Cornwall & IoS care pathway

for overweight and obese children 0 - 23 months

Cause for concern identified
Use Brief intervention / motivational interviewing skills

Primary care assessment by Health visitor, G.P.

Basic Assessment
UK - WHO growth charts plot height / length / and weight.

- Upward crossing of weight across >2 major centiles or
- weight >99.6th centile or
- weight 2 major centiles above length

Key consideration: Presenting symptoms as well as possible underlying endocrine causes or co-morbidities

Consider:

- Family lifestyle - diet and physical activity
- Environment / family pyscho-social factors
- Growth / developmental stage
- Involvement of other agencies
- Family history of obesity and co-morbidities eg. diabetes

Suspected underlying causes or co-morbidity?
> Standard referral letter

Yes → GP assessment for possible co-morbidity / underlying cause

No → Ready to change?
> Assessment tool

GP assessment for possible co-morbidity / underlying cause
- Precocious puberty
- Symptoms / signs endocrine disorder e.g. low height for weight centile or severe progressive obesity
- Hypertension (use appropriate cuffs size and BP charts)
- Sleep apnoea, orthopaedic problems
- Significant developmental delay or dysmorphic features

> Please refer to OSCA statement

No → Ready to change?

Yes → Yes co-morbidity or underlying cause

Ready to change?
> Assessment tool

Yes → Level 1 intervention

No → Consider safegaurding. Go to 'level 0' and reassess in 6 months.

Consider safeguarding
> See link for further advice

Yes → Level 0 intervention

No → Did not attend, drop out of programme or obesity progressive return to key primary care worker.

Level 0 intervention
Universal health visitor approach to reinforce healthy lifestyles.

Consider parental weight and if appropriate refer to adult weight management :

www.healthycornwall.org.uk/professionals/make-a-referral

Ensure contact info given for future concerns.

Level 1 intervention
led by Health Visitor / Family Support Worker

Use Brief intervention skills and motivational interviewing.

Contact Healthy Cornwall for local information on **01209 615 600**

Re-assess at 6 months. If obesity progressive and ready to change consider referral to level 2.

Level 2 intervention
led by Health Visitor

Contact Healthy Cornwall for local information on **01209 615 600**

If obesity progressive advice can be obtained from healthy weight team at **leaf.programme@nhs.net** consider referral to level 3.

Level 3 intervention
Contact the LEAF programme at **leaf.programme@nhs.net** (Community Peadiatrician, Dietitian and Activity Advisor).

Maintenance (Step down approach led by health visiting)
Progress to this stage once achieved weight management goals. Ongoing monitoring of growth for 6 month to ensure family is supported. Refer back into the pathway if progress is not sustained.