

BEST PRACTICES AND QUANTIFIERS FOR SENTINEL CONDITION: OVERWEIGHT AND OBESITY

The terms “overweight” and “at risk for overweight” are the preferred terms for children and adolescents with excess body weight that could pose medical risks.

1. IDENTIFY RISK

NOT A PROBLEM: indicates little or no concern that the student may have a problem requiring an intervention. The body mass index (BMI) fall between the 5th percentile and the 84th percentile.

MINOR PROBLEM: indicates that the student may have a significant problem that may require further assessment and may require an intervention. The BMI falls between the 85th percentile and the 94th percentile. The student may be at risk for overweight.

MAJOR PROBLEM: indicates that a student has a significant problem that requires an intervention. The BMI falls at or above the 95th percentile.

BMI's are obtained using the 2000 CDC growth charts.

2. BEST PRACTICE

Recommend interventions following the CDC's Overweight Children and Adolescents' Screen, Assess and Manage.

<http://128.248.232.56/cdcgrowthcharts/module3/text/intro.htm> This site includes references and resources.

3. RESOURCES

Bright Futures in Practice-Nutrition

<http://www.brightfutures.org/nutrition/index.html>

Bright Futures in Practice-Physical Activity

<Http://www.brightfutures.org/physicalactivity/pdf/index.html>

Dietary Guidelines for Americans:

<http://www.health.gov/dietaryguidelines/dga2000/dietgd.pdf>

Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People:

<http://www.cdc.gov/nccdphp/dash/physact.htm>

Guidelines for Adolescent Preventive Services (GAPS) Clinical Evaluation and Management Handbook

<http://www.ama-assn.org/ama/pub/category/1980.htl>

4. RECOMMENDATIONS

Health Services:

- Physical Exams every two years with height, weight and BMI assessment
- Appropriate referrals for obesity, if necessary
- Anticipatory guidance
- Individual counseling
- Collaborate with PE and health related programs in school

Health Education:

- Include information on healthy diet and exercise whenever possible
- Publish information in school health center newsletter
- Include information in school health fairs
- Have appropriate handouts and videos available