# Cornwall & IoS care pathway

## for overweight and obese children 2 - 16 years

**Cause for concern identified**
Use Brief intervention / motivational interviewing skills

Primary care assessment by Health Visitor, School Nurse, G.P.

### Basic Assessment

Calculate BMI and plot using UK 1990 BMI centile charts for children.

Key consideration: Presenting symptoms as well as possible underlying endocrine causes or co-morbidities.

Also consider

- Psychosocial distress (low self esteem, bullying)
- Family history of obesity and co-morbidities eg. diabetes
- Lifestyle - diet and physical activity
- Environmental, family and social factors
- Growth and pubertal stage
- Involvement of other agencies

BMI >91st Centile — Yes

Suspected underlying causes or co-morbidity?
> Standard referral letter — Yes

### Clinical assessment by GP for co-morbidity / underlying cause

- Precocious or late puberty
- Symptoms / signs endocrine disorder e.g. low height for weight or severe progressive obesity
- Hypertension (use appropriate cuffs size and BP charts)
- History of diabetes, sleep apnoea, orthopaedic problems
- Significant developmental delay
- If 7 years and over and BMI>98th centile check fasting lipid profile / fasting glucose / LFTs / TFTs

> Please refer to OSCA statement for more information

Please use onward referral pathway (link)
Please use the referral letter to Paediatrics (link)

No

Ready to change?
> Assessment tool — No

Consider safegaurding. Go to 'level 0' and reassess in 6 months.

Yes co-morbiditiy or underlying cause strongly suspected. (See 'GP onward referral pathway')

Consider safeguarding
> See link for further advice

No

Yes

BMI 91st - 99.6th Centile

BMI > 99.6th Centile

BMI +3.5 SD

### Level 0 intervention

Primary health promotion, for more information about healthy lifestyles visit www.cornwallhealthyweight.org.uk.

Reinforce healthy eating and physical activity.

Ensure contact info given for future concerns.

### Level 1 intervention

led by Health Visitor / School Nurse / Family Support Worker

Use Brief intervention skills and motivational interviewing.

Contact Cornwall Healthy Weight for local information on 01209 313419

Re-assess at 6 months. If obesity progressive and ready to change consider referral to level 2.

### Level 2 intervention

Contact Cornwall Healthy Weight for local information on **01209 313419**

Re-assess at 6 months. If obesity progressive and ready to change consider referral to level 3.

### Level 3 intervention

6 years and under : Contact the LEAF programme (community Paediatrician, Dietitian and Activity Advisor) at Child Health, Pendragon House, Gloweth or leaf.programme@nhs.net

7 years and above: Refer to Department of Paediatrics, Royal Cornwall Hospital. After assessment child may be returned to Level 1 or 2 for intervention.

Did not attend, drop out of programme or obesity progressive return to key primary care worker

### Maintenance (Step down approach led by primary care team)

Progress to this stage once achieved weight management goals. Ongoing monitoring of BMI for at least 6 months to ensure child and family are supported. Refer back into the pathway if progress is not sustained.