

***Low-Moderate CVD Risk Factors:**

- Insulin resistance (not diabetes)
- Obesity with BMI >95%ile
- Hypertension
- Smoke exposure
- Chronic inflammatory disease
- Family history of early CVD (<55 males, <65 females)
- Family history of high cholesterol

Document known CVD risk factors*

If age 9-11 or 17-21, perform universal lipid screening with either fasting or non-fasting **lipid profile**

If abnormal**, obtain fasting lipid profile (or repeat if initial was fasting) **within 3 months**

***High CVD Risk Factors:**

- Type 1 or Type 2 Diabetes
- Familial Hypercholesterolemia
 - Heart disease
 - Renal Disease
 - Liver Disease
 - Childhood Cancer survivor
 - Transplant recipient

If recheck normal, no further testing until next screening window

If LDL-C 110-129 mg/dL AND High Risk, repeat lipid profile in 1 year; else no further testing until next window

If LDL-C 130-249mg/dL AND Patient Low-Moderate Risk

If LDL-C >249 mg/dL OR (Patient High Risk & LDL-C > 130mg/dL)

Lifestyle modification & re-check lipids in 3-6 months

- increase fiber (6g/day in children 2-12, 12g thereafter)
- increase poly / monosaturated fats and eliminate transfat
- 1hr/day exercise
- recommend dietician referral

If LDL-C < 160

If LDL-C ≥ 160

Lifestyle modification & Referral to Pediatric Endocrinology Lipid Clinic

****Abnormalities might include hypertriglyceridemia**

- Hypertriglyceridemia 130-400mg/dL is managed with lifestyle modification above
- If >400mg/dL, refer to Pediatric Endocrinology