Referral Algorithm: Obesity BMI > 95th Percentile

**Impaired glucose tolerance/impaired fasting glucose?**
1 fasting glucose >100 mg/dl, random or 2-hour oral glucose tolerance blood glucose >140 mg/dl, hemoglobin A1C ≥6.2

**BMI ≥120% of the 95th percentile (see Percent of the 95th Percentile chart)?**

**Obesity BMI >95% in patient with other non-obesity-related condition?**
*(If fasting glucose >126, random glucose >200 or A1C ≥6.5, call Provider-to-Provider line 206-987-7777)*

**Abnormal lipid profile?** (fasting triglycerides >200, cholesterol >200, LDL >150, or HDL <35 mg/dl or >95th percentile for age, ADA guidelines)

**Hypertension?** on repeated (3 or more) measures according to NIH guidelines systolic blood pressure >130 or systolic/diastolic blood pressure >95th percentile for age?

**Abnormal LFTs?** (ALT >70 U/L or >50% above upper normal threshold)?

**Family history?** diabetes, early CVD (before age 50 years) hyperandrogenemia in girls, hirsutism (significantly increased body hair growth)?

5 years old or younger?

**YES**

Refer to Insulin Resistance Clinic *(through Endocrinology)*

**NO**

**Impaired glucose tolerance/impaired fasting glucose?**
1 fasting glucose >100 mg/dl, random or 2-hour oral glucose tolerance blood glucose >140 mg/dl, hemoglobin A1C ≥6.2

**YES**

Refer to Provider-to-Provider line 206-987-7777

**NO**

**YES**

Call Provider-to-Provider line 206-987-7777

**Two or more?**

**NO**

**See community resources and society guidelines**

**Two or more?**

**NOTES:**
- BMI ≥120% of the 95th percentile
- Obese BMI >95% in patient with non-obesity-related condition
- Abnormal lipid profile
- Hypertension
- Abnormal LFTs
- Family history

**See community resources and society guidelines**