

Camden Primary aged (5 - 11 years) Child Weight Management Pathway [last updated Feb 2020]

Child resides, is at school, or is registered with a GP in Camden 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 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 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 have additional needs (e.g. CAMHS, parental health/mental health) or would benefit from whole family support via Early Help and

Underweight concerns

Healthy weight BMI <91st centile but concerns re diet/physical activity

Overweight BMI 91st - 95th centile

Overweight - Very overweight BMI >96th centile (BMI 96-99)

Severely overweight >3.5 standard deviations above mean (BMI >99)

(3) Manage according to need: Refer to CNWL Community Paediatric Dietetics via SPOR or Royal Free Eating Disorder Clinic

Doctor only

(4) All referrals (with AND without co-morbidities and/or complex needs) refer to:
HEALTHY LIVING SERVICE

(6) UCLH obesity service

(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 and refer to <https://www.camden.gov.uk/camden-can-kids> for parent information on healthy weight

(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) Camden Early Help for children and Families (via First Stop Early Help Team) The Contact Service is responsible for making decisions on referrals and requests for services to ensure that children and families get the most suitable services and support depending on their level of need. Early Help Services provide extra support to children and families where there are low levels of need that do not meet the threshold for a social work service. 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. Phone 020 7974 3317 (9am to 5pm - ask for Early Help). Email LBCMASHadmin@camden.gov.uk
- (3) Community Paediatric Dietetics: individualised 1 to 1 healthy living and weight management plans made with children and their families in community based clinics. Child must be registered with a Camden GP. Referrals made online via the Single Point of Referral (SPOR). Referral enquiries to adminSPOR.cnwl@nhs.net 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 if aged 5 - 17 years with a BMI centile 96th - 99th 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, SPOR/Mosaic, Paediatrician/GP. All referrals via Email: referral form to cnw-tr.healthylivingteam@nhs.net or call 020 3317 2304. (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: healthandwellbeingteam@camden.gov.uk refer via EMIS or ring 020 7974 6736 (can 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 i.e. physical activity and/or emotional wellbeing activities. Raise issue again in 3-6 months' time (see -2 and adventure playgrounds <http://cindex.camden.gov.uk/kb5/camden/cd/results.page?communitychannel=1-6-20-1>)
- (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.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)