

Outpatient Paediatric Dietitian Overweight / Obesity Referral Form

Department of Nutrition and Dietetics
St George Hospital, Level 2, Prichard Wing
Kogarah NSW 2217
Phone: 9113 2752 Fax: 9113 2847
Email: SESLHD-SGH-Dietitian-Referrals@health.nsw.gov.au



Please fax or email this referral form to the Nutrition and Dietetics Department. We will arrange an appointment and notify the parents of the date and time.

Date: ____ / ____ / ____

Patient details

Patient's name: _____ MRN: _____
Address: _____
DOB: _____

Parent details

Parent's name: _____ Phone: _____
Interpreter required: Yes No If yes, which language: _____

Medical information

Current height: _____ Current weight: _____
BMI (if > 2 years of age): _____ Percentile: _____
Co-morbidities*:
 HTN OSA Dyslipidaemia NAFLD
 T2DM Insulin resistance Other: _____

Referrer details

Name of referring health professional: _____
 GP Paediatrician Allied Health Nurse Other _____
Contact details: _____

Additional Information (such as medications):

Referral Pathway for Children Identified as Overweight / Obese

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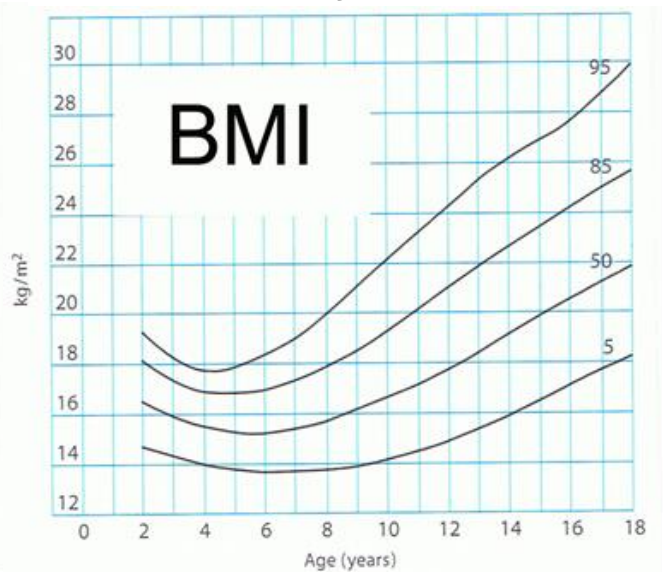
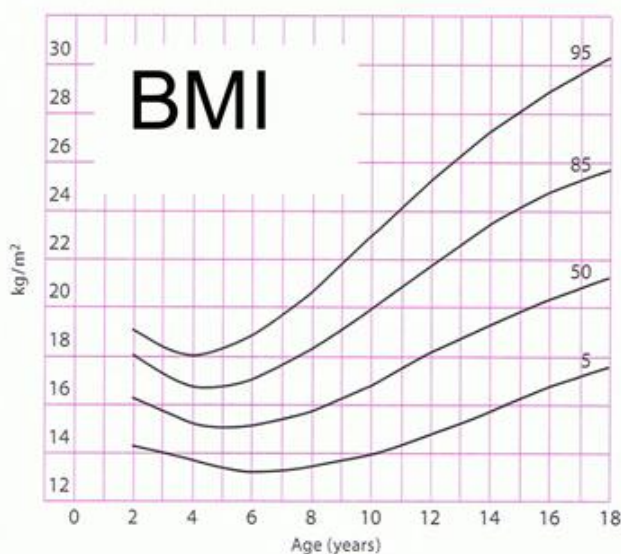


Referral criteria (must reside within St George catchment area).

0 – 6 years of age	<ul style="list-style-type: none"> BMI \geq 85th percentile 	Refer to Department of Nutrition and Dietetics, St George Hospital
7 – 13 years of age	BMI between 85 th and 95 th percentile	Register for Go4Fun
	<ul style="list-style-type: none"> NESB requiring interpreter \geq95th percentile (well above a healthy weight) \geq85th percentile (above a healthy weight) with co-morbidities* 	Refer to Department of Nutrition and Dietetics, St George Hospital
13 years – 17 years	BMI between 85 th and 95 th percentile	Register for TEAM
	<ul style="list-style-type: none"> NESB requiring interpreter \geq95th percentile (well above a healthy weight) \geq85th percentile (above a healthy weight) with co-morbidities* 	Refer to Department of Nutrition and Dietetics, St George Hospital

Girls

Boys



BMI centile charts taken from CDC Growth charts.

Body Mass Index (BMI) = weight in kg \div (height in metres)²

- Overweight / above a healthy weight: \geq 85th percentile to $<$ 95th percentile
- Obese / well above a healthy weight: \geq 95th percentile