

Flow chart for weight assessment and management in children above a healthy weight

Information is relevant for all clinicians providing care for children 2-17 years old

For resources and training: pro.healthykids.nsw.gov.au

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

3. ASSIST

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

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

4. ARRANGE

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

If weight status not improving

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

Acronyms:

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