

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

