



Michigan Quality Improvement Consortium Clinical Practice Guideline Update Alert

Guideline: [Prevention and Identification of Childhood Overweight and Obesity](#)

Released: June 2020

This alert provides a summary of only the recommendations which were updated. Refer to the complete guideline for all recommendations and level of evidence.

Updated recommendations include:

This guideline has been re-formatted and only the following recommendations have content updates.

Education, Parental Modeling of Health Behaviors and Prevention of Risk

At each periodic health exam

General advice for all ages:

Infant/Toddler (age 0-2):

- Discourage/avoid high-calorie, nutrient-poor beverages (e.g., soda, fruit punch, sports drinks, or any juice drink).

Preschool (ages 3-5):

- Replace whole milk with skim or 2%; discourage/avoid high-calorie, nutrient-poor beverages (soda, fruit punch, sports drinks, juice drinks).