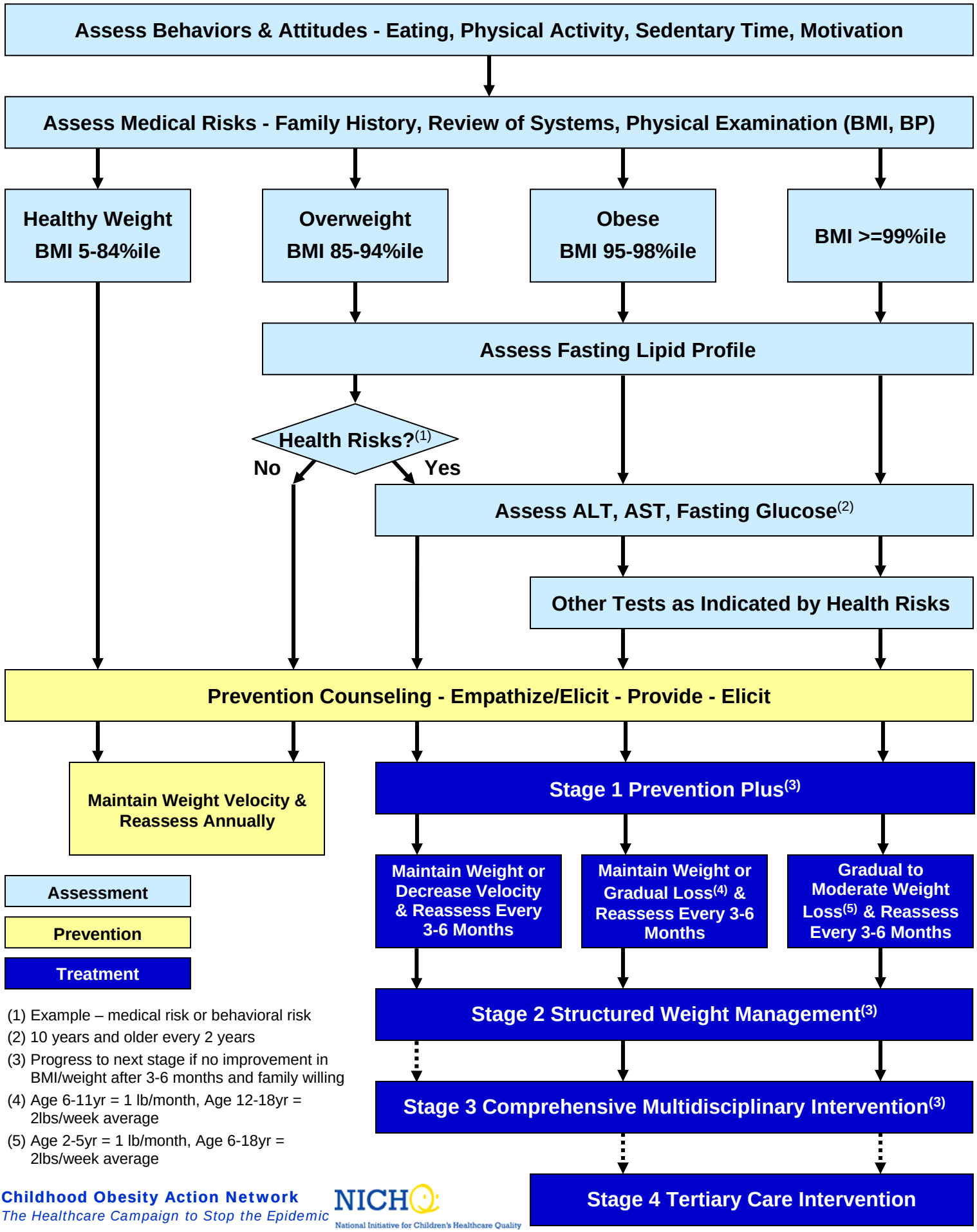
Childhood Obesity Algorithm - Assessment, Prevention & Treatment



(1) Example – medical risk or behavioral risk

(2) 10 years and older every 2 years

(3) Progress to next stage if no improvement in BMI/weight after 3-6 months and family willing

(4) Age 6-11yr = 1 lb/month, Age 12-18yr = 2lbs/week average

(5) Age 2-5yr = 1 lb/month, Age 6-18yr = 2lbs/week average

Childhood Obesity Action Network
The Healthcare Campaign to Stop the Epidemic

NICHQ
National Initiative for Children's Healthcare Quality