

GROWING HEALTHY KIDS SERVICE

SERVICE INFORMATION

GROWING HEALTHY Kids IN SOUTH WEST SYDNEY



Health South Western Sydney Local Health District

The Growing Healthy Kids Service is one of many strategies being delivered by South Western Sydney Local Health District (SWSLHD) to reduce the overweight and obesity rates of children aged 2 to 17 years.

The core role of the Growing Healthy Kids Service is to:

- Provide clinical services for children aged 2 to 17 years at a secondary level of care;
- Support all Health Care Practitioners to routinely assess children's growth, provide brief intervention and referral as required;
- Provide evidence based care through participation in research and evaluation initiatives.

Referral criteria	<ol style="list-style-type: none">1. Ages 2 to 17 years.2. BMI > 95th percentile or lower if weight related co-morbidities.3. Residential address within the South Western Sydney Local Health District region.4. Letter from a General Practitioner. The letter must include height and weight, pathology or test results, relevant family history and contact details of the family.
Who can refer	Paediatricians, General Practitioners, SWSLHD Allied Health, Nurse, Medical and Counselling Staff
Method of referring	Email: SWSLHD-GHKWeightManagementService@health.nsw.gov.au Fax: (02) 4621 8770
Location	Ingleburn Community Health Centre 59A Cumberland Road, Ingleburn NSW 2565 Ph: (02) 4633 0251
Appointments	Families are contacted only after consideration of intake details, appropriateness and priority.
Multi-disciplinary team	Consisting of clinical psychologist, dietitians, exercise physiologist, paediatricians, paediatric endocrinologist and social work.
Program days	Monday to Friday
Functions of the program	The child's family and caregivers are involved in a multidisciplinary approach to family centered weight management.
What's offered	<p>A program of appointments over a period of 4-6 months designed around the child's needs and goals. The families are offered one of three inter-related pathways:</p> <ol style="list-style-type: none">1. An intensive weight management program (6 individual and 3 group sessions), including parent/ child education sessions and multi-disciplinary clinic appointment sessions, and medical assessment.2. A dietitian only service (3 clinic appointments and 3 group sessions), including parent/ child education sessions and a lifestyle assessment.3. An additional endocrinology service is available for those children identified during medical assessment by the GHK Paediatrician.

