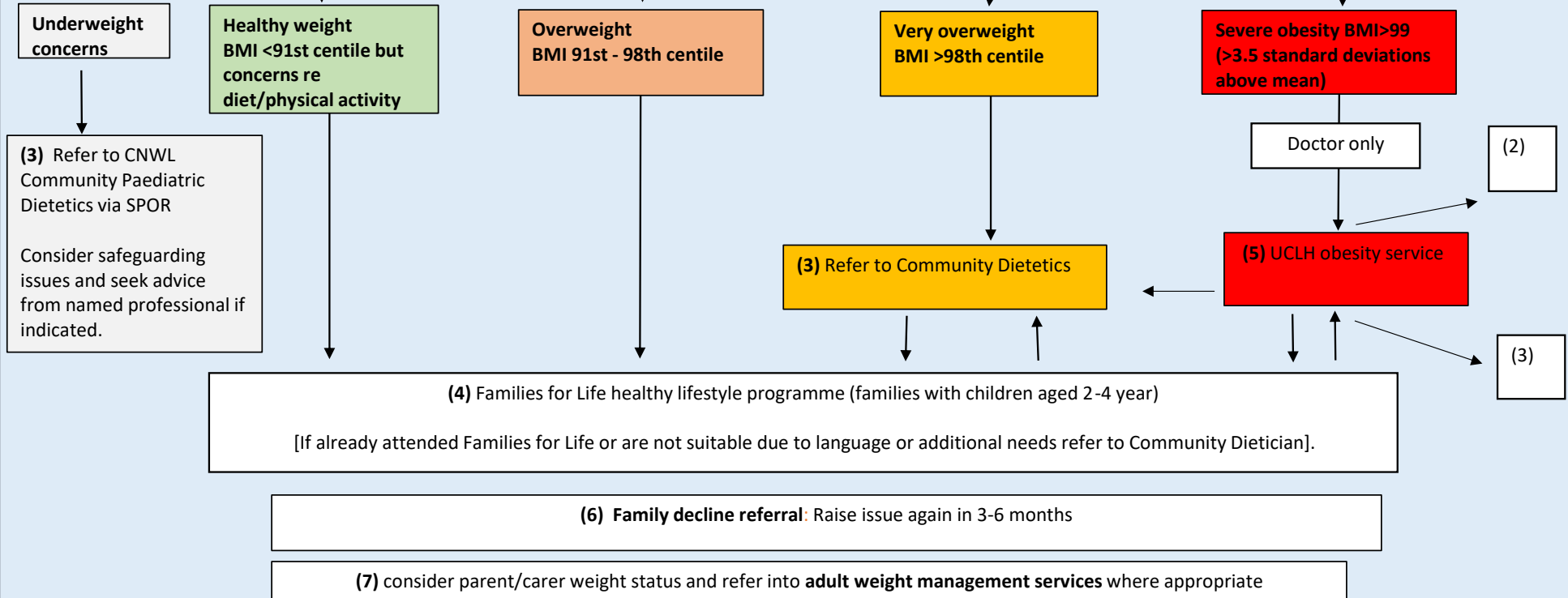


**Always assess neglect/safeguarding.**

If any concerns, complete an assessment form or discuss with Children and Youth team on 020 7974 3317 (out of hours: 020 7974 4444) or email: LBCMASHadmin@camden.gov.uk

Concern about weight identified through parental concern, opportunistic through consultation

(1) Brief assessment with GP or Health Professional  
 (2) Consider whether this child/family have additional needs (e.g. CAMHS, parental health/mental health) or would benefit from whole family support via Early Help and arrange these referrals in addition to weight management



**Risk factors, comorbidities and complex needs associated with obesity**

- 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

**BMI in Children >2 years of age:**

- Body Mass Index (kg/m<sup>2</sup>) = weight(kg)/height(m)<sup>2</sup>
- >91st centile = overweight
- >98th centile = very overweight
- Severe obesity = >3.5 standard deviations above mean (equivalent to BMI>40kg/m<sup>2</sup> in adults)

(1) Where children are aged under 2, first point of contact should be the Health Professional. Take height and weight measurement where appropriate (see supplementary information attached)

(2) **Camden Early Help for children and Families** (via First Stop Early Help Team) is a mixture of targeted services which are offered to residents in need before statutory services are involved. for under 5's this includes Surestart (health visiting; family support, parenting programmes, benefits, employment, SALT and SENCO) Families can be Stepped-up to CIN/ and link to Adult Services via this route. Referrals for early help are dealt with by the First Stop Early Help team which identifies the most suitable early help service for the family). You can make a referral by emailing [LBCMASHadmin@camden.gov.uk](mailto:LBCMASHadmin@camden.gov.uk) or by calling **020 7974 3317** (9am to 5pm - ask for Early Help)

(3) **Community Paediatric Dietetics:** individualised 1 to 1 healthy living and weight management plans made with children and their families in community based clinics. Referrals made online via the Single Point of Referral (SPOR). Referral enquiries to [adminSPOR.cnwl@nhs.net](mailto:adminSPOR.cnwl@nhs.net) Child must be registered with a Camden GP.

(4) **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 activities. Email referral form to: [healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk) refer via EMIS or ring 020 7974 6736 (can self-refer)

(5) **UCLH obesity service** if child 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/m<sup>2</sup>) / rapidly increasing BMI

(6) **If family decline referral** or not motivated: signpost to local services via Childrens Centres/Brightstart (2). Raise issue again in 3-6 months' time.

(7) **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](http://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](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.camden.gov.uk/children-young-people>

**Advice for Parents on Healthy Lifestyle for children:** <https://www.camden.gov.uk/camden-can-kids> for parent information on healthy weight (live from May 2020)