

Weight Co-Management Guidelines

Nutrition, Exercise, Weight loss (NEW) Kids Program for Elevated BMI (Gastroenterology, Clinical Nutrition)

These guidelines support referring patients with obesity. Guidelines include criteria for referral to Lifestyle Medicine Collaborative, NEW Kids, Endocrinology and Healthy Hearts programs. To support collaborative care, we have developed guidelines for our community providers to utilize when referring to, and managing patients with, the pediatric specialists at Children's Wisconsin. These guidelines provide protocols for jointly managing patient cases between community providers and our pediatric specialists.

Diagnosis/symptom:	Referring provider's initial evaluation and management:	When to initiate referral/consider refer to NEW Kids Clinic:	What can referring provider send to NEW Kids Clinic?	Specialist's workup after referral to NEW Kids will likely include:
<p>Signs and symptoms</p> <p>Child age 2-18 years with BMI $\geq 85\%$</p> <p>AND</p> <ul style="list-style-type: none"> At least 1 comorbid condition <p>OR</p> <p>Child age 2-18 years with BMI ≥ 40 with/without a comorbid condition</p>	<p>Diagnosis and treatment</p> <p>Diagnosis is based on history, physical and additional testing, which may include but not limited to: height, weight, blood pressure, BMI, BMI%, BMI z-score, lab work, including: lipid panel, ALT, glucose, hemoglobin A1c, LDL.</p> <p>Treatment can be based on underlying cause, severity of obesity, age and sex. Can include, but not limited to:</p> <ul style="list-style-type: none"> Lifestyle changes Referral to additional sub-specialists at Children's Referral to Behavioral/Counseling Medication Referral to Froedtert's Adolescent Bariatric Surgery 	<p>Child age 2-18 years with BMI ≥ 40 with/without comorbid condition</p> <p>OR</p> <p>BMI $>85\%$ AND at least one comorbid condition as follows:</p> <ul style="list-style-type: none"> ALT ≥ 40 or known NAFLD Pre-diabetes (HbA1C $<6.5\%$) Hyperlipidemia Non-alcoholic steatohepatitis (NASH) Hypertension Obstructive Sleep Apnea (OSA) Slipped Capital Femoral Epiphysis (SCFE) Blount's disease 	<p>In order to help triage our patients and maximize the visit, please include:</p> <ul style="list-style-type: none"> Growth charts Chief complaint, onset, frequency Recent progress notes Urgency of the referral Labs and imaging results Other diagnoses Office notes with medications tried/failed in the past and any lab work that may have been obtained regarding this patient's problems 	<ul style="list-style-type: none"> Parents will be called for an appointment. Wait times vary for initial appointments between Main Campus and Delafield. They will meet with a PNP in GI/NEW Kids for the first visit, an RD GI/NEW KIDS for the second visit, and third visit with the RD and PNP together, alternating appointments for up to 6 visits. Lab frequency will be determined at the first NEW Kids appointment (repeat labs 3-9 months) after the initial visit. The patient may be referred to additional specialists if needed. NEW Kids video

Send referrals to Children's NEW Kids Clinic.



Internal referral via Children's Epic

Send an ambulatory referral to *NEW Kids Clinic* OR to *Weight Management*.

External referral via Epic

Please use the NEW Kids referral form on the website found at: childrenswi.org/newkids.

Via fax

(414) 607-5288

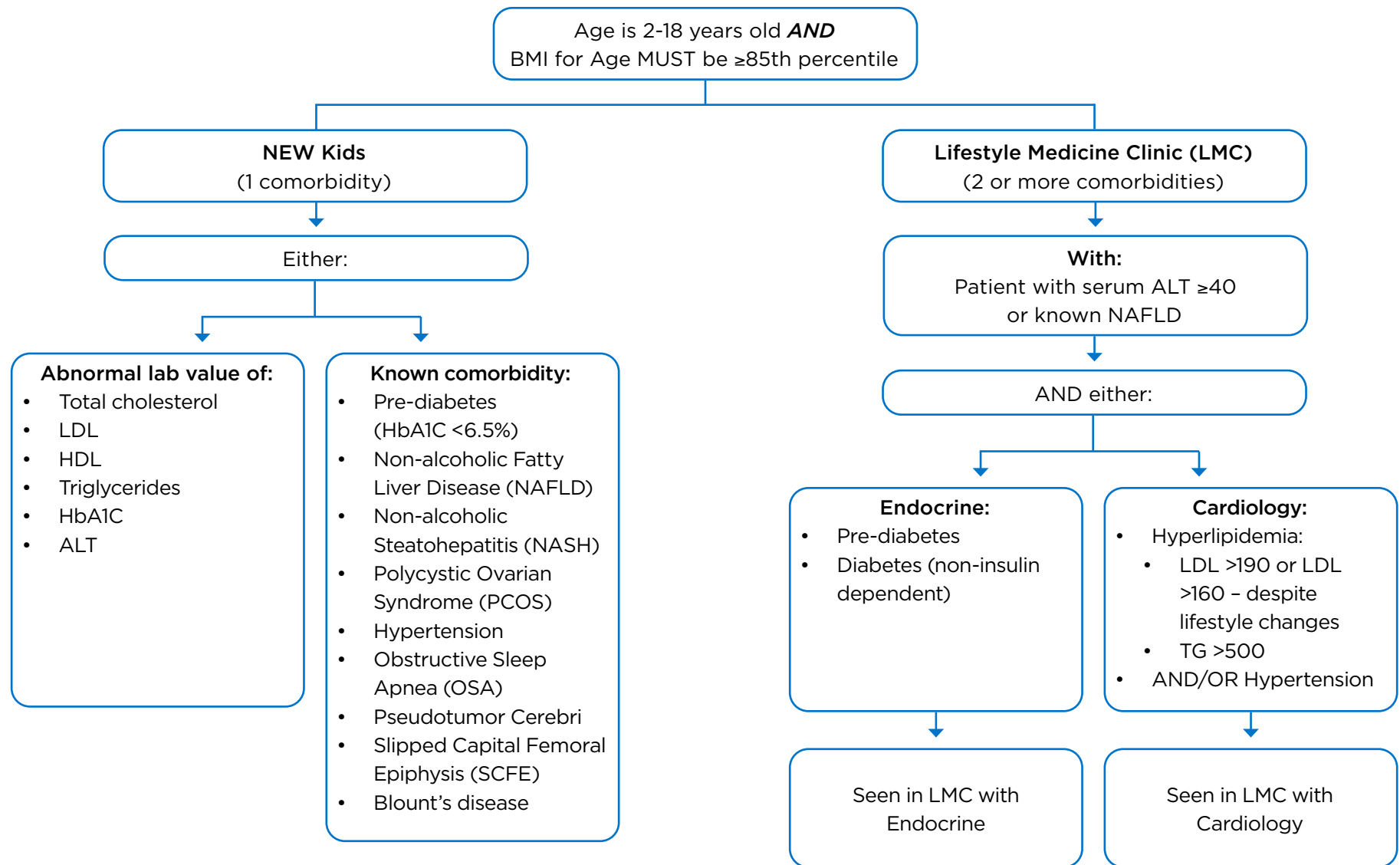
Via phone

(414) 266-2420



Children's
Wisconsin

Kids deserve the best.



For questions concerning this work, contact mdconnect@childrenswi.org

Medical Disclaimer

Medicine is a dynamic science; as research and clinical experience enhance and inform the practice of medicine, changes in treatment protocols and drug therapies are required. The authors have checked with sources believed to be reliable in their effort to provide information that is complete and generally in accord with standards accepted at the time of publication. However, because of the possibility of human error and changes in medical science, neither the authors nor Children's Hospital and Health System, Inc. nor any other party involved in the preparation of this work warrant that the information contained in this work is in every respect accurate or complete, and they are not responsible for any errors in, omissions from, or results obtained from the use of this information. Readers are encouraged to confirm the information contained in this work with other sources.

Updated: 2/2025, Cara Mack, MD • ©2025 Children's Wisconsin. All rights reserved. RD_039 0225



Kids deserve the best.