

# 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 documentation forms on the [C&TC Early and Periodic Screening, Diagnostic, and Treatment resources](#) webpage 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  $\geq 240$  mg/dL or known dyslipidemia.
- Patient has diabetes (type 1 or 2), hypertension, or has a body mass index  $\geq 85$ th percentile or smokes cigarettes (including vaping).
- Patient has a medical condition that places them at moderate or high risk for dyslipidemia (e.g., chronic kidney disease, chronic inflammatory conditions and endocrine disorders, HIV infection, post solid organ transplant, childhood cancer survivor) (de Ferranti et al., 2019).

## 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.

## Anticipatory guidance

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

Refer to the [Institute for Healthy Childhood Weight](#) 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 12-16 years. Perform universal lipid screening with non-fasting, non-HDL total cholesterol once between 9-11 years and again between 17-21 years (American Academy of Pediatrics, 2011). Refer to [Recommendations for Preventive Pediatric Health Care](#).

### United States Preventive Services Task Force

Evidence is insufficient to recommend lipid disorder screening for children and

adolescents (US 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 \(C&TC\)](#)
- [Cardiovascular Health](#)

## Other resources

- [Preventing Heart Disease](#)
- [Healthy Active Living for Families](#)
- [Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents: Summary Report](#)
- [Top Take-Home Messages for Pediatric Clinicians](#)

## 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](mailto:health.childteencheckups@state.mn.us).

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## Resource links

- [C&TC Early and Periodic Screening, Diagnostic, and Treatment resources \(https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources/\)](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)
- [Institute for Healthy Childhood Weight \(https://www.aap.org/en/patient-care/institute-for-healthy-childhood-weight/\)](https://www.aap.org/en/patient-care/institute-for-healthy-childhood-weight/)
- [Let's Go! \(https://mainehealth.org/lets-go\)](https://mainehealth.org/lets-go)
- [Recommendations for Preventive Pediatric Health Care \(https://downloads.aap.org/AAP/PDF/periodicity\\_schedule.pdf\)](https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf)
- [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)
- [Cardiovascular Health \(https://www.health.state.mn.us/diseases/cardiovascular/index.html\)](https://www.health.state.mn.us/diseases/cardiovascular/index.html)
- [Preventing Heart Disease \(https://www.cdc.gov/heart-disease/prevention/index.html\)](https://www.cdc.gov/heart-disease/prevention/index.html)
- [Healthy Active Living for Families \(https://www.aap.org/en/patient-care/healthy-active-living-for-families/\)](https://www.aap.org/en/patient-care/healthy-active-living-for-families/)
- [Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents: Summary Report \(https://naspghan.org/files/documents/pdfs/training/curriculum-resources/nutrition/other-guidelines/Expert\\_Panel\\_guidelines\\_for\\_cardiovascular\\_health.pdf\)](https://naspghan.org/files/documents/pdfs/training/curriculum-resources/nutrition/other-guidelines/Expert_Panel_guidelines_for_cardiovascular_health.pdf)
- [Top Take-Home Messages for Pediatric Clinicians \(https://professional.heart.org/en/science-news/-/media/742E4CB17F4A4CA6A2D526EDE3804E67.ashx\)](https://professional.heart.org/en/science-news/-/media/742E4CB17F4A4CA6A2D526EDE3804E67.ashx)

## 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. <https://doi.org/10.1542/peds.2009-2107C>
- de Ferranti, S. D., Steinberger, J., Ameduri, R., Baker, A., Gooding, H., Kelly, A. S., Mietus-Snyder, M., Mitsnefes, M. M., Peterson, A. L., St-Pierre, J., Urbina, E. M., Zachariah, J. P., & Zaidi, A. N. (2019) Cardiovascular Risk Reduction in High-Risk Pediatric Patients: A Scientific Statement From the American Heart Association. *Circulation*, 139(13). <https://doi.org/10.1161/CIR.0000000000000618>
- US 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. <https://doi.org/10.1001/jama.2023.11330>