Pediatrics' Policy Statement is among the most comprehensive, evidence-based clinical information for this condition. The comprehensive statement covers definitions, description of the problem, risk factors, and early recognition of pediatric overweight/obesity.

As with all guidelines, this adopted practice guideline is designed to assist practitioners by providing an analytical framework for the evaluation and management of members and is not intended to either replace the practitioners' judgment or to establish a protocol for all members with a particular condition. Clinical practice guidelines need to be revised periodically based upon changes identified in both local and national practice patterns and standards. This allows deviation from the guideline in unique clinical situation as long as the reason for variation is clearly documented in the medical record.

In addition, Pima Health utilizes the Childhood Obesity Chronic Care Model and the AHCCCS Tiered Prevention/Reduction Guidelines to drive obesity interventions. All 3-21 year old, EPSDT members considered to be obese (BMI > 30 or 95th

percentile or greater) or at risk of being obese (BMI range 25-30 or 85th percentile) are eligible to participate in a specialized children's program "Fit Kids". This program, held at Tucson Medical Center, is a nutrition and exercise program.

Fit Kids involves parents and their child in activities that help children become physically fit and healthy. The program focuses on children and parents learning about nutrition, planning meals, stretching, and having fun exercise. The goal is not for *Fit Kids* to lose weight but to grow into their current weight while becoming more active and practicing good nutrition. *Fit Kids* also works on improving their social skills. Siblings are welcome. The size and age range of the group varies.

Obtaining Copies of the American Academy of Pediatrics Policy Statement

Copies of the AAP Policy Statement on the Prevention of Pediatric Overweight and Obesity may be obtained through the American Academy of Pediatrics at

<http://pediatrics.aappublications.org/content/vol112/issue2/index.shtml>

Provider Feedback

Pima Health System welcomes feedback on all of our practice guidelines. All suggestions and recommendations are taken into consideration by the health plan's Clinical Practice Guideline/Medical Management Committee in our ongoing review and revision of the guidelines. Comments may be submitted to:

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Guideline Approval

Guideline: Prevention of Pediatric Overweight and Obesity	PHS CLINICAL PRACTICE GUIDELINES
Applicable To: Ambulatory, Long Term Care	
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