



## California Chapter 4

### Coordinated School and Physician Response to Elevated Student BMI's

1. School RN determines BMI
2. If **BMI range is between 5<sup>th</sup> to 84<sup>th</sup>%**, RN to promote healthy habits
  - Diet
    - Low in sugar
    - Low in saturated and trans fats
    - High in fruits and vegetables
  - Physical Activity
    - Promote >30 minutes per day
    - Limit screen time (TV, handhelds etc.) <2 hours per day
3. If **BMI range is 85<sup>th</sup> to 94<sup>th</sup>%**, RN will assess for co-morbidities:
  - Family history: Obesity, Diabetes, Hyperlipidemia, HTN, MI, Stroke
  - Chronic diseases: PHH
  - Review of systems: Sleep apnea, worsening asthma, exercise intolerance, reflux, limb pain, emotional difficulties, menstrual irregularities

If **positive** for co-morbidities:

  - a. Obtain consent and send results (BMI and Co-morbidity findings to MD
  - b. Refer to medical home for full evaluation for Overweight (see below)

If **negative** for co-morbidities:

  - a. Obtain consent to send results to MD
  - b. Encourage healthy lifestyles as above
  - c. School RN to recheck BMI in 1 year
  - d. MD - check at annual health maintenance exam
4. If **BMI > 95%**
  - a. Obtain consent and send results to MD
  - b. Refer to MD for full evaluation for Overweight

### Full Evaluation For Overweight

**Assess Overweight:** Age first noted  
Perceived causes by child and parent  
Prior weight loss attempts  
Time in sedentary activities (TV, video games, computer)  
Time in physical activity (sports, walking, outdoor play)  
Body Image, family stress and any depressive symptoms

**Assess Co-Morbidities:**  
Family History: Obesity, Diabetes, Hyderlipidemia, HTN, MI, Stroke  
Chronic Diseases: PHH  
ROS: sleep apnea, worsening asthma, exercise intolerance, reflux, limb pain, emotional difficulties, menstrual irregularities

**Assess Diet:**  
Milk/dairy (should be 3-5 servings/day of skim or 1%)  
Fruits and vegetables (should be 5-9 servings/day)  
Intake of soft drinks and fruit and sugar drinks  
Fast food consumption  
Food behavior (large portions, skipping meals, eating while watching TV, high calorie snacking, binge eating)

**Patient Examination:** Body habitus BP (age appropriate), chest, extremities, acanthosis nigricans, thromegaly, striae

**Labs:** Cholesterol panel  
Consider fasting glucose (if family history of type II diabetes or signs of insulin resistance)  
Other labs based on individual findings

