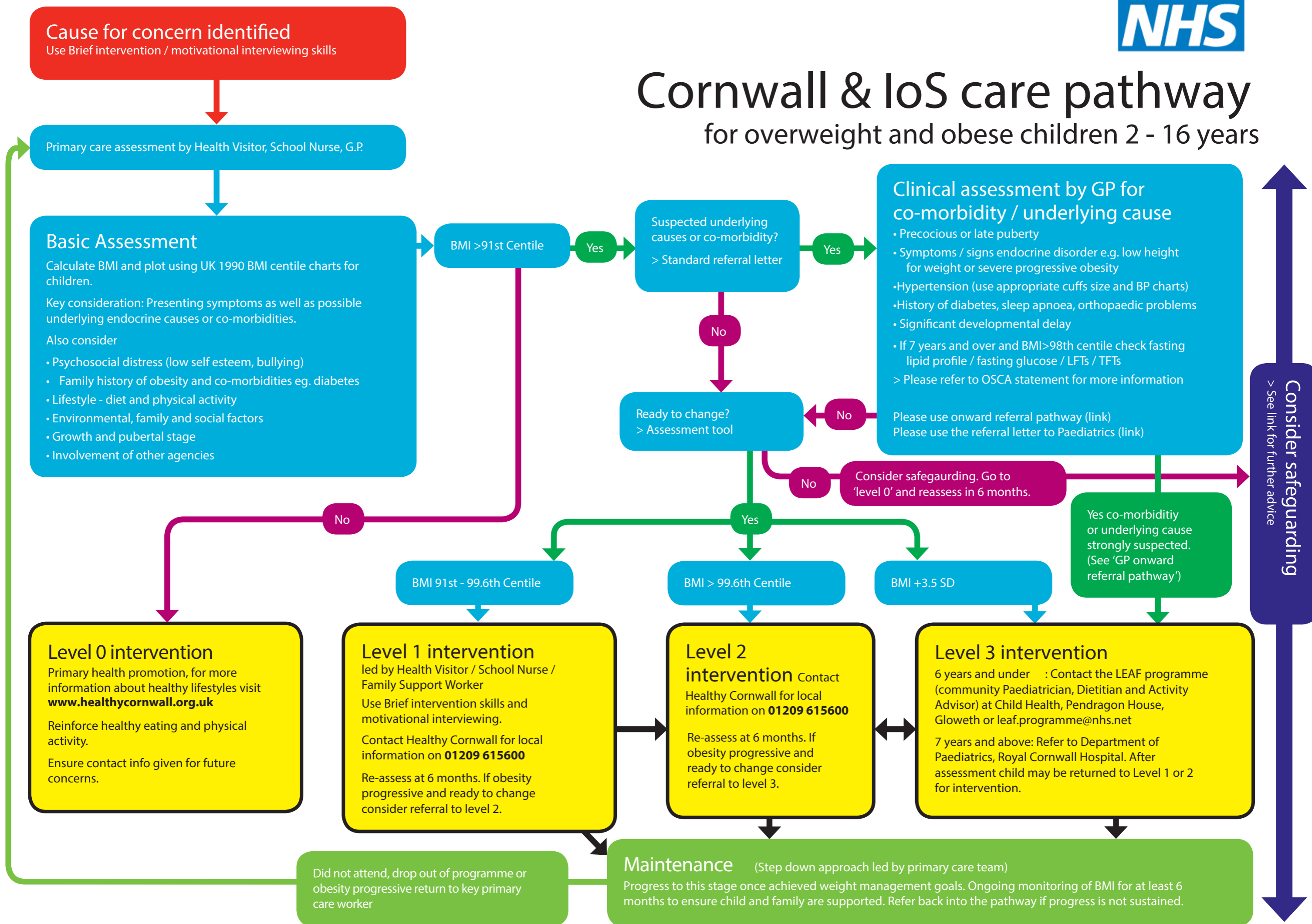


Cornwall & IoS care pathway for overweight and obese children 2 - 16 years



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 safeguarding. Go to 'level 0' and reassess in 6 months.

No

Yes

BMI 91st - 99.6th Centile

BMI > 99.6th Centile

BMI +3.5 SD

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

Level 0 intervention
Primary health promotion, for more information about healthy lifestyles visit www.healthycornwall.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 Healthy Cornwall for local information on **01209 615600**
Re-assess at 6 months. If obesity progressive and ready to change consider referral to level 2.

Level 2 intervention Contact Healthy Cornwall for local information on **01209 615600**
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.

Consider safeguarding
> See link for further advice