## **CHDP Fasting Glucose & Cholesterol Screening Guide**

for Children ≥ 5 Years & BMI ≥ 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 <u>early</u> 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.

## <u>Screen for Cholesterol\*</u>

(Note: child/adolescent may NOT be overweight) If <u>one of these risk factors\*</u> is present:

- a. One parent or grandparent had heart/vascular dz, heart attack/surgery or stroke at ≤ 55 years
- b. One parent has a cholesterol level ≥240 mg/dl
- \* Test may be repeated as medically necessary

## Screen for Cholesterol and Glucose \*

If BMI is > 85% ile + two of these risk factors are present:

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

<u>Note:</u> If there is concern about a <u>child < 5 years</u> 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 ≥ 5 Years With Abnormal Fasting Glucose and Cholesterol Test Results **Fasting Glucose** Cholesterol Cholesterol ≥ 126 mg/dl > 170 - < 200 mg/dl ≥ 200 mg/dl Counsel & repeat test, Endocrinology Counsel Cardiac Referral and/or Referral and/or CCS Referral\*\* & repeat test in one -May need immediate clinical CCS referral\*\* year intervention When Both Glucose and Cholesterol Levels are Done: IF Glucose $\leq 100 \text{ mg/dl}$ (normal) or > 100 - < 126 mg/dl (pre-diabetes) AND Cholesterol Level is Equal To: <u>Chol. ≤ 170</u> <u>Chol. >170 - < 200 mg/dl</u> Chol. ≥ 200 mg/dl Chol. ≥ 200 mg/dl (Borderline ↑Cholesterol) (Abnormal ↑ Cholesterol) (Abnormal 个Cholesterol) mg/dl Counsel about borderline Inform of abnormally Plus 1 of these risks: Counsel & repeat results and repeat test in 1 high cholesterol, - 1 parent/grandparent had test in 1 Year year counsel & repeat test in heart/vascular disease, attack, 6 mos. - 1 yr. stroke at ≤55 yrs. - 1 parent has a cholesterol level **\*\*Contact Local CCS Program** ≥ 240 mg/dl for specific referral process. Phone/Fax: (714) 347-0300 **County of Orange** Refer for cardiac evaluation **CHDP** Program and/or CCS Referral\*\* (714)567-6208

Reference: CHDP Provider Information Notice Nos. 07-13; 05-16; 05-22

Prepared by Nutrition Sub-Committee of the Child Health and Disability Prevention (CHDP) Program, April 2010 F042-20.2584 (New 5/12)