**CARE PATHWAY for OVERWEIGHT and OBESE CHILDREN**

**(Janet King September 2012/ Amended Hannah Seaman 2014)**

For Paediatricians working in both the acute and community setting and the Community Outreach Nursing Team and Paediatric Dietitians

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| **Assessment & classification** | **Possible Co-morbidities / Risk factor** |
| **Plot weight and height**  **Calculate BMI & plot on BMI charts**  **≥ 91st centile = Overweight**  **≥ 98th centile = Obese** | **\* Precocious or late puberty of African, Asian or African Caribbean Origin**  **\* Child neglect and child protection**  **\* Symptoms/signs of endocrine disorder especially Ht<10th centile**  **\* Hypertension**  **\* FH diabetes**  **\* Associated diabetes, sleep apnoea, orthopaedic problems**  **\* Significant learning disability** |
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**Disturbed sleep/snoring/sleep apnoea** refer to ENT

**Short stature dysmorphic features/LD**

Consider genetic referral

**Short stature**

Bone age

T4/IGFI

**BMI>91st centile and 2 risk factors (race and type 2 DM)**

**BMI>98th centile and one risk factor**

* Measure fasting blood sugar HbA1c if elevated refer to diabetic clinic
* Cholesterol if increased repeat at 6 months
* LFT’s abnormal USS and ALT

**For dietetic advice/ANK see dietetic care pathway on page 2**

**DIETETIC CARE PATHWAY for OVERWEIGHT and OBESE CHILDREN**

**Referrals from:**

Consultant Paediatricians, Community Paediatricians, Children’s Outreach Nursing Team

**>91st centile**

+

**Co-morbidities or complex needs**

**>91st centile**

**+**

**No co-morbidities**

**<91st centile**

**No co-morbidities**

|  |  |
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* Weight maintenance
* Provide information on healthy eating and exercise

(Booklets available in Children’s Outpatient)

* Re-assess by referrer annually

No improvement

Or if < 5 yrs or >16 yrs

***Alive and Kicking (Swindon)***

**Infants & Juniors**

5 – 11 years

**Seniors**

12 – 16 years

***SHINE (Wiltshire)***

7-11years

Clinic Appointment with Dietitian

No progress with weight management

**ANK/ SHINE** inform referrer & dietitians once the child has completed the 10/12 weeks as well as any reasons for not starting the programme/ programme drop outs.

Dietitians- Adapted from Nottingham City care pathway- October 2014