### Screening for Obesity in Children and Adolescents: Clinical Summary of USPSTF Recommendation

<table>
<thead>
<tr>
<th>Population</th>
<th>Children and adolescents 6 to 18 y of age</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recommendation</strong></td>
<td>Screen children aged 6 y and older for obesity. Offer or refer for intensive counseling and behavioral interventions.</td>
</tr>
<tr>
<td><strong>Grade:</strong></td>
<td>B</td>
</tr>
</tbody>
</table>

#### Screening Tests
BMI is calculated from the weight in kilograms divided by the square of the height in meters. 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.

Overweight = age- and gender-specific BMI at ≥85th to 94th percentile
Obesity = age- and gender-specific BMI at ≥95th percentile

#### 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
Moderate- to high-intensity programs were found to yield modest weight changes. Limited evidence suggests that these improvements can be sustained over the year after treatment. Harms of screening were judged to be minimal.

#### 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.