



Family Healthy Weight Care Pathway (5-18 Years)

Universal Prevention Services

Sport, Leisure and Parks Services, Play Services, School Nurses, Healthy Schools Programme, Schools, Youth Clubs, Active Travel programmes, Change 4 Life Activities, Breakfast clubs, Free School Meals,

13

Whole Community

All families with children aged 5-18 encouraged to participate in universal prevention programmes.

Publicity and Promotion

Self-referral to Beat it programme.

Child Weight Concern Identified

- Overweight or Underweight: Use brief intervention/ motivational interviewing skills to raise the issue.
- Overweight: Refer to 'Beat It' programme
- Underweight: Refer to GP/School Nurse/Community Dietitian.

4, 5, 6

'Beat It'

Group sessions delivered by a registered nutritionist for children aged 5-18 years with BMI > 85th centile and their parents/carers. Parental involvement for older children is not mandatory at every session. If unsuitable for these programmes refer to GP/School Nurse

6, 10, 12

Primary Care Assessment by School Nurse or GP

Overweight: If suitable refer to 'Beat it'. If not suitable consider clinical assessment and specialist referral below.

6, 8, 9, 10

Urban energy

Twice-weekly indoor and outdoor games and sports sessions for all Beat It graduates.

Exit Programme

Encourage long-term use of sports, leisure, play services etc.

Follow up

Did not attend, dropped out of programme, increasing BMI.
- Primary assessment by GP or School nurse, or direct referral to Paediatric Dietitian if considered appropriate. Consider safeguarding.

9, 11

Community Paediatric Dietitian Overweight

BMI >99.6th centile (+3.33 SD) or >98th centile plus co-morbidity or complex needs such as learning or educational difficulties.

10, 13

Paediatrician

Significant Co-morbidity or complex needs such as learning or educational difficulties.

10, 13

Paediatrician/ Paediatric Dietitian/ CAMHS

Underweight
BMI <0.4th centile
See toolkit guidelines.

10, 13

Good Progress

Assess need for continued additional support and signpost to appropriate services. Reinforce healthy eating and physical activity.

Follow up

Did not attend, dropped out of programme, increasing BMI.
- Primary assessment by GP or School nurse, or direct referral to Paediatric Dietitian if considered appropriate. Consider safeguarding.

9, 11

- 10, 13 Toolbox containing further information
- Prevention Services
- Identification of Issue
- Issue in process of being resolved
- Issues resolved