



SCREENING FOR OBESITY IN CHILDREN AND ADOLESCENTS: CLINICAL SUMMARY OF USPSTF RECOMMENDATION

Population	Children and adolescents 6 to 18 y of age
Recommendation	Screen children aged 6 y and older for obesity. Offer or refer for intensive counseling and behavioral interventions. Grade: B
Screening tests	<p>BMI is calculated from the weight in kilograms divided by the square of the height in meters.</p> <p>Height and weight, from which BMI is calculated, are routinely measured during health maintenance visits. BMI percentile can be plotted on a chart or obtained from online calculators.</p> <p>Overweight = age- and gender-specific BMI at ≥85th to 94th percentile Obesity = age- and gender-specific BMI at ≥95th percentile</p>
Timing of screening	No evidence was found on appropriate screening intervals.
Interventions	Refer patients to comprehensive moderate- to high-intensity programs that include dietary, physical activity, and behavioral counseling components.
Balance of harms and benefits	<p>Moderate- to high-intensity programs were found to yield modest weight changes.</p> <p>Limited evidence suggests that these improvements can be sustained over the year after treatment.</p> <p>Harms of screening were judged to be minimal.</p>
Relevant recommendations from the USPSTF	Recommendations on other pediatric and behavioral counseling topics can be found at www.preventiveservices.ahrq.gov .

For a summary of the evidence systematically reviewed in making these recommendations, the full recommendation statement, and supporting documents please go to www.preventiveservices.ahrq.gov.