

Assessment in Primary Care (eg GP, practice nurse, health visitor, school nurse, midwives)

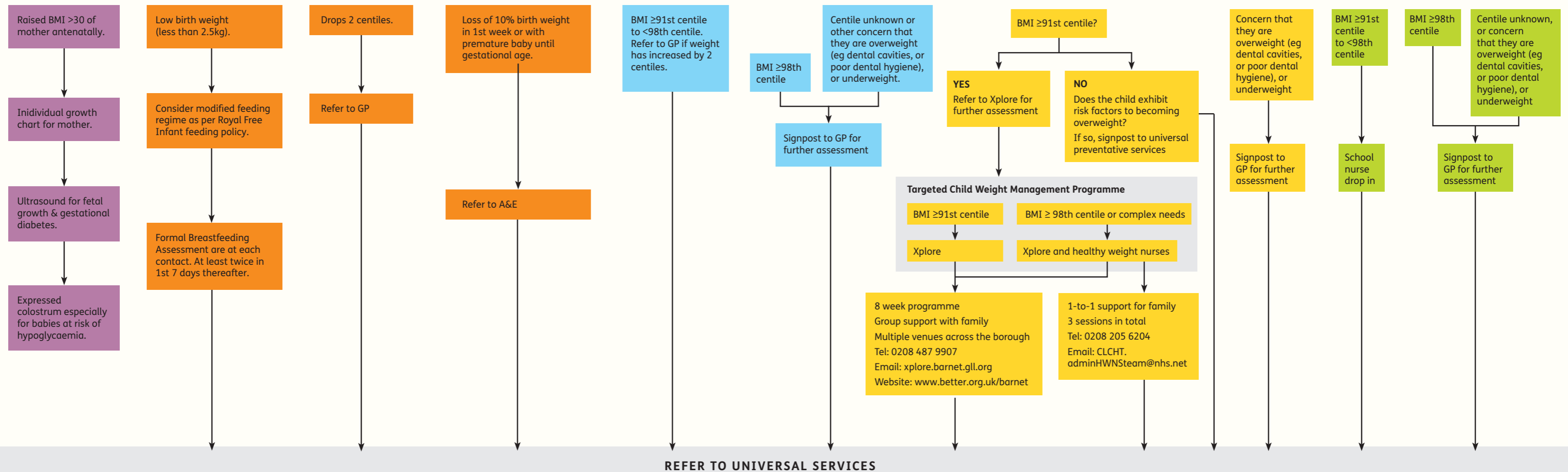
- Check:
 - height.
 - weight.
 - BMI calculation, using appropriate centile charts (ie Children's Growth Charts, and separate Down's Syndrome Chart).
 - family history (to assess obesity burden in family, considering the possibility of metabolic diseases, and possible genetic causes).
 - screen for special educational needs, sleep disordered breathing, asthma, depression, and social stigma (eg being bullied at school).
- For all ages with BMI >98th centile, check: blood pressure fasting, lipid profile, fasting glucose levels, liver function tests, thyroid function tests, urea, and electrolytes.
- For all ages with a change of 2 centiles, refer to GP
- Raise the issue of weight as a whole family approach, and consider referring to Adults Healthy Weight Pathway if adults also overweight.

Next review due: Post covid

KEY

- Antenatal
- Neonatal (babies 0-28 days)
- Child aged 28 days-4 years
- Child Age 4-13 (4-11 for HWN)
- Young Person Aged 14-19

Safeguarding to be considered throughout the pathway



Healthy Weight Universal Services for 0-19 Year Olds in Barnet

0yrs 1yrs 2yrs 3yrs 4yrs 5yrs 6yrs 7yrs 8yrs 9yrs 10yrs 11yrs 12yrs 13yrs 14yrs 15yrs 16yrs 17yrs 18yrs 19yrs

