

ROUTINE GROWTH ASSESSMENT REFERRAL PATHWAYS

For children 2-17 years old

GROWING HEALTHY
Kids
IN SOUTH WEST SYDNEY



Health
South Western Sydney
Local Health District

Measure height and weight of child

Enter height (cm) and weight (kg) into eMR


Check BMI results for referral pathway

BMI		BMI \leq 5th percentile	BMI 5th to 85th percentile	>85th BMI <95th percentile	BMI \geq 95th percentile
BMI Category		Below healthy weight (underweight)	Healthy weight (healthy weight)	Above healthy weight (overweight)	Well above healthy weight (obese)
ADVISE	Advise 8 Healthy Habits	✓	✓	✓	✓
	Refer to GP	✓		✓	✓
REFER	Refer to GHK				✓ (aged 2-17 years)
	Refer to Go4Fun			✓ (aged 7-13 years)	✓ (aged 7-13 years)
	Refer to Get Healthy Coaching			✓ (aged 16+ years)	✓ (aged 16+ years)

Referral Details:

	<p>Free weight management service for children who are:</p> <ul style="list-style-type: none"> • Aged 2-17years • Above a healthy weight (BMI \geq95 percentile) or lower if weight related comorbidities. • Residential address within SWSLHD <p>Specialised multi-disciplinary service including Paediatrician, Dietitian, Exercise Physiologist and Clinical Psychologist. Children will receive person-centred care to support them in achieving their health goals.</p> <p>Locations: Fairfield, Liverpool, Rosemeadow, Bankstown, Ingleburn and Bowral</p> <p>For more information: 02 4633 0251</p>
	<p>Free healthy lifestyle program for NSW children (7-13 years) above a healthy weight (BMI 85th percentile and above). This is a 10 week program, 2hr session once a week for 10 weeks.</p> <p>Incorporates:</p> <ul style="list-style-type: none"> • Nutrition • Physical activity • Behaviour change • Family involvement <p>Delivered by qualified health professionals (e.g Dietitian, Exercise Physiologists).</p> <p>3 versions available:</p> <ul style="list-style-type: none"> • Standard program across most of NSW • Aboriginal Go4Fun • Go4Fun Online <p>For more information: www.go4fun.com.au</p>
	<p>FREE phone coaching service funded by the NSW Health for NSW residents aged 16 years and over. Telephone coaching with Health Coaches (Dietitians or Exercise Physiologists). Services may include:</p> <ul style="list-style-type: none"> • One off 'Brief Intervention' coaching call or; • 6 months coaching (up to 13 phone calls), with optional re-enrolment to receive further support via SMS <p>For more information: www.gethealthynsw.com.au</p>

Professional Resources:

	<p>Healthy Kids for Professionals provides health professionals with resources to manage children above a healthy weight, and their families.</p> <p>For more information: www.pro.healthykids.nsw.gov.au</p>
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