

Model of care for weight assessment and management in children above a healthy weight

Information is relevant for all clinicians providing care for children 2-17 years old

For resources and training: pro.healthykids.nsw.gov.au

1. ASK & ASSESS

- Measure child's height and weight at least once every 3 months
- Determine BMI and plot on BMI-for-age growth chart (CDC, 2000)

2. ADVISE

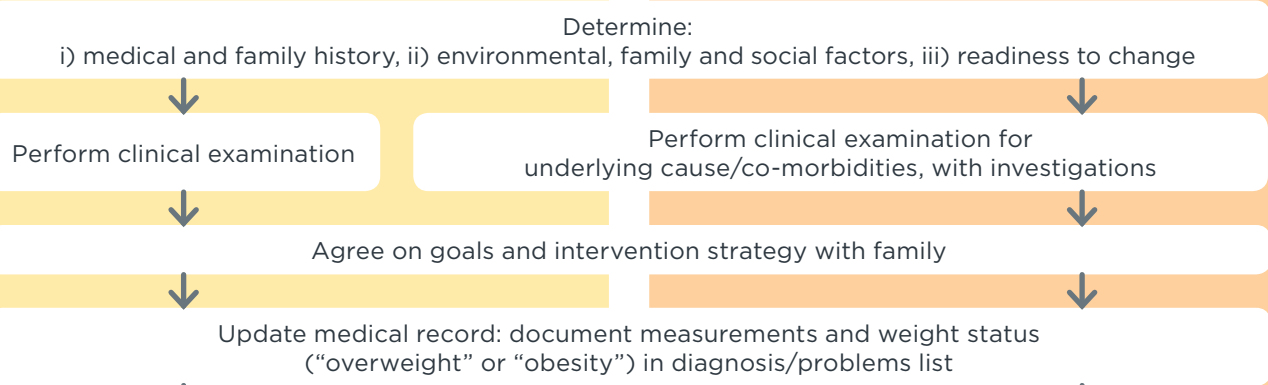
- Show height, weight, and BMI-for-age growth charts to family and discuss the findings
- Provide brief advice on a healthy lifestyle

For children above a healthy weight

3. ASSIST

85TH PERCENTILE TO < 95TH PERCENTILE

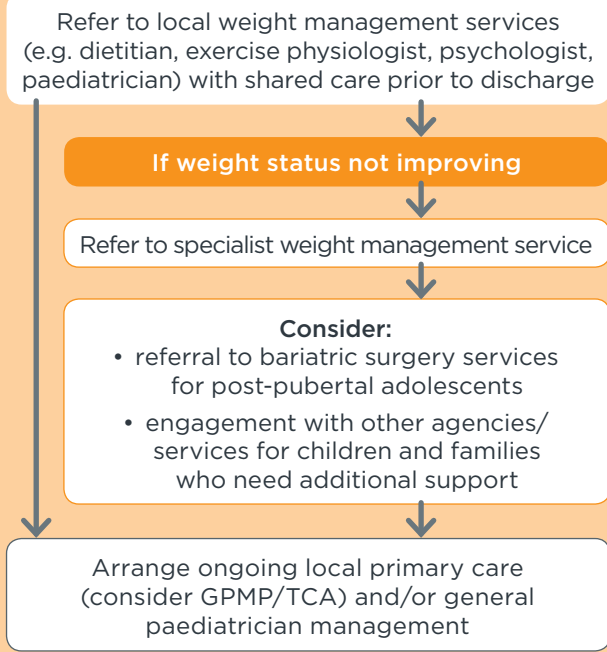
95TH PERCENTILE AND ABOVE or < 95th percentile but increase in percentile despite intervention



4. ARRANGE



Acronyms:
BMI Body Mass Index
CDC Centers for Disease Control and Prevention
GPMP/TCA General Practitioner Management Plan/
Team Care Arrangements



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