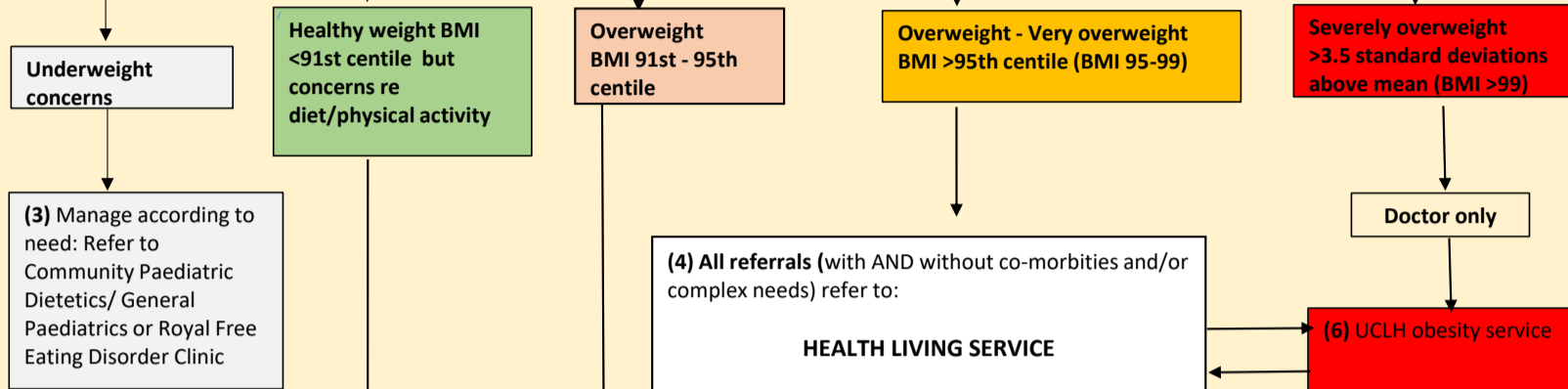


Islington Primary aged (5 - 11 years) Child Weight Management Pathway
Child resides, attend school, or is registered with a GP in Islington and BMI is 91st centile or above OR significant concerns re diet/physical activity or rapid weight gain

Always assess neglect/safeguarding. If any concerns, complete a 'Request for Service Form' with child protection team on 0207 527 7400

Concern identified through NCMP (National Child Measurement) data, parental concern, opportunistic through consultation

(1) Brief assessment with School Health, GP or Health Professional
(2) Consider whether this child/family would benefit from whole family support via Early Help ie. multiple needs



(5) Families for Life healthy lifestyle programme (families with children aged 2 -11 years)

(7) Family decline referral Raise issue again in 3-6 months . Advise on community based activities or refer via SEMH (5a) for social prescribing

(8) Consider parent/carer's weight status and refer into adult weight management service where appropriate

Risk factors, comorbidities and complex needs associated with obesity

- metabolic syndrome and cardiovascular risk
- type 2 diabetes or pre-diabetic states
- poor asthma control
- endocrine conditions (precocious puberty, polycystic ovarian syndrome)
- psychosocial difficulties (eg. low self-esteem, depression, eating disorders)
- parental mental health
- any joint or mobility problems
- educational and learning difficulties
- being looked after, safeguarding/neglect
- additional needs (eg. developmental delay)
- disengagement with services

(1) School nurse, GP or health professional to take height and weight measurement where appropriate
 (2) Social, Emotional and Mental Health Service (SEMH) for children who appear to have social or emotional wellbeing needs (no threshold). Providers work in close partnership within a Central Point of Access (CPA) based within Children's Service Contact Team (CSCT). Social, emotional and mental health services offered include: emotional wellbeing services including: Barnardo's; The Brandon Centre; Targeted Youth Support Counselling service; Isledon Wellbeing service and Child and Adolescent Mental Health services. Early help services including Bright Start, Families First, Islington Families Intensive Team, Adolescent Multi-Agency Support Service and Targeted Youth Support; social prescribing including third sector services and digital services such as online counselling. You can make a referral by completing the Children's Services SEMH request for service form or by calling the central point of access on: 020 7527 3355
 (3) Community Paediatric Dietetics: individualised 1 to 1 healthy living and weight management plans made with children and their families in community based clinics. Or refer into eating disorder Clinic at Royal Free
 (4) The Healthy Living Service provides one-to-one weight management, information, support for child / young person attending school (aged 5 - 17) with a BMI centile 96th - 98th and family (for children without complex needs) offers support with behaviour change and healthy living skills. If the case is complex it will be referred into the Obesity MDT (meets monthly) by the Healthy Living Service who will refer onto other appropriate services i.e Early Help, Brandon Centre parenting group, CAMHS, Social and Emotional wellbeing services, Social Support, Dietitian, Paediatrician/GP Email: referral form to whh-tr.sn-islhealthliving@nhs.net or call: 020 3316 8032 (For children with a BMI centile <96 refer into Families for Life (5)
 (5) Families for Life: 4 and 6-week healthy lifestyle programmes for families with children aged 2-11 years including healthy eating, active play and cooking. Email referral form to familiesforlife@islington.gov.uk or call 0207 527 2304 or self-refer
 (6) UCLH Obesity Service if child is aged 0-18 and has high cardio-metabolic risk (e.g. Hypertension, Type 2 Diabetes, hyperlipidaemia), obesity-complicating health situation (e.g. mobility, obstructive sleep apnoea), or severe obesity (>40kg/m2) / rapidly increasing BMI. Refer for specialist lifestyle modification, specialist medical treatment or bariatric surgery
 (7) If family decline referral signpost to local community services ie. physical activity and/or emotional wellbeing activities. Raise issue again in 3-6 months' time (see -2 find out more about social and emotional wellbeing and Family Support) and adventure playgrounds (<https://www.islington.gov.uk/children-and-families/things-to-do/adventure-playgrounds/>)
 (8) Adult weight management services: Adult weight management services: a 12-week (2 hours a week) programme for adults, focusing on behaviour change, nutrition and physical activity self-refer by calling 0207 974 3019 or www.camden.gov.uk/rebalance

Other information

BMI Guidance:

BMI centiles are related to the WHO growth charts (accessible in red book/Personal Child Health Record or downloadable from https://www.rcpch.ac.uk/sites/default/files/2018-03/boys_and_girls_bmi_chart.pdf)

Physical Activities for Children and Young People: <https://www.islington.gov.uk/active>

Created: February 2020
Next Review: September 2020