Lipid Management in Overweight/Obese Children

- **Age < 2 years**
  - Weight for height >95th percentile
  - No Lipid Testing
  - If drinking milk, use low fat milk

- **Age > 2 years**
  - BMI >85th percentile
  - Fasting lipids with LDL

- **Low Risk**
  - LDL < 110 mg/dl
  - And fasting triglycerides <150 mg/dl
  - Weight Management
  - Repeat Lipids in 1-2 years

- **Moderate Risk**
  - LDL 110-190 mg/dl
  - OR
  - Fasting triglycerides 150-250 mg/dl

- **High Risk**
  - LDL >160 mg/dl + 1-2 risk factors*
  - OR
  - LDL>190mg/dl + no risk factors
  - OR
  - Fasting triglycerides >350 mg/dl
  - OR
  - Total Cholesterol >250 mg/dl
  - Refer to Pediatric Endocrinology

*Risk Factors for Cardiovascular Disease*
- Diabetes Mellitus
  - Fasting glucose >126
  - 2 hr OGTT >200
- Pre-diabetes
  - Impaired fasting glucose >100
  - Impaired glucose tolerance >140
- HDL<35 mg/dl and over age 14 years
- Hyperinsulinemia
- Polycystic Ovarian Syndrome
- Hypertension (>95th percentile)
- Systemic Lupus
- s/p any solid organ transplant
- Smoker or passive smoker
- h/o cancer
- Parent/grandparent history of premature Cardiovascular Disease (age at diagnosis <55 years):
  - Coronary atherosclerosis
  - Peripheral Vascular disease
  - Cerebrovascular disease

Weight Management- General Recommendations
- **Diet**
  - Fat- 30% of total calories
  - Saturated Fat < 7%
  - Polyunsaturated fat up to 10%
  - Monounsaturated fat up to 20%
  - Trans fat <1%
  - Cholesterol <200 mg
  - Carbohydrate- 50% of total calories
  - Whole grains, fruits, vegetables
  - Protein- 15% of total calories
- **Exercise** 60 minutes each day
- **Consider Referral to Healthy Weight Center**
- **Refer to attached list of a sampling of resources for families interested in help with lifestyle factors and for dietary referral sources**