



## **Referral Guidelines**

1. Be at least 14 years of age at the time of enrollment into the program and be at Tanner developmental stage 4 or greater.
2. Have a BMI of at least 35 with an obesity-related comorbidity or  $> 40$  without a comorbidity [BMI is calculated as follows:  $BMI = \text{weight (Kg)} / (\text{height (m)}^2)$ ; i.e. (W/H<sup>2</sup>) or Kg/m<sup>2</sup>]. These criteria are the ones recommended by the NIH for adults.
3. Have a history of obesity for at least 3 years, including documented failed attempts at diet and medical management of obesity.
4. Express willingness to follow program requirements which include signing an assent form, having the individual's legal guardian sign a consent form; completing 1-2 week, 6 week, 3 month, 6 month, 9 month, 12 month, and every 6 month follow-up visits for a total of five years, and completing all clinically required laboratory and diagnostic tests.
5. Confirmation by a psychologist or psychiatrist experienced with adolescents that the subject is sufficiently mature emotionally to comply with the clinical protocol.