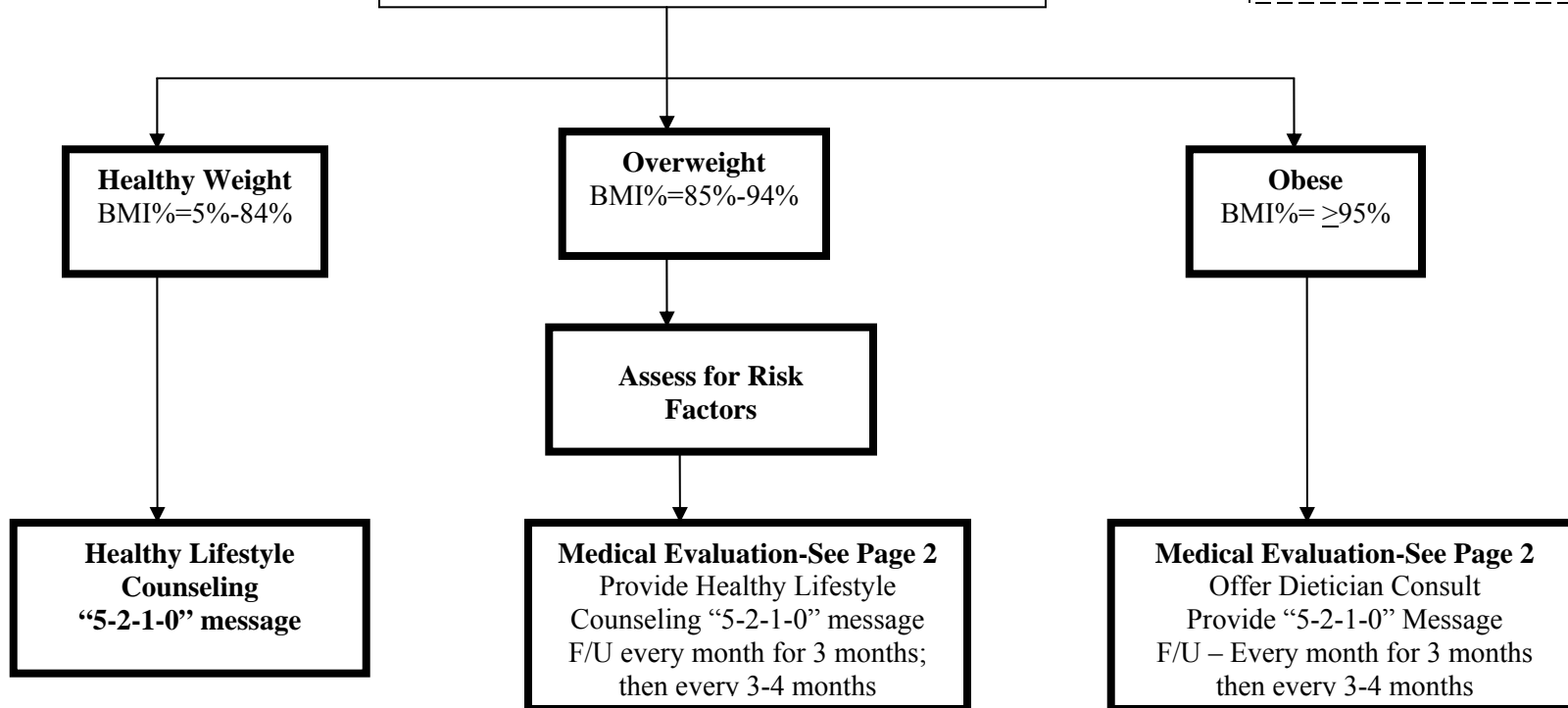


All patients at Well Child check ups 2-18 years of age

- Plot height and weight on CDC growth chart
- Document BMI and BMI%
- Document Blood Pressure

*Risk Factors (RF)
Family History of early onset (<55 years old) of CAD, Type 2 DM, Hyperlipidemia Obesity, Hypertension



- 5 – Eat at least 5 servings of fruits and vegetables on most days
- 2 – Limit screen time to 2 hours or less daily
- 1 – Participate in at least 1 hour or more of physical activity every day
- 0 – Avoid soda and sugar-sweetened drinks; limit fruit juice to half cup or less per day.
Instead, encourage water and 3-4 servings/day of fat-free milk