healthykids for professionals

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

For children above a healthy weight

85TH PERCENTILE TO < 95TH PERCENTILE

95TH PERCENTILE AND ABOVE

or < 95th percentile but increase in percentile despite intervention

Determine:

i) medical and family history, ii) environmental, family and social factors, iii) readiness to change

Perform clinical examination

Perform clinical examination for underlying cause/co-morbidities, with investigations

Agree on goals and intervention strategy with family

Update medical record: document measurements and weight status ("overweight" or "obesity") in diagnosis/problems list

4.

Arrange local primary care follow-up

Refer to free local community programs/services (below) and/or other healthcare providers:



Go4Fun if aged between 7-13 years: **go4fun.com.au**



Get Healthy service for children 16+ years, parents and carers: www.gethealthynsw.com.au

Refer to local weight management services (e.g. dietitian, exercise physiologist, psychologist, paediatrician) with shared care prior to discharge

ARR/

If weight status not improving

Acronyms

CDC GPMP/TCA Body Mass Index Centres for Disease Control and Prevention General Practitioner Management Plan/

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

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

Refer to specialist weight management service

Consider:

- referral to bariatric surgery services for post-pubertal adolescents
- engagement with other agencies/services for children and families who need additional support

Arrange ongoing local primary care (consider GPMP/TCA) and/or general paediatrician management





