Healthy Weight Pathway

for children 3 – 7 years

Capital Health Network
ACT's primary health care organisation

Primary health care assessment (General Practitioner or Practice Nurse).

3-4 year old Immunisation visit	**Opportunistic consultations**	**Kindy Health Screen**
Incorporate Connect up 4 Kids Healthy lifestyle information into this visit	'Every child, every visit'	Letter received by GP → if indicated, recall patient for assessment

Basic assessment

- Determine BMI and plot using ***CDC BMI-for-age growth charts.***
- The pathway is to be completed by the most appropriate clinician, work within your level of experience and scope of practice.
- **Consider:**
  - Family history (parents, siblings) of obesity and co-morbidities
  - Psychosocial distress
  - Environmental, family and social factors
  - Lifestyle – diet, physical activity, screen time, sleep duration.
  - Growth stage
  - Readiness to change

Primary prevention

- **Primary health promotion**: Discuss CU4K key messages with family.
- Reinforce any healthy lifestyle behaviours.
- Address any **modifiable risk factors** for childhood obesity identified in assessment:
  - Inadequate sleep (<10 hours/night)
  - Inadequate physical activity (<60mins/day)
  - Excessive screen time (> 2 hours/day)
  - Excessive consumption of foods and beverages the from 'extras' food group (>1 serves/day)
  - Parental feeding restriction for weight control
  - Overweight/obese parents or siblings
  - Obesogenic environment
- Work with family to elicit healthy lifestyle strategies where possible (consider local school and sporting programs) and consider providing helpful resources.
- Ensure that parents are aware that they can follow up with GP or practice nurse for further support or any future concerns.

BMI 85th - 94.9th or <5th percentile

If indicated, conduct clinical assessment for underlying cause/co-morbidity (consider history, examinations and investigations)

Secondary prevention

- **ACT Community Health Intake (CHI) – Womens, Youth Child Nutrition Service –** refer family directly to **CHI** or
  - Referral form: health.act.gov.au/health-services/community-based-health-services/ (GP's and nurses both use *'GP Only referral form'*)
  - Fax: 02 6205 2611 or phone: 02 6207 9977
- **Private Paediatric Allied Health Services** - eg. Dietitian, exercise physiologist, psychologist, paediatrician, health coach, community program or private health insurance programs.
  - **Private health professionals** in your area with interest in paediatrics refer to the ***ACT Child Specific Practitioner List*** at https://www.chnact.org.au/connect-up-4-kids Monitor progress over 6 months. If unhealthy weight progresses consider referral to level 3 intervention.

BMI >95th percentile

Clinical assessment for underlying cause/co-morbidity (consider history, examinations and investigations)

Tertiary management

- If child is between 4 – 7y .o, arrange referral to **School Kids Intervention Program (SKIP)**.
  - Complete a SKIP referral form www.health.act.gov.au/SKIP
  - Email to SKIP@act.gov.au or fax to **6205 1591.**
  - For more information visit www.health.act.gov.au/SKIP
- If referral to SKIP is not possible, refer patient to the most appropriate secondary prevention intervention.

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

For more resources and further information visit https://www.chnact.org.au/connect-up-4-kids