healthykids for professionals

Weight management model of care for children 2+ years old

1. ASK & ASSESS
- Measure child's height and weight at least every 3 months
- Determine BMI and plot on BMI-for-age growth chart (CDC, 2000)[1]

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

3. ASSIST

85TH – 94.9TH PERCENTILE	95TH – 98.9TH PERCENTILE or increase in percentile despite intervention	>99TH PERCENTILE or increase in percentile despite intervention

Determine:
1. Medical and family history   2. Environmental, family and social factors   3. Readiness to change

Conduct clinical examination, as appropriate | Conduct clinical examination for underlying cause/co-morbidities, with investigations, as appropriate

Agree on goals and intervention strategy with family

Document measurements and update weight status in problems list

4. ARRANGE

Arrange local primary care follow-up, as appropriate

Refer to free local community programs/services and/or other healthcare providers, as appropriate:

GO4FUN HEALTHY ACTIVE HAPPY KIDS — **Go4Fun** if aged between 7–13 years: **go4fun.com.au** | **get healthy** Information & Coaching Service — **Get Healthy service** for children 16+ years, parents and carers: **www.gethealthynsw.com.au**

95TH – 98.9TH PERCENTILE column:
Refer to time-limited, local secondary care management, multidisciplinary team, with shared care prior to discharge

Arrange ongoing local primary care management (consider GPMP/TCA)

>99TH PERCENTILE column:
Refer to time-limited, local tertiary care management, multidisciplinary team, with shared care prior to discharge

Arrange local primary care and/or general paediatrician management

Consider referral to bariatric surgery services for post-pubertal adolescents

Initiate FACS helpline report, if required **phone 132 111**

Acronyms:
BMI   Body Mass Index
CDC   Centres for Clinical Disease
FACS   NSW Department of Family and Community Services
GPMP/TCA   General Practitioner Management Plan/Team Care Arrangement

Source: 1. CDC growth charts: www.cdc.gov/growthcharts

For more healthy habit tips visit **healthyliving.nsw.gov.au**

For health professional resources visit **pro.healthykids.nsw.gov.au**

SHPN (CPH) 210339

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