

**Prevention – Family Focused
For Example:**

- Various dietetic and health visitor programmes
- HENRY (Health, Exercise, Nutrition for the Really Young)
- Nursery Fruit Scheme
- Healthy Start programme initiatives
- Health visitor with special interest in obesity - 1:1 counselling sessions and ongoing support for children at risk where one or both parents are obese (BMI above 35)
- Parks, open spaces, play areas and adventure playgrounds

Assessment / Identification

<2 years- measure the child's weight and record in the personal child health record.
>2 years- measure the child's height and weight and record in the personal child health record.

Consider the following:

- Co-morbidities
- Family history of overweight/obesity and co-morbidities

A curve spanning < 2 centiles from where the child started
or
 Weight below 99.6th centile
or
 BMI below 91st centile

A curve spanning > 2 centiles from where the child started
or
 Weight above 99.6th centile
or
 BMI above 91st centile

Reinforce healthy eating and physical activity messages
 Refer to local prevention programmes

If learning disability / complex care:
 Discussion regarding healthy weight will take place for children attending Hackney Ark

If no learning disability / complex care, assess age and readiness to change

0-1 years

1+ years and not ready to be referred

1+ years and ready to be referred

0-1 years

- No obesity intervention but promote breastfeeding and appropriate weaning
- Signpost to the prevention initiatives

1+ years

- Discuss current diet and physical activity patterns and advise on healthy eating/weaning and physical activity
- Signpost to prevention initiatives

BMI > 91st centile and <98th centile, with no co-morbidities *

BMI > 91st centile and < 98th centile with co-morbidities*
or
 BMI > 98th centile but < + 3.5 SD*
or
 Weight > 99.6th centile*

BMI > + 3.5 SD*

Self Referral

- GP assessment

Referral by Professional

- Dietetic assessment / intervention
- Assessment by paediatrician
- Child and Adolescent Mental Health Service (CAMHS)

Multi-disciplinary children's weight management service – 'Lifestyle, Eat Well, Activity, Positivity' (LEAP service)

Tertiary Care Obesity Clinic (Currently running at Royal London Hospital)

Maintenance

Once target BMI achieved, ensure ongoing monitoring and referral back into the pathway should additional support be required.

* See accompanying online information for alternative referral criteria if BMI not available: www.cityandhackney.nhs.uk/publications/child_obesity_care_pathways_info.pdf

Child Obesity Care Pathway 5-11 year olds

Prevention – Family Focused

For Example:

School based programmes (physical activity and healthy eating)
Community based programmes (physical activity and healthy eating)
Parks, open spaces, play areas and adventure playgrounds

Assessment / Identification

Where possible, use BMI (relate to UK 1990 gender specific BMI growth charts or use the look up tool on the WHO charts)

Consider the following:

- Co-morbidities/ risk factors such as type 2 diabetes; hypertension; psychosocial dysfunction
- Readiness to change
- Family history of overweight/obesity and co-morbidities

Provide advice on healthy eating and physical activity.

Signpost to appropriate prevention programmes

Refer to GP for re-assessment of readiness to change

Self Referral

- GP assessment
- Healthy Lifestyles Programme (7-13 year olds)

Referral by Professional

- Dietetic assessment / intervention
- Assessment by paediatrician
- Child and Adolescent Mental Health Service (CAMHS)

BMI <91st centile

Reinforce healthy eating and physical activity messages
Refer to local prevention programmes

BMI >91st centile
or
Weight >99.6th centile
Or
Clinically overweight or obese

If learning disability / complex care:

Refer to dietician or paediatrician for 1:1 advice

If no learning disability / complex care, assess readiness to change

Not ready to be referred

Ready to be referred (Give first line healthy eating and physical activity advice before referring).

BMI > 91st centile and <98th centile, with no co-morbidities *

BMI > 91st centile and <98th centile with co-morbidities*
or
BMI > 98th centile but < + 3.5 SD*
or
Weight > 99.6th centile*

BMI > + 3.5 SD*

Multi-disciplinary children's weight management service – 'Lifestyle, Eat Well, Activity, Positivity' (LEAP service)

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For Example:

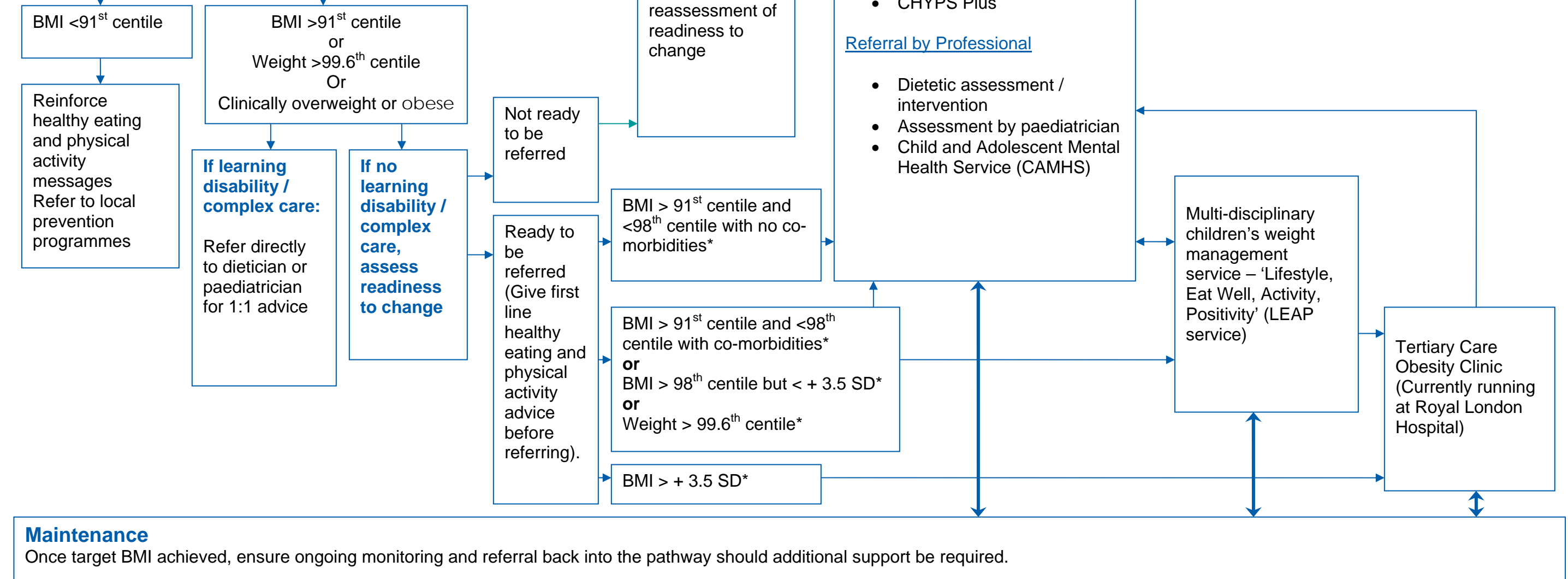
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NHS

City and Hackney

Child Obesity Care Pathway 12-19 year olds