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

<table>
<thead>
<tr>
<th>85TH PERCENTILE TO &lt; 95TH PERCENTILE</th>
<th>95TH PERCENTILE AND ABOVE or &lt; 95th percentile but increase in percentile despite intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Determine:</td>
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<tr>
<td>i) medical and family history, ii) environmental, family and social factors, iii) readiness to change</td>
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<tr>
<td>Perform clinical examination</td>
<td>Perform clinical examination for underlying cause/co-morbidities, with investigations</td>
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<tr>
<td>Agree on goals and intervention strategy with family</td>
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<tr>
<td>Update medical record: document measurements and weight status (&quot;overweight&quot; or &quot;obesity&quot;) in diagnosis/problems list</td>
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3. **ASSIST**

   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

**Resources:**
- pro.healthykids.nsw.gov.au
- gethealthynsw.com.au
- go4fun.com.au