

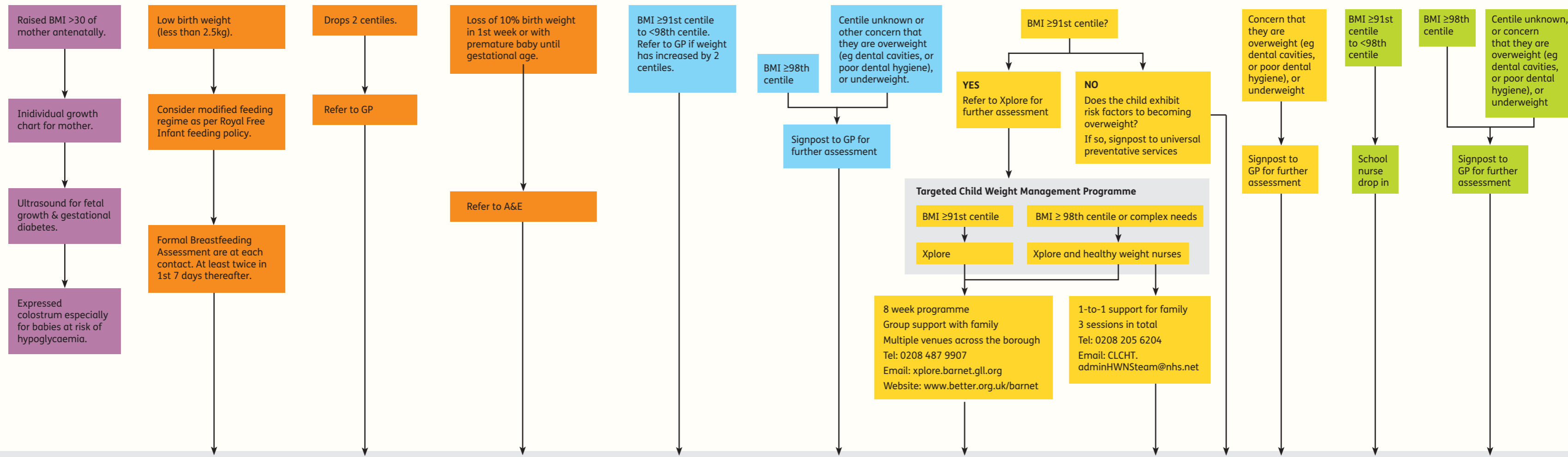
### Assessment in Primary Care (eg GP, practice nurse, health visitor, school nurse, midwives)

- Check:
  - height.
  - weight.
  - BMI calculation, using appropriate centile charts (ie Children's Growth Charts, and separate Down's Syndrome Chart).
  - family history (to assess obesity burden in family, considering the possibility of metabolic diseases, and possible genetic causes).
  - screen for special educational needs, sleep disordered breathing, asthma, depression, and social stigma (eg being bullied at school).
- For all ages with BMI >98th centile, check: blood pressure fasting, lipid profile, fasting glucose levels, liver function tests, thyroid function tests, urea, and electrolytes.
- For all ages with a change of 2 centiles, refer to GP
- Raise the issue of weight as a whole family approach, and consider referring to Adults Healthy Weight Pathway if adults also overweight.

### KEY

- Antenatal
- Neonatal (babies 0-28 days)
- Child aged 28 days-4 years
- Child Age 4-13 (4-11 for HWN)
- Young Person Aged 14-19

Safeguarding to be considered throughout the pathway



REFER TO UNIVERSAL SERVICES

# Healthy Weight Universal Services for 0-19 Year Olds in Barnet

0yrs   1yrs   2yrs   3yrs   4yrs   5yrs   6yrs   7yrs   8yrs   9yrs   10yrs   11yrs   12yrs   13yrs   14yrs   15yrs   16yrs   17yrs   18yrs   19yrs

