

## Healthy Weight in Early Years (0-4) Pathway

### Relevant Professionals

Midwife	GP
Health Visitor	Dietician
Nursery Nurse	Practice Nurse / Registered General Nurse
Children's Centre Staff	Pre-school staff
Childminder	Breastfeeding counsellor
Parent Support Advisor	Lifestyle Services

### Identification

- Take every opportunity to raise the issue of weight, provide verbal and written information to encourage appropriate feeding practices/ healthy eating, increased physical activity and reduced sedentary activities.
- Encourage the parents to **contact health visitor, or midwife** if the family are motivated to make a change, or contact them directly if there is a child protection concern.
- If appropriate, use **Healthy Weight for Children Behaviour Change Brief intervention** to support family to make a change.

### Assessment

- Use clinical judgement to decide when to measure height and weight
- Measure height and weight (using accurate measurement tools)
- Assess parents / child for co-morbidities or complex needs and family history.
- Use WHO centile charts to plot infant /child's weight
- Discuss with parents their judgement of their child's weight. Assess their feelings and the family's readiness, motivation and barriers to change

### Intervention

- Offer Behaviour Change Brief Intervention
- Provide Start4life and Change4life materials and encourage families to seek support from a health professional when ready
- Record height and weight and any action taken on child's health record (red book), inform referrer if appropriate
- Use clinical judgement to decide if any action needs to be taken
- Where parents are overweight link into adult healthy weight pathway
- Adhere to relevant NICE guidelines
- Consider a CAF, or refer to Children's Social care for an Initial Assessment if the child is considered to be in need or in need of protection

## Healthy Weight in Children (5-16) Pathway

### Relevant Professionals

Teacher	GP / Dietician
Health Visitor	SENCO
School Nurse	Practice Nurse
Pastoral support staff	Parent support advisor
Childminders	Play worker
Youth Worker	Extended Services

### Identification

- Take every opportunity to raise the issue of weight, provide verbal and written information to encourage appropriate feeding practices/ healthy eating, increased physical activity and reduced sedentary activities.
- Encourage the parents to **contact school nurse**, if family are motivated to make a change, or contact them directly if there is a child protection concern.

### Assessment

- Use clinical judgement to decide when to measure height and weight
- Measure height and weight using accurate measurement tools.
- Assess child for co-morbidities / complex needs and family history.
- Use 1990 BMI Growth reference chart to plot child's weight and facilitate discussion around the family's feelings and to assess family's readiness, motivation and barriers to change

### Intervention

- Offer Behaviour Change Brief Intervention
- Provide Change4life materials and encourage families to seek support from a health professional when ready
- Record height and weight and any action taken on child's health record (file), inform referrer if appropriate
- Use clinical judgement to decide if any action needs to be taken
- Where parents are overweight link into adult healthy weight pathway
- Adhere to relevant NICE guidelines
- Adhere to locally established child protection guidelines and protocols.
- Consider a CAF, or refer to Children's Social care for an Initial Assessment if the child is considered to be in need or in need of protection