Referral Algorithm: Obesity/BMI >95th Percentile – All Ages

Is any 1 of the following present?
- HbA1c 5.7-6.1 (If HbA1c >6.1, refer to Hyperglycemia with Obesity decision tree)
- BMI ≥ 130%-ile of the 95th percentile (see Percent of the 95th Percentile chart)
- ≥ 12 years old AND family expresses interest in anti-obesity medication
- Bariatric surgery evaluation (refer to Dr Grace Kim)

OR

Are at least 2 of the following present?
- Abnormal lipid profile (fasting triglycerides > 200, cholesterol > 200, LDL > 150, or HDL < 35mg/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 of diabetes, early CVD (before age 50 years)
- Hyperandrogenemia in girls, hirsutism (significantly increased body hair growth)

Child 5 years old or younger?

Impaired fasting glucose, impaired glucose tolerance, or elevated HbA1C?*

PCP to call Provider-to-Provider Line at 206-987-7777 to discuss with the on-call Endocrinologist

Is child < 2 years of age?

Refer to Insulin Resistance Clinic

Not eligible for Insulin Resistance Clinic. Consider referral to Child Wellness Clinic.

Refer to General Endocrinology for early onset obesity (not Insulin Resistance clinic) AND Refer to Nutrition if patient has not already been evaluated by a dietitian

All patients with confirmed DM Type 1 and 2 are scheduled in the Diabetes Clinic. See our algorithms for Hyperglycemia With Obesity or Hyperglycemia Without Obesity, as appropriate

* Defined as a fasting glucose 100 mg/dl or higher, 2 hour post-prandial or post glucose tolerance test glucose 140 mg/dl or higher, or HbA1c of 5.7 or higher.