

# Healthy Weight Care Pathway for children and young people 4-16 years

Reach is a tier 2 child weight management service and this links to tier 1 and tier 3 services offered by our partners

## Cause for concern identified

### Basic Assessment

- . Known mental health problems, including eating disorders, or emotional distress
- . Diet, physical activity, sleep, screen time
- . Family and social factors
- . Low income
- . Growth and pubertal stage
- . Involvement of other agencies
- . BMI calculated and plotted using UK 1990 BMI centile charts for children
- . National Child Measurement Programme (NCMP) feedback

### Who this pathway is for?

- . Anyone working with children, young people and families
- . Parents/carers of children and young people

**Underweight**  
BMI <2<sup>ND</sup> centile

If you are concerned a child is underweight a GP should be consulted. They will discuss the best course of action

#### CAMHS

In some cases a referral to CAMHS may be appropriate e.g. eating disorders clinic. This should be discussed with a GP

#### Useful websites

[NHS choices: Underweight children aged 6-12](#)  
[British Dietetic Association Resources](#)

**Tier 1: Healthy Weight**  
BMI <91<sup>ST</sup> centile (Prevention of overweight)

To promote healthier lifestyles for those within a healthy weight range e.g. screen time, sleep, eating habits and physical inactivity:

**Brief advice:** conversations about lifestyle (see section 2, for conversation starters)

or

**Brief intervention:** more detailed conversation

School Health Nurses off tier 1, universal services

#### Useful Websites

[SGC CYP booklet](#)  
[Promoting health and wellbeing in school settings](#)  
[NHS choices: Child health 6-15](#)  
[Change4Life](#)  
[8 for a healthy weight](#)  
[Sleep Council](#)

**Tier 2: Overweight or Obese**  
BMI >91<sup>ST</sup> centile: no co-morbidity or complex needs

School Health Nurses, GP's, Family Link Workers, FYPS or other practitioner's interaction.

**Brief advice:** conversation about lifestyle (see section 2, for conversation starters)

or

**Brief intervention:** more detailed advice, usually offered with follow up

**If further support is needed then refer to Reach**

#### Referral or self-referral to Reach

Initial assessment and allocation/referral to:

- **Group programme**
- **1:1**
- **Other partner/programme**

#### Completion

Return to referrer for ongoing support and/or GP if tier 3 required

#### Non-completion

Return to referrer if; unready for change, non-completer, need for tier 3

**Tier 3: Obese**  
BMI >98<sup>th</sup> centile with co-morbidity or complex needs

**Specialist assessment and management (referrals must be made by GP)**

#### CoCo Clinic

Hospital based 1:1 service for children meeting specific criteria, referral via GP, community paediatrician or hospital based consultant.

Exclusion criteria: no engagement with tier 2 unless safeguarding need or comorbidities

#### CAMHS

In some cases a referral to CAMHS may be appropriate e.g. eating disorders clinic. This should be discussed with a GP

### Throughout this care pathway

**Safeguarding:** Consider if there are safeguarding or child protection issues that have impacted on the child. If so, you should consider doing further assessment at this point through a Common Assessment Framework (CAF) or child protection referral <http://www.southglos.gov.uk/health-and-social-care/care-and-support-children-families/access-response-team-art/>

**Ongoing support:** Ongoing support is important for at least 6 months following tier 2. Referral back into the pathway is possible if progress isn't sustained.

[Training in South Gloucestershire](#)

# Healthy Weight Care Pathway for children and young people 4-16 Years

## Our partners: Anyone working with children, young people and families

### **Integrated children's services:**

#### ***Early Intervention and Preventative Services***

Access and Response

Family and Young People Support (FYPS), including Youth Services

Children Centres (0-5y)

#### ***Children's Social Care***

Referral, Assessment & Review

Child Protection & Care Proceedings

Children Looked After & Care Leavers

Corporate Parenting

Private Fostering

Fostering and Adoption

0 - 25 SEN and Disability Service

### **Education, learning and skills**

#### **Youth services**

#### **Sports Development**

#### **Schools**

Teachers

Family Link Workers

After School clubs

#### **Voluntary and Community Sector**

Community Connectors

Health and Wellbeing College

#### **GPs**

#### **Practice Nurses**

#### **Health Visitors**

#### **School Nurses**

## Section 2: Brief advice - Conversation starters

Here are some suggestions for open ended questions to help people consider their own ideas, thought and feelings and how they can approach any given situation, rather than telling them what to do. Ask questions that start with 'what' and 'how' rather than why.

### Healthy Weight

How could you encourage healthy food choices?  
What physical activity does your child enjoy?  
How do you think you could start to limit screen time?

### Overweight or Obese

Has your child expressed a concern about their weight?  
What foods does your child eat regularly?  
What does your child think about trying new foods?  
What could you do to reduce sugary drinks in your child's diet?  
What do they have for breakfast?  
How much physical activity does your child do on a typical day?  
How does your child sleep at night?

### Broader questions

What is your main concern?  
How much time do you have for a chat?  
How have you encouraged your child to think about the food they eat/physical activity?  
What would you stop you from doing that?  
How can we make that happen?  
How can we help to get you there?  
What do you currently do?

**Once the client is part of the conversation you can then signpost to relevant services**

For more details on Raising the Issue Weight training click [here](#)

For more information contact **01454 864005** or email [healthylifestyles@southglos.gov.uk](mailto:healthylifestyles@southglos.gov.uk)