

Pediatric Type 2 Diabetes / Pre-Diabetes Screen and Education (ENERGIZE) Referral

Screen all children 6 years old and over:

1. Determine BMI for age: BMI % =

online calculator available at:
<http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>



2. BMI over 85% for age? If Yes - Continue screen
If No - STOP



3. Assess for Risk Factors: (Risk factors do not qualify a child for ENERGIZE, see below)

- Race/ethnicity (circle appropriate) African American Hispanic American Indian Asian
- Family History of Type 2 Diabetes (in 1st or 2nd degree relative)
- Acanthosis Nigricans
- Hypertension (BP > 90th% for age/ht) BP = BP% for age/ht =
- BMI > 95% for age

4. If positive for at least one risk factor:

- Order the following lab tests: Fasting Lipid Panel (TC, HDL, LDL, Trig) and Fasting Blood Glucose (May use prechecked WakeMed lab form if sending to a WakeMed facility)
- Upon receiving lab results: Fax Completed Referral Form and Completed Lab Results to (919) 231-0314

Children qualify for the ENERGIZE program by meeting criteria for one of the following:

- Type 2 Diabetes FBG > 126 (confirmed by 2 separate tests) OR
- Impaired FBG FBG \geq 100 mg/dl \leq 126 mg/dl OR
- Elevated Cardiometabolic Risk (must meet 3)
 - BMI > 85% for age
 - TG > 110 mg/dl
 - HDL < 40 mg/dl
 - BP > 90th % for age
 - Total cholesterol >170 or LDL cholesterol >130

5. ENERGIZE staff will contact patient and schedule appointment.

Patients diagnosed with type 2 diabetes will be referred to our Endocrinologist for medical management and may receive diabetes education in addition to ENERGIZE.

Patients who complete the WakeMed Energize Program will be seen for follow up every six months for 2 years. Clinic follow-up includes evaluation of BMI, BP, FBG and cholesterol measurements, nutrition and lifestyle counseling, and goal setting.

WakeMed Children's Diabetes & Endocrinology – Request for Consultation

Date _____

Name _____ Gender _____

Date of Birth _____ Parent Name _____ Language _____

Address _____ City _____ State/Zip _____

Home Phone _____ Work Phone _____ Insurance _____

Blood Pressure _____ Height _____ Weight _____ BMI _____

Fasting lab results: TC _____ LDL _____ HDL _____ Trig _____ Fasting Blood Glucose _____

Medications _____

Physician Signature _____ Phone _____

Physician Name _____ Practice _____ Fax _____

Revised 6/10

WakeMed Children's Diabetes and Endocrinology Energize Program
(919) 350-7584