

# Weight management model of care for children 2+ years old

For resources and training: [pro.healthykids.nsw.gov.au](http://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)<sup>1</sup>

## 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](http://go4fun.com.au)

Get Healthy service for children 16+ years,  
parents and carers: [www.gethealthynsw.com.au](http://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](http://www.cdc.gov/growthcharts)