

Cornwall and IoS Healthy Weight Care Pathway for Children 2 -17

Initial Weight Assessment
 (e.g. through NCMP, School Nurse, GP, Early Help Services).
 Refer to [UK-WHO Growth Charts](#) and plot BMI centile.

<91st

>91st

Level 1 Support (universal preventative activities): BMI <91st centile
 Use brief intervention and health promotion messages for healthy eating, physical activity and maintenance of healthy weight. Information available from [Better Health Healthier Families](#), [NHS Website](#), [Physical Activity guidelines](#), [Eatwell Guide](#).

- Assess the parent's/child's view of living with overweight or obesity, do they accept the information and how do they feel about this? Assess level of parent/child/carers readiness and confidence to change.
- For children **at or above the 98th centile**, consider referral to GP for assessment of conditions related to obesity e.g. type 2 diabetes, psychological dysfunction, exacerbation of conditions such as asthma.
- If parent/child is willing to adopt changes, select appropriate level of intervention based on BMI centile.
- For non-engagement, use [motivational interviewing techniques](#) to discuss importance of weight management and health implications. Refer to level 1 and follow up in 6 months. **Consider safeguarding.**

Level 2 Support: BMI >91st centile with no comorbidities
 Offer age-appropriate referral to [Healthy Cornwall](#). Refer using [professional referral form](#) or contact 01872 324200. Provide lifestyle information using resources in level 1. Monitor and reassess in 6 months.

Level 3 Support: Age and condition-specific referral criteria below.
 Offer age-appropriate referral to multi-disciplinary weight management service.

Age 2-4
No specialised service. Refer to universal services (Health Visiting & School Nursing).

- Age 5-12**
- 4-week digital Bitesize Healthy Families Programme
 - Kid's Activity Club.
 - Tier 2. **N.B. This is in development and is due to be piloted in January 2024.**
 - Locality-based offers. Healthy Cornwall offer a range of needs-led locality-based offers e.g. family cooking programmes.

Age 13-17
No specialised service. Refer to universal services (School Nursing).

0-6 years: BMI ≥ +3.33SD OR ≥99.6th centile with conditions related to obesity
 Refer to Lifestyles, Eating & Activity for Families (LEAF) programme.

7-18 years: BMI >40 or; BMI ≥3.5 SD above the mean or; BMI ≥99.6th centile AND a serious condition related to obesity or complex needs
 Refer to Complications of Excess Weight (CEW) programme by emailing plh-tr.cewservice@nhs.net

No lifestyle support service available from Healthy Cornwall for children/families with complex needs (e.g. learning disabilities, complex behavioural needs).

In event of progressive obesity, non-attendance, dropped out of programme: re-evaluate initial assessment, consider use of motivational interviewing and re-assess willingness to change. Consider safeguarding.

Safeguarding children: Childhood obesity alone is not a safeguarding issue. However, throughout this pathway, be aware of or suspect neglect or abuse as a contributory factor to or cause of obesity in children. Abuse may also coexist with obesity. If you are concerned contact the Multi Agency Referral Unit (MARU) on 0300 123 1116. The [CIOS Threshold Tool](#) can support you to identify the most appropriate service response.