

Body Mass Index (BMI) Screening

Screen All Patients ≥ 2 Years Old for Obesity Risk at Least Every Six Months

- ☒ BMIs for children 2-15 must be a percentile.
 - ☒ BMIs for children 16-18 can be a percentile or a value.
 - ☒ BMIs for people 19 and older must be a value.
- Use BMI graphs and charts or chart notation to document.

The Centers for Disease Control (CDC) recommends using the Growth chart for age 2 and 20 when identifying underweight and overweight children and teens. <http://www.cdc.gov/growthcharts/>

Act on the Results of BMI Screening as Appropriate

For BMI less than the 85th percentile for age and sex:

- ☞ Identify all Members who are at risk for future obesity based on diet, inactivity or other factors

For BMI greater than the 85th percentile for age and sex:

- ☞ Conduct a medical assessment to identify any underlying co- morbidities or complications of obesity
- ☞ Evaluate treatment strategies, including an Obesity Program
- ☞ Consider referring the Member to an Obesity Program that employs a multidisciplinary approach to lifestyle changes including nutrition/diet, exercise and counseling

Regardless of BMI calculation, counsel Member and all family members on appropriate nutrition, diet and increasing physical activity at every visit whenever possible.

- ☞ Encourage parents and caregivers to promote healthy eating by decreasing fat and calorie intake
- ☞ Encourage daily consumption of adequate fruits, vegetables and fat free or low fat milk
- ☞ Encourage limiting intake of beverages with added sugars and increasing consumption of water
- ☞ Encourage the eating of healthy snacks like carrot sticks, celery, etc.
- ☞ Encourage eating only when hungry, and eating slowly
- ☞ **Discourage** the practice of eating meals or snacking while watching TV
- ☞ Recommend limitation of television, video and computer games to a maximum of 2 hours per day.
- ☞ Encourage daily physical activity (optimally 20-30 minutes) including walking, swimming, biking, skating and sports in addition to physical education at school

QUESTIONS? Call the Quality Management Department at 718-794-6049