Pediatric High BMI Diagnostic Clinic

Who is seen in the Pediatric High BMI Diagnostic Clinic?
The Pediatric High BMI Diagnostic Clinic serves children between the ages of 2 and 18 years who are overweight or obese with a BMI above the 85th percentile for their age and sex. A referral by a health care provider is required to schedule an appointment.

What is body mass index (BMI)?
Body mass index, or BMI, is the commonly accepted way of measuring whether an adult or child is overweight or obese. Adult BMI measurements do not take into consideration the age or sex of the person, but these criteria are considered for children and teens because the amount of body fat changes with age and differs between girls and boys.

Children who have a BMI greater than the 85th percentile compared to other children of the same age, height and sex are considered overweight. Children who have a BMI greater than the 95th percentile compared to other children of the same age, height and sex are considered obese.

What does having a high BMI mean to my child’s health?
Overweight or obese children are at risk for developing serious medical problems during childhood, including Type 2 diabetes, high blood pressure, sleep apnea, liver disease, and joint and kidney problems. In addition to having physical problems, these children are teased by their peers more often, suffer the consequences of negative social stereotypes and are more likely to have low self-esteem. Childhood obesity can also lead to diseases in adulthood, such as diabetes, stroke, arthritis, heart attack, high cholesterol, and cancers of the colon, prostate and breast.

Is childhood obesity a problem in Kentucky?
In short, yes. According to the National Initiative for Children’s Health Care Quality (NICHQ), more than one third of Kentucky children enrolled in WIC between the ages of 2 to 5 years are overweight or obese. In addition, more than 38 percent of children between the ages of 10 and 17 years are considered overweight or obese, making Kentucky No. 1 in the nation for obesity among children of high school age.

What services does the Pediatric High BMI Diagnostic Clinic provide?
A visit to the clinic includes:

- An extensive evaluation that searches for the causes of obesity.

- A complete physical exam, blood work and other studies as indicated to screen for potential health problems related to being overweight or obese.

The Pediatric High BMI Diagnostic Clinic does not offer ongoing weight management; however, the clinic staff does work closely with Kentucky public health departments and county cooperative extension offices. A list with local resources for nutritional education and physical activity is provided to each family seen in the clinic to support them in making any necessary lifestyle changes.
Clinic staff will make arrangements for any specialty clinic appointments as needed and communicate with the referring provider. Health care providers, please call UK•MDs at 1-800-888-5533 to schedule an appointment with the Pediatric High BMI Diagnostic Clinic.

For more information
For more information about the services provided by the Pediatric High BMI Diagnostic Clinic, call Becky Heinrichs, nurse coordinator, at 859-257-3971 or send an e-mail to becky.heinrichs@uky.edu.

TO FIND OUT MORE
American Academy of Pediatrics
www.aap.org/healthtopics/overweight.cfm
General information and recommendations about the prevention and treatment of childhood overweight and obesity.

Centers for Disease Control and Prevention
www.cdc.gov/healthyyouth/obesity
General information, statistics, recommendations, BMI calculators, resources and more for parents of children who are overweight or obese.

The United States Department of Health and Human Services
aspe.hhs.gov/health/reports/child_obesity
Studies, statistics and other data relating to childhood obesity.

The Robert Wood Johnson Foundation
www.rwjf.org/childhoodobesity
Programs, grants, publications and more focused on the issue of childhood obesity.

Partnership for a Fit Kentucky
www.fitky.org
Resources, tools, and programs that focus on promoting healthy nutrition and physically active communities.