

Dyslipidemia Risk Assessment

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

Dyslipidemia risk assessment is required at certain C&TC visits. Dyslipidemia blood testing is completed at the provider's discretion. Positive risk factors should prompt further evaluation.

C&TC standards

General

Dyslipidemia risk assessment is required at C&TC visits ages 2, 4, 6, and 8 years and at least once between the ages of 9-11, 12-16, and 17-20 years.

Providers do not need to perform dyslipidemia blood testing to bill for a complete C&TC visit. Providers have the discretion to order dyslipidemia blood testing.

Personnel

A licensed health care provider should review and interpret the risk assessment: physician, nurse practitioner, physician assistant, or registered or public health nurse (RN, PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health.

Documentation

Document the dyslipidemia risk assessment along with appropriate counseling and follow-up.

Refer to the [C&TC Provider Documentation Forms](#) for documentation examples or to use as a template with your electronic medical record.

Procedure

Risk assessment

Identify risk factors through personal and family health history and physical measurements (American Academy of Pediatrics, 2011). Include some or all the following factors in the risk assessment:

- Parent, grandparent, aunt, uncle, or sibling with myocardial infarction, angina, stroke, coronary artery bypass graft, stent, or angioplasty at younger than 55 years in males and younger than 65 years in females.
- Parent with total cholesterol ≥ 240 mg/dL or known dyslipidemia.
- Patient has diabetes, hypertension, or body mass index ≥ 95 th percentile or smokes cigarettes.
- Patient has a medical condition that places them at moderate or high risk for dyslipidemia.

Lab testing and management

Ensure appropriate counseling and follow-up based on the results of the risk assessment.

Refer to the [Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents](#) for guidance on lab testing and management.

More information

C&TC guidelines for dyslipidemia risk assessment follow [Bright Futures/American Academy of Pediatrics Recommendations for Preventive Pediatric Health Care](#) *but differ regarding universal dyslipidemia blood testing.*

Anticipatory guidance

Strong evidence suggests good nutrition starting at birth may decrease the future risk of cardiovascular disease. Breastfeeding provides sustained cardiovascular benefits (American Academy of Pediatrics, 2011).

Use the [Toolkit for Professionals](#) to counsel children and youth 2 years of age and older.

[Let's Go!](#) provides nutrition and physical activity counseling tools.

Professional recommendations

American Academy of Pediatrics

Dyslipidemia risk assessment is recommended at 2, 4, 6, and 8 years and between 12 and 16 years. Perform universal lipid screening with non-fasting, non-HDL total cholesterol once between 9 and 11 years and 17 and 21 years (American Academy of Pediatrics, 2011).

United States Preventive Services Task Force

Evidence is insufficient to recommend lipid disorder screening for children and adolescents (United States Preventive Services Task Force, 2023).

Resources

Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards](#)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](#)

Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\)](#)

Centers for Disease Control and Prevention

- [Preventing Heart Disease](#)

For more information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3650 or email health.childteencheckups@state.mn.us.

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Resource links

- [C&TC Provider Documentation Forms \(https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources\)](https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources)
- [Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents \(https://www.nhlbi.nih.gov/health-topics/integrated-guidelines-for-cardiovascular-health-and-risk-reduction-in-children-and-adolescents\)](https://www.nhlbi.nih.gov/health-topics/integrated-guidelines-for-cardiovascular-health-and-risk-reduction-in-children-and-adolescents)
- [Bright Futures/American Academy of Pediatrics Recommendations for Preventive Pediatric Health Care \(https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf\)](https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf)
- [Toolkit for Professionals \(https://health.gov/our-work/nutrition-physical-activity/dietary-guidelines/current-dietary-guidelines/toolkit-professionals\)](https://health.gov/our-work/nutrition-physical-activity/dietary-guidelines/current-dietary-guidelines/toolkit-professionals)
- [Let's Go! \(https://mainehealth.org/lets-go\)](https://mainehealth.org/lets-go)
- [C&TC Schedule of Age-Related Screening Standards \(https://edocs.dhs.state.mn.us/lfserver/PubLic/DHS-3379-ENG\)](https://edocs.dhs.state.mn.us/lfserver/PubLic/DHS-3379-ENG)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section \(www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092\)](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092)
- [Child and Teen Checkups \(C&TC\) \(www.health.state.mn.us/divs/cfh/program/ctc/index.cfm\)](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm)
- [Preventing Heart Disease \(https://www.cdc.gov/heart-disease/prevention/index.html\)](https://www.cdc.gov/heart-disease/prevention/index.html)

References

- American Academy of Pediatrics. (2011). Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents: Summary Report. *Pediatrics*, 128(supplement 5), 213-256. doi:10.1542/peds.2009-2107C
- United States Preventive Services Task Force. (2023). Screening for Lipid Disorders in Children and Adolescents: US Preventive Services Task Force Recommendation Statement. *JAMA*, 330(3), 253-260. doi:doi:10.1001/jama.2023.11330