### Tier 1

| All families with children participating in National Child Measuring Programme (NCMP) in Reception Year and Year 6 |

**New 2012 resources available which incorporate WHO guidelines for:**

- UK Growth Charts 0-4
- UK Growth Charts 2-18
- www.rcpch.ac.uk/growthcharts

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### Universal Health Promotion And Early Intervention

**All Parents will receive feedback letters informing parents of child’s NCMP results, based on The British (UK) 1990 Growth Reference, for height, weight and body mass index (BMI)**

NCMP materials promote local opportunities for increasing physical activity, healthy eating, local Community Play Services and Commissioned Weight Management Services and the Healthy Lifestyle Hub

GPs will receive a list of all children registered at their practice, with their NCMP data and so they can be added to the child’s health records.

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### Resources And Further Information For Professionals And Clients

**For Clients:**

- NHS Choices
- www.nhs.uk/Livewell/childhealth6-15
- The Healthy Lifestyle Hub
- www.sirona-cic.org.uk
- Change4life materials
- www.nhs.uk/Change4Life
- For Professionals:
  - UK 1990 BMI charts
  - www.who.int
  - Healthy child programme
  - www.gov.uk
  - Tackling Childhood Obesity
  - A Framework for Action
  - www.noo.org.uk/Mary_Rudolf
  - Healthy Child Programme E-learning
  - www.rcpch.ac.uk/hcp

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**Children and young people at higher risk of overweight and obesity due to demographics, lifestyle behaviour, or whose parents are overweight**

**Children with disabilities, learning disabilities or other high risk factors for developing obesity**

**Parents who are eligible for services and motivated to make parenting and behaviour changes to improve their families health**

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**If there are concerns about a child’s weight provide the family with up to date sources of information on the benefits of a healthy lifestyle and Refer the family to their school or college nurse.**

- Offer brief intervention to re-enforce the benefits of a healthy lifestyle:
  - Use change4life ‘top tips for top kids’ leaflet
  - Promote the following messages:
    - 180 active minutes (daily)
    - 5 a day
    - Meal times
    - Me-size meals
    - Cut back on fat
    - Sugar swaps
    - Snack check

- Provide up to date information about healthy lifestyles and local services

- Consider referring parents / carers to the Healthy Lifestyle Hub to be assessed for relevant adult services; including HENRY or cooking skills courses, or weight management programmes

- Ensure child / family are aware of local opportunities for increasing physical activity

- If child (aged 5-13)ys does not seem to be accessing outdoor play, consider referring to Local Family play inclusion worker, via request for support form

- Monitor weight according to the Healthy Child Programme

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**If there are any concerns of a safeguarding nature you should consult your agency safeguarding lead and refer to social care / police as appropriate.**
## Tier 2

<table>
<thead>
<tr>
<th>Intervention And Treatment</th>
<th>Resources And Further Information For Professionals And Clients</th>
</tr>
</thead>
</table>
| All Children & Young People identified with a BMI between 91st-98th Centile (overweight) with no comorbidities | **For Clients:**  
When your child is overweight  
www.nhs.uk/Livewell |
| All Children & Young People identified with a BMI >98th (very overweight/ clinically obese) with no comorbidities | **NHS Choices:**  
(includes online BMI calculator)  
www.nhs.uk/LiveWell |
| **Red Flag indicators which require referral to GP for Tier 3 assessment:**  
- Severe progressive obesity / weight loss  
- Co-morbidities present  
- No significant change within 6 months despite behaviour change intervention and / or support given | **Eatwell Plate**  
www.nhs.uk/Livewell/Goodfood |
| **School & College Nurses should:**  
Review presenting symptoms and assess underlying causes of overweight or obesity  
Where possible, identify:  
- Risk factors / co morbidities  
- Psychosocial distress  
- Family history  
- Parental attachment/ bonding  
- Parenting style  
- Activity levels  
- Feeding methods / eating patterns  
- Sleep patterns  
- Environmental / social factors  
- Growth trend and most recent weight measurement  
- Child / parent feelings about the issue  
- Willingness to change  
- Offer brief intervention to re-enforce the benefits of a healthy lifestyle, including plotting the child's weight on the UK 1990 BMI charts with the family  
- Provide up to date information about healthy lifestyles and local services  
- Consider referring parents / carers to the Healthy Lifestyle Hub to be assessed for relevant services  
- Refer family to commissioned children's weight management service SHINE programme for 10-17 yr olds (via The Healthy Lifestyle Hub)  
- Ensure child / family are aware of local opportunities for increasing physical activity and offer referral to the local Family Play Inclusion worker & Community Play Services  
- Monitor weight according to the Healthy Child Programme | **Local activities and services for families with children and young people (0-20):**  
www.1bigdatabase.org.uk  
Or call The Family Information Service on:  
Tel 0800 073 1214  
**The Healthy Lifestyle Hub**  
www.sirona-cic.org.uk  
**Change4Life materials**  
www.nhs.uk/Change4Life  
**UK Recommendations for physical activity for children and young people**  
www.nhs.uk/Livewell  
**Opportunities for local physical activity and active play**  
www.bathnes.gov.uk  
**For Professionals:**  
Children’s weight management service will be commissioned in April 2013  
www.shinehealthacademy.org.uk  
www.sirona-cic.org.uk  
**Caroline Walker Trust portion**  
size resources  
www.cwt.org.uk  
**Community Play Services & Family Play Inclusion worker**  
Bath area:  
www.bapp.org.uk  
Tel 01225 832 479  
Wansdyke area:  
www.wpsa-play.com  
Tel 01761 420660  
**For Reference:**  
Impact of sleep on obesity  
www.bmj.com  
Recommended sleep by age  
5-12 years 10-11 hours/night  
Teenagers 8.5-9 hours/night  
Primary prevention in children and Adolescence Report  
www.nationalobesityforum.org.uk |  
**For Clients:**  
When your child is overweight  
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**NHS Choices:**  
(includes online BMI calculator)  
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**Eatwell Plate**  
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## Healthy Weight Management for Children (5-17 yrs) & Families

