

## NEPEAN FAMILY OBESITY SERVICE

### KIDS FIT 4 FUTURE CLINIC REFERRAL

If you believe that your patient needs an urgent review, please contact the service directly.

Dear Associate Professor Gary Leong

Thank you for seeing my patient, Name \_\_\_\_\_

Date of Birth \_\_\_/\_\_\_/\_\_\_, contact phone number(s) \_\_\_\_\_, \_\_\_\_\_

Address \_\_\_\_\_ Post Code \_\_\_\_\_

#### Their current measurements include:

Date of measurement: \_\_\_/\_\_\_/\_\_\_ Height: \_\_\_\_\_ cm Weight: \_\_\_\_\_ kg

Calculated BMI: \_\_\_\_\_ kg/m<sup>2</sup> Waist Circumference: \_\_\_\_\_ cm BP \_\_\_\_\_

Ethnic background  Caucasian  ATSI  Maori  Polynesian background

Asian  European  Other OR please specify \_\_\_\_\_

My patient requires an interpreter: YES (specify language: \_\_\_\_\_) or NO

Parent's details-  Married -  Divorced -  Single Parent  Other Guardian \_\_\_\_\_

Mother's name: \_\_\_\_\_ AGE \_\_\_\_\_ Height \_\_\_\_\_ cm Weight \_\_\_\_\_ kg

Father's name \_\_\_\_\_ AGE \_\_\_\_\_ Height \_\_\_\_\_ cm Weight \_\_\_\_\_ kg

Family History of Type 2 Diabetes Mellitus if YES, who \_\_\_\_\_ or NO

Early Heart Disease (Myocardial Infarct/CVA) < 50 years: if YES, who \_\_\_\_\_ or NO

Mental Illness YES/NO if YES \_\_\_\_\_  Severe obesity requiring treatment YES or NO

FACS involvement YES/NO if Yes please specify \_\_\_\_\_

Drug Addiction  Domestic Violence  Neglect  Physical abuse  Sexual abuse

#### If patient have the following conditions/signs (tick box provided\*):

Acanthosis Nigracans  Obstructive Sleep Apnoea  Behavioural disorders:

Autism  ADHD  ODD  Mental illness:  Anxiety  Depression

Non-alcoholic fatty liver disease (abnormal LFTs)  Hypothyroidism

PCOS with established oligomenorrhoea, hirsutism, hyperandrogenism  Orthopaedic problems

**Please attach any other relevant investigation and other relevant clinical details to this referral**

*E.g. other medical illnesses, food allergies, past or current medications, and birth pregnancy details gestation, birth weight and neonatal/infant problems.*

Name of Referring Doctor \_\_\_\_\_ Signature: \_\_\_\_\_

Practice Address \_\_\_\_\_ Post Code \_\_\_\_\_

Practice Contact Details: (P) \_\_\_\_\_ (FAX) \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Nepean Family Obesity Service, Level 5 South Block, Nepean Hospital  
PO Box 63 Penrith, NSW 2751  
Ph (02) 4734 4533 Fax (02) 4734 1920  
NBMLHD-NepeanFamilyObesityService@health.nsw.gov.au

**For appointments please fax or email this referral to the above contacts**

## NEPEAN FAMILY OBESITY SERVICE

### Referral Criteria

#### KIDS FIT 4 FUTURE CLINIC

##### Age 2-16 years

Family (preferably both parents and grandparents/extended family involved in care of child) able to attend service with a child who has a:

>120% of CDC BMI 95th centile = 99.6th centile if no obesity-related complications

See RCPCH UK BMI charts showing “Severe obesity” at or above 99.6th centile  
at [https://www.rcpch.ac.uk/sites/default/files/2018-03/boys\\_and\\_girls\\_bmi\\_chart.pdf](https://www.rcpch.ac.uk/sites/default/files/2018-03/boys_and_girls_bmi_chart.pdf)

Or

##### CDC BMI 85th centile if obesity-related complication

Pre-diabetes with string Family history of T2DM,

T2DM

Non-alcoholic fatty liver disease (NAFLD)

Obstructive sleep apnoea

major psychiatric or psychological disturbance secondary to obesity

benign intracranial hypertension

major orthopaedic complications e.g. SUFE

For CDC BMI charts for boys and girls go to

<https://pro.healthykids.nsw.gov.au/assess/>



**healthykids**  
for professionals

Weight management resources  
for health professionals

[pro.healthykids.nsw.gov.au](https://pro.healthykids.nsw.gov.au)

Featuring our Healthy weight  
calculator for children and teenagers

The image shows a promotional graphic for the 'Healthy Kids for Professionals' website. On the left, the logo 'healthykids for professionals' is displayed in blue and grey text. Below it, the text 'Weight management resources for health professionals' is written in a smaller font. At the bottom left, a green button contains the URL 'pro.healthykids.nsw.gov.au'. On the right, a computer monitor displays a screenshot of the website's interface, which includes a header with the 'healthykids' logo and a main content area with various sections and a search bar. A blue arrow points from the text 'Featuring our Healthy weight calculator for children and teenagers' at the bottom right towards the monitor.