# PRACTICAL PEARL: Obesity

## INTRODUCTION
In March, preventive, diagnostic and treatment guidelines for pediatric obesity were published by the Endocrine Society. [https://doi.org/10.1210/jc.2016-2573](https://doi.org/10.1210/jc.2016-2573)

## INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE
The guidelines reiterate:
- Avoiding sugary beverages, processed and fast food
- Increasing fruit and vegetable intake
- Portion control
- Engaging in 20-60 minutes of moderate to vigorous activity ≥5 days a week
- Limiting non-academic screen time to 1-2 hours daily

New recommendations include:
- Considering genetic testing in children with obesity onset before 5 years old or clinical features of an obesity syndrome
- NOT testing for hypothyroidism or Cushing syndrome unless other clinical features exist, including poor linear growth
- NOT obtaining insulin levels, as it is not part of the diagnostic criteria for diabetes
- Emphasizing sleep hygiene
- Optimizing mental health

## WHEN TO REFER
- 2-20 year olds with BMI ≥95th %ile for age and gender

## HOW TO REFER
- (413) 794-KIDS
- Weight management appointments available at 50 Wason Ave. with Dr. Conroy and 140 High St. with Dr. Wittcopp

## WHAT TO EXPECT FROM BAYSTATE CHILDREN’S HOSPITAL VISIT
- Monthly dietitian visits focusing on lifestyle modification
- Physician evaluations 2-4 times per year
- Discussion of weight loss medication and/or bariatric surgery in interested candidates

Author: **Rushika Conroy, MD**  
**Pediatric Endocrinology**  
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Contact: [Baystatechildren'shospital@baystatehealth.org](mailto:Baystatechildren'shospital@baystatehealth.org)