

## 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)<sup>1</sup>

### 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

1. Medical and family history

Determine:  
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

Arrange local primary care follow-up, as appropriate

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



Go4Fun if aged between  
7-13 years: [go4fun.com.au](http://go4fun.com.au)



Get Healthy service for children 16+ years,  
parents and carers: [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

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)

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](http://www.cdc.gov/growthcharts)

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)

