



Laboratory Assessment of Medical Risks of Childhood Obesity

The Expert Committee recommends that the following laboratory tests be considered in the evaluation of a child identified as overweight or obese.

If the BMI for age and sex is:

PERCENTILE	RISK FACTOR	LAB TESTS TO PERFORM
85th - 94th percentile	No additional risk factors	<ul style="list-style-type: none">• Fasting Lipid Profile
85th - 94th percentile	Additional risk factors in history or physical examination	Beginning at 2 years of age: <ul style="list-style-type: none">• Fasting CMP• Fasting Lipid Profile
>95th percentile	Conduct test even in absence of risk factors	<ul style="list-style-type: none">• Fasting CMP• Fasting Lipid Profile

Guidelines for laboratory assessment and testing are provided for more detailed evaluation, typically performed and interpreted by subspecialists. Consider repeating labs q2yrs.

- Sources: CDC/AMA Expert Panel, American Heart Association, American Academy of Pediatrics
- From the California Medical Association Foundation Child & Adolescent Obesity Provider Toolkit

www.pediatrichypertension.org

