



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/m²) = weight(kg)/height(m)²
- >91st centile = overweight
- >98th centile = very overweight
- Severe obesity = >3.5 standard deviations above mean (equivalent to BMI>40kg/m² 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) **Social, Emotional and Mental Health Service (SEMH)** Providers work in close partnership within a Central Point of Access (CPA). Social, emotional and mental health services offered include: Barnardo's, child mental health services; Early Help services including Bright Start, Families First, Islington Families Intensive Team, social prescribing including third sector services and digital services such as online counselling. You can make a referral by completing the Children's Services '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.

(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: familiesforlife@islington.gov.uk or call 0207 527 2304. (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/m²) / rapidly increasing BMI

(6) **If family decline referral** or not motivated signpost to local services via Childrens Centres/Brightstart. 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