

Expert Committee Recommendations Regarding the Prevention, Assessment, and Treatment of child and Adolescent Overweight and Obesity: Summary Report

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• **TABLE 8**

Weight Goals and Intervention Stages, According to Age and BMI Categories

Age	BMI Category	Weight Goal to Improve BMI Percentile ^a	Initial Intervention Stage	Highest Intervention Stage
<2 y	Weight for height	NA	Prevention counseling	Prevention counseling
2–5 y	5th–84th percentile or 85th–94th percentile with no health risks	Weight velocity maintenance	Prevention counseling	Prevention counseling
	85th–94th percentile with health risks	Weight maintenance or slow weight gain	Prevention Plus (stage 1)	SWM (stage 2)
	≥95th percentile	Weight maintenance (weight loss of up to 1 lb/mo may be acceptable if BMI is >21 or 22 kg/m ²)	Prevention Plus (stage 1)	CMI (stage 3)
6–11 y	5th–84th percentile or 85th–94th percentile with no health risks	Weight velocity maintenance	Prevention counseling	Prevention counseling
	85th–94th percentile with health risks	Weight maintenance	Prevention Plus (stage 1)	SWM (stage 2)
	95th–99th percentile	Gradual weight loss (1 lb/mo or 0.5 kg/mo)	Prevention Plus (stage 1)	CMI (stage 3)

Age	BMI Category	Weight Goal to Improve BMI Percentile ^a	Initial Intervention Stage	Highest Intervention Stage
	>99th percentile	Weight loss (maximum is 2 lb/wk)	Prevention Plus (stage 1) or stage 2 or 3 if family is motivated	TCI (stage 4), if appropriate
12–18 y	5th–84th percentile or 85th–94th percentile with no health risks	Weight velocity maintenance; after linear growth is complete, weight maintenance	Prevention counseling	Prevention counseling
	85th–94th percentile with health risks	Weight maintenance or gradual weight loss	Prevention Plus (stage 1)	SWM (stage 2)
	95th–99th percentile	Weight loss (maximum is 2 lb/wk)	Prevention Plus (stage 1)	TCI (stage 4), if appropriate
	>99th percentile	Weight loss (maximum is 2 lb/wk)	Prevention Plus (stage 1) or stage 2 or 3 if patient and family are motivated	TCI (stage 4), if appropriate

- SWM indicates structured weight management; CMI, comprehensive multidisciplinary intervention; TCI, tertiary care intervention; NA, not applicable.
- If a child has obesity-related health risks, then the target outcome is a downward shift of the child's BMI curve. Serial weights, with the goals described here, are more easily assessed over weeks and months. In growing children, weight maintenance or even slow weight gain results in lower BMI.