

Weight management model of care for children 2+ years old

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

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)¹

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

Determine:

1. Medical and family history
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

Get Healthy service for children 16+ years, parents and carers: 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