

# CHDP Fasting Glucose & Cholesterol Screening Guide

for Children  $\geq 5$  Years & BMI  $\geq 85\%$ ile

This flow sheet is designed to assist with determining when cholesterol and glucose screens are indicated for children who are overweight/obese. With obesity now seen in children at younger ages, **cholesterol and glucose screening starting at age 5 years will help in the early identification and care** of children and adolescents with pre-diabetes, type 2 diabetes and those at risk for developing cardiovascular disease. **In addition, cholesterol screening for at-risk children who may NOT be overweight** will help to identify those at high risk for developing early cardiovascular disease. Clinical judgment should be used in all cases.

## Screen for Cholesterol\*

(Note: child/adolescent may NOT be overweight)

If one of these risk factors\* is present:

- One parent or grandparent had heart/vascular dz, heart attack/surgery or stroke at  $\leq 55$  years
- One parent has a cholesterol level  $\geq 240$  mg/dl

\* Test may be repeated as medically necessary

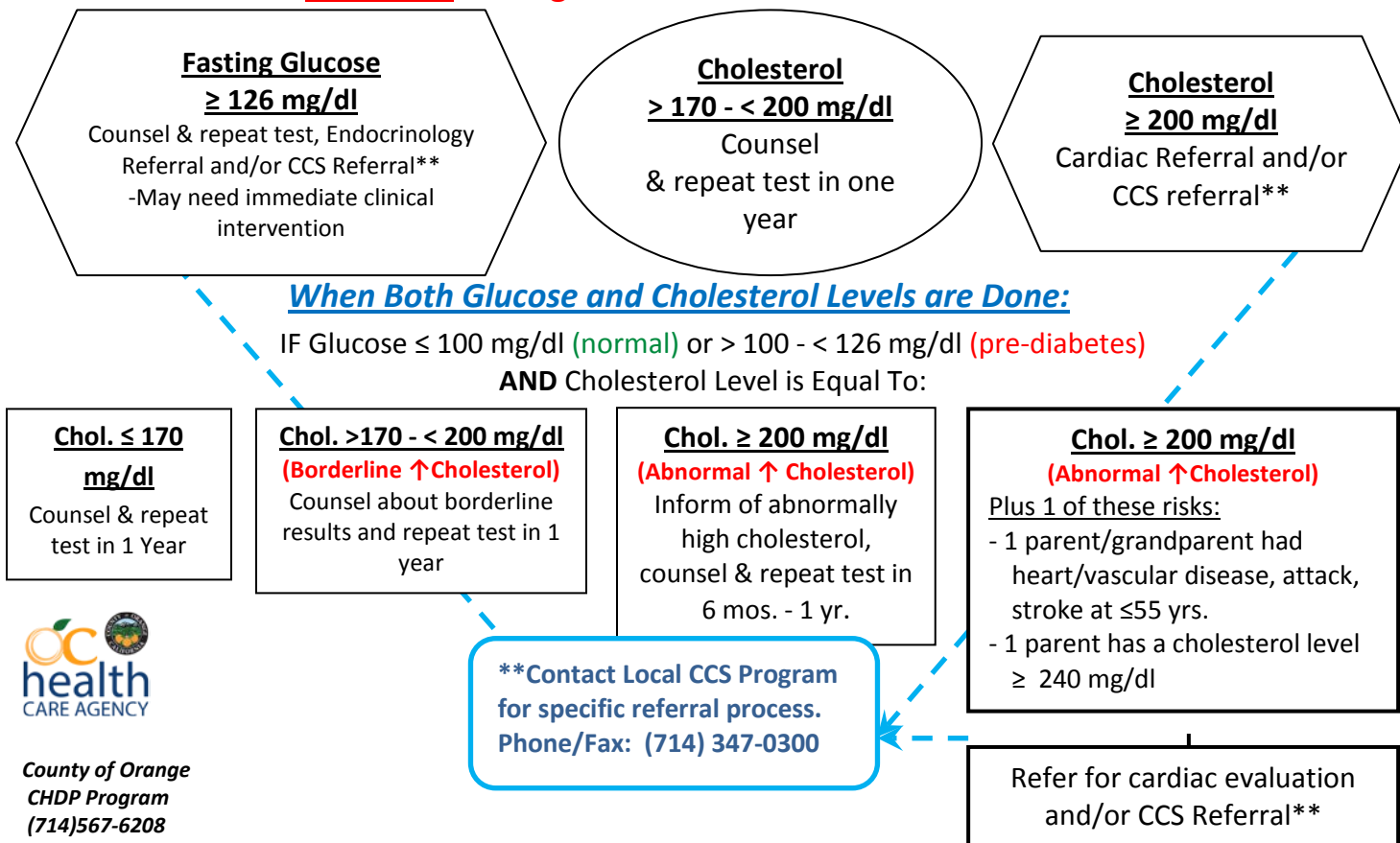
## Screen for Cholesterol and Glucose \*

If BMI is  $\geq 85\%$ ile + two of these risk factors are present:

- BMI also  $\geq 95\%$ ile
- Family hx of diabetes
- Black/Hispanic/American Indian/Asian/Pacific Islander/Native Alaskan
- One of the following: acanthosis nigricans, HTN, dyslipidemia, Polycystic Ovary Syndrome
- $< 30$  min. activity/day or consistently unbalanced diet

*Note: If there is concern about a child  $< 5$  years needing glucose and cholesterol screening, these tests can be ordered at any age and frequency and be reimbursed.*

## CHDP Referral and Care Management Guide for Children $\geq 5$ Years With Abnormal Fasting Glucose and Cholesterol Test Results



County of Orange  
CHDP Program  
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Reference: CHDP Provider Information Notice Nos. 07-13; 05-16; 05-22

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