

# Pathway: CYP weight management support- Ages 0-13 years updated June 24

**Access across life course**  
Referrals age range

**Children 0-4 years:**

- GP/ Primary care
- Early Help
- Maternity/ Perinatal
- Health Visitors
- Family/ self referral
- Early years/ childcare Provider

**Children 4- 12 years:**

- GP/ Primary care
- Early Help
- Family/ self referral
- NCMP
- Healthy weight nurses
- School/ School nurses

## Referral process

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.

Below 91<sup>st</sup> percentile/ underweight or drops 2 percentiles/concern about underweight

**Age 4- 13 years: Between 91<sup>st</sup> – 99.5 percentile with no complex needs or other underlying conditions**

**Age 4- 12 years: Above 99.5 Percentile with no complex needs or other underlying health conditions**

**Age 4- 12 years: Above 91<sup>st</sup> / 99.5 Percentile with additional complex needs or other underlying health conditions**

**Aged 2 years up to 18 birthday who have serious health conditions** caused by weight. Examples include type 2 diabetes, sleep apnoea or problems with mobility

Food related **mental health**/ wellbeing issues/ urgent emergency **eating disorders**

## Specialist support

Services and interventions to meet additional needs

Refer to GP/ Primary Care or Hospital paediatric dietitian [Central London Community Healthcare NHS Trust](http://Central London Community Healthcare NHS Trust) :: Nutrition and dietetics ([clch.nhs.uk](http://clch.nhs.uk))

**XPLORE** targeted 8 week programme  
Group support with family  
Multiple venues across the borough  
Tel: 0208 487 9907 Email: [xplore.barnet@gll.org](mailto:xplore.barnet@gll.org)  
Website: [www.better.org.uk/barnet](http://www.better.org.uk/barnet)

**Healthy Weight Nurse service**  
1-to-1 support for family-3 sessions in total  
Signpost to Xplore for further support. [whh-tr.barnethealthyweightteam@nhs.net](mailto:whh-tr.barnethealthyweightteam@nhs.net)  
and the contact number is 08007723110 or 02036334049

Refer to GP /Primary Care/ See serious health conditions

