

AAP Pediatric Obesity Clinical Support Chart

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Introduction

The purpose of this resource is to summarize and highlight the clinical recommendations in the American Academy of Pediatrics (AAP) 2023 "Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents With Obesity" and to facilitate integration of key recommendations into everyday clinical practice. Obesity is a complex and chronic disease, and these reference tools have been gathered and are provided in this chart as supports to help you in your approach to pediatric care. Pediatricians and other pediatric health care providers are encouraged to read the clinical practice guideline (CPG) and related reports for full context and comprehension, available at www.aap.org/obesityCPG.

This chart focuses on a holistic approach to assessing and evaluating children and adolescents with obesity, and it covers comprehensive longitudinal treatment for patients with overweight or obesity. Key content and resources have been included for your reference and use, including a series of resources that highlight the overarching CPG guidance.

These resources include the AAP Key Action Statements, the AAP Consensus Recommendations, and the Algorithm for Pediatric Overweight and Obesity (*see Evidence and Recommendations*), which will help you get an overall picture of the recommendations and how they relate to each other.

This chart also features a deeper dive into the related CPG content associated with obesity (Evidence and Recommendations, Evaluation [for Primary Well-Child Visits], Treatment [for Obesity Follow-up and Sick Visits], and Office Resources, Supports, and Operations) in the tabs that follow.

We hope you find the AAP Pediatric Obesity Clinical Support Chart to be beneficial and useful in your practice.

"Pediatricians and other PHCPs now have more evidence-based tools than ever before to deliver obesity treatment that is effective, provides ongoing health benefits, supports children and families longitudinally, and reduces potential harms for disordered eating."

— "Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents With Obesity"

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