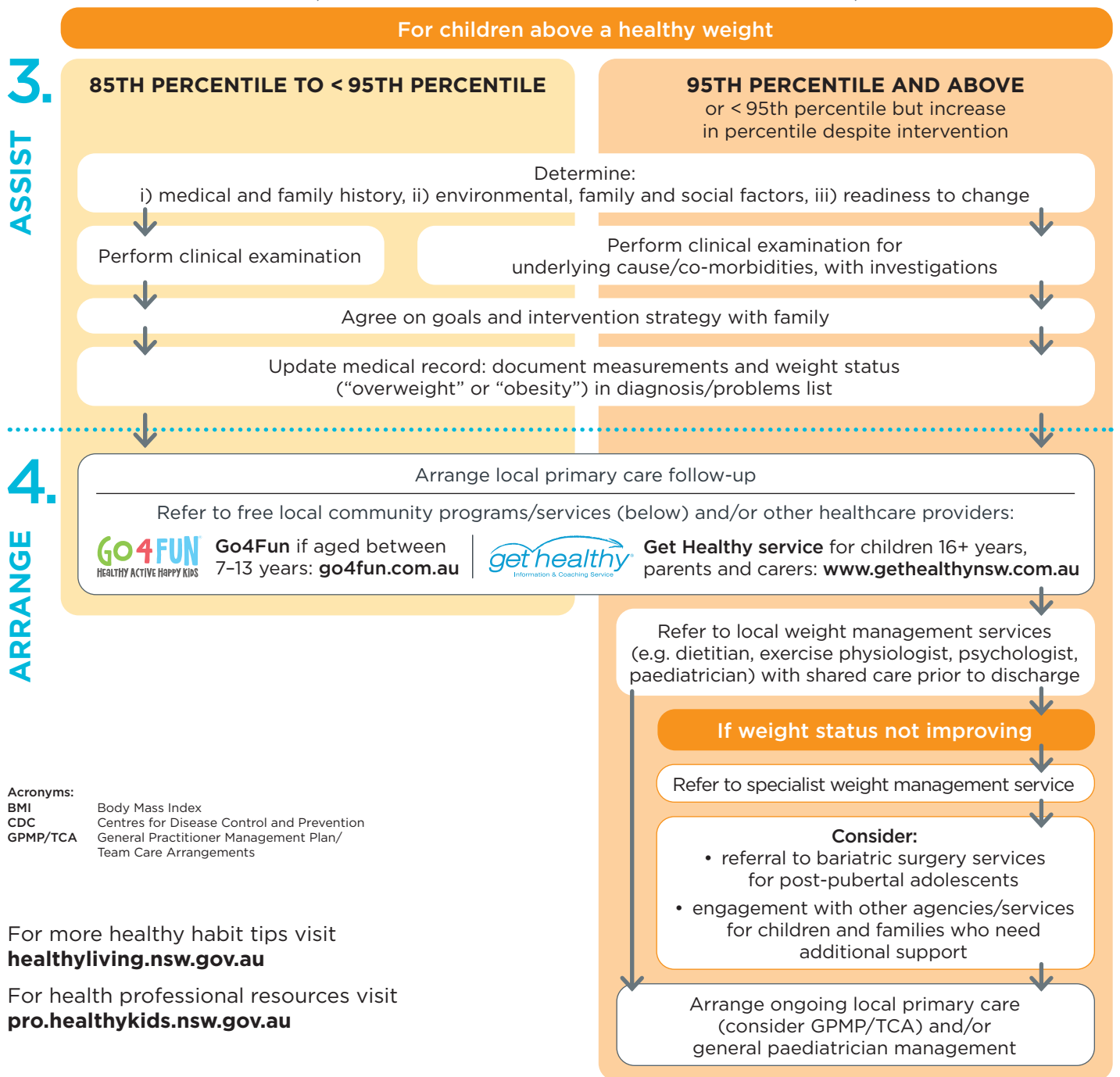


# Model of care for weight assessment and management in children above a healthy weight

- 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



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

For more healthy habit tips visit [healthyliving.nsw.gov.au](http://healthyliving.nsw.gov.au)  
 For health professional resources visit [pro.healthykids.nsw.gov.au](http://pro.healthykids.nsw.gov.au)

