

### Assessment in Primary Care: (e.g. GP, Practice Nurse, Health Visitor, School Nurse) or Paediatrician, OR Secondary School Health Services in Schools (HSIS)

1. Raise issue of weight with child and family or send letter to family following NCMP screen if overweight or obese
2. Measurement of BMI centile: Calculate using 2012 RCPCH growth charts
  - > 91st centile = overweight
  - > 98th centile = obese

3. Assessment to include:
  - Presenting symptoms and underlying causes of overweight and obesity
  - Readiness and motivation to change
  - Co-morbidities see NICE guidance (if BMI over 98th centile) consider testing BP, urine dip, HbA1C, lipids, TFTs
  - Psychosocial distress, such as low self-esteem, teasing and bullying
  - Family history (e.g. Type 2 diabetes), lifestyle and deprivation
  - Growth and pubertal status
  - Safeguarding

#### Identification of overweight or obese child by non-health professional

Let's Talk require the BMI of the child to be able to triage and support, if unable to capture this, please refer them to a health professional.

If in Year 8+ please refer to Health Services in Schools. Offer brief advice/brief intervention where trained to do so.

BMI <91st CENTILE or >centile and NOT ready to change, or young people in school Year 8 and above	BMI 91st - 98th CENTILE NOT ready to change = level 0 Ready to change = see below	BMI ≥98th CENTILE but below BMI of 40	BMI>99.6 <sup>th</sup> CENTILE BMI> 3.66 Standard Deviation above the mean GP to refer to paediatrician for CEW
<p><b>Level 0 Universal Services</b> Information for all is available on healthy eating and physical activity according to age:  Change4life: Top tips for top kids <b>Early years:</b> Food portions book for 1-4 year olds Maternal and child nutrition guidelines 0-5yrs  <b>Teens:</b> <a href="http://www.teenweightwise.com">http://www.teenweightwise.com</a> <a href="http://www.youthhealthtalk.org/">http://www.youthhealthtalk.org/</a> GP Surgery Health Coaches Mental Health Support: Kooth or My Mind Let's Talk DIY pack – via website  AND/OR  BMI≥91st centile &amp; not ready to change: Provide information via NHS Choices - Livewell: When your child is overweight. Provide contact details of relevant health professional for support when ready to change e.g. School Nurse. Offer follow up in 6 months.  AND/OR  Young people in year 8 and above of secondary school: Access Health Services in School (HSIS) worker or school nurse for initial advice. They can refer into Let's Talk advisors for 1:1 support to understand healthy weight and lifestyle.</p>	<p><b>Level 1 Targeted Brief Advice</b> Assessing health professional to complete referral form for Let's Talk service including BMI with parents/young person consent.  OR NCMP letter to parent/carer of children identified as overweight includes WCHC website and Let's Talk email address for parental referral. Email from parent to Let's Talk for advice. Admin open child on S1 records and check BMI for eligibility to level 1 or level 2.</p> <p><b>If level 1:</b> a phone call would be made where the health advisor would give a brief introduction and intervention over the phone; discussing the DIY pack and signposting to this. If any concerns raised regarding health, advisor would signpost to GP. Discuss programme for parents (HENRY age 5-12) and if interested add to waiting list, explaining that this will be run in some schools. May be relevant to talk about HENRY 0-5 depending on family make up. <a href="http://www.henry.org.uk/for-families">www.henry.org.uk/for-families</a> Signpost to local activities.</p> <p>Upon completion of phone call, respond to referrer to update with referral status and make aware of action taken.</p>	<p><b>Level 2 Targeted Intervention</b> Assessing health professional to complete referral form for Let's Talk service including BMI with parents/young person consent.  OR NCMP letter to parent/carer of children identified as overweight or obese (based on NCMP measurements as over 98<sup>th</sup> centile) to include WCHC website and Let's Talk email address. Email from parent to Let's Talk for advice. Admin to confirm BMI for eligibility to level 1 or level 2.</p> <p><b>If level 2:</b> a phone call to parent/carer to offer a 1:1 programme of support for 6-8 sessions focused on behavioural change for parent and child/young person. This is based on motivational interviewing and interactive resources. Face to face and phone contacts. Evaluation of intervention completed. Strategies and plans discussed to continue progress independently. Signpost to local activities.</p> <p><b>On completion of Intervention</b> With consent, Let's Talk to email referrer to feedback on programme delivered and progress from evaluation questions. Follow up phone call agreed with client for 3 months post intervention. If they identify challenges, advisor to explore previous advice given and to encourage strategies that worked before.</p>	<p><b>Level 3 Paediatrician Assessment &amp; Management</b> <b>CEW programme.</b> Referral via paediatrician, community paediatrician or hospital-based consultant.  Alderhey CEW: <a href="mailto:endocrinepco@alderhey.nhs.net">endocrinepco@alderhey.nhs.net</a>  (While waiting, will be advised to see DIY pack on Let's Talk WCHC website).</p> <p><b>¥ Safeguarding</b> ALL LEVELS – consider if there are wider safeguarding or child protection issues that have impacted on the child.  If so, you should consider doing further assessment through an Early Help or IFD referral.</p> <p><b>Additional Needs</b> ALL LEVELS – CAMHS offer training for parents on strategies to work with children around behaviour, nutrition and more. <a href="http://www.mymind.org.uk">www.mymind.org.uk</a></p>