### Tier 3

<table>
<thead>
<tr>
<th>Children (5-17) with BMI 91st - 98th centile, (overweight) with red flag indicators</th>
<th>Specialist treatment</th>
<th>Resources And Further Information For Professionals And Clients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Red Flag indicators which require referral to GP for Tier 3 assessment:</strong>&lt;br&gt;• Severe progressive obesity / weight loss&lt;br&gt;• Co-morbidities present&lt;br&gt;• No significant change within 6 months despite behaviour change intervention and / or support given</td>
<td><strong>GP referral to specialist services</strong>&lt;br&gt;• Blood tests for liver function, fasting lipids, fasting glucose, HBA1C and thyroid function&lt;br&gt;• Referral to endocrine paediatrician for assessment&lt;br&gt;• Re-enforce the benefits of a healthy lifestyle and plot BMI on charts with family;&lt;br&gt;• Provide up to date information about healthy lifestyles;&lt;br&gt;• Use change4life ‘top tips for top kids’ leaflet&lt;br&gt;• Promote the following messages:&lt;br&gt;  • 180 active minutes (daily)&lt;br&gt;  • 5 a day&lt;br&gt;  • Meat times&lt;br&gt;  • Me-size meals&lt;br&gt;  • Cut back on fat&lt;br&gt;  • Sugar swaps&lt;br&gt;  • Snack check&lt;br&gt;• Review tier 2 assessment&lt;br&gt;• Promote tier 2 interventions&lt;br&gt;• Consider referral to dietetic&lt;br&gt;• Offer 3/12 reviews weight / height / BMI/% body fat&lt;br&gt;• If no underlying cause identified refer back to school nurse team to review tier 2 interventions.</td>
<td><strong>For Clients:</strong>&lt;br&gt;Tackling Childhood Obesity, A framework for action&lt;br&gt;www.noo.org.uk/Mary_Rudolf&lt;br&gt;<strong>For Reference:</strong>&lt;br&gt;NICE Guidance Obesity&lt;br&gt;www.nice.org.uk&lt;br&gt;Child Protection Framework for Obesity&lt;br&gt;www.bmj.com (BMJ registration required)&lt;br&gt;To refer to a Dietitian&lt;br&gt;www.sirona-cic.org.uk&lt;br&gt;Tel 01225 833916 / Fax 01225 831735&lt;br&gt;Healthy Child Programme E Learning&lt;br&gt;www.rcpch.ac.uk</td>
</tr>
</tbody>
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| Children 5-11 with BMI > 98th centile (obese) with red flag indicators | GP / Paediatrician To Also Consider:<br>• Drug therapy – Orlistat and Metformin<br>• Bariatric surgery | NICE Guidance Obesity<br>www.nice.org.uk |

### Red Flag indicators which require referral to GP for Tier 3 assessment:

- Severe progressive obesity / weight loss
- Co-morbidities present
- No significant change within 6 months despite behaviour change intervention and / or support given

### Children over 12 with BMI > 98th centile with red flag indicators

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<td><strong>Drug therapy – Orlistat and Metformin</strong>&lt;br&gt;<strong>Bariatric surgery</strong></td>
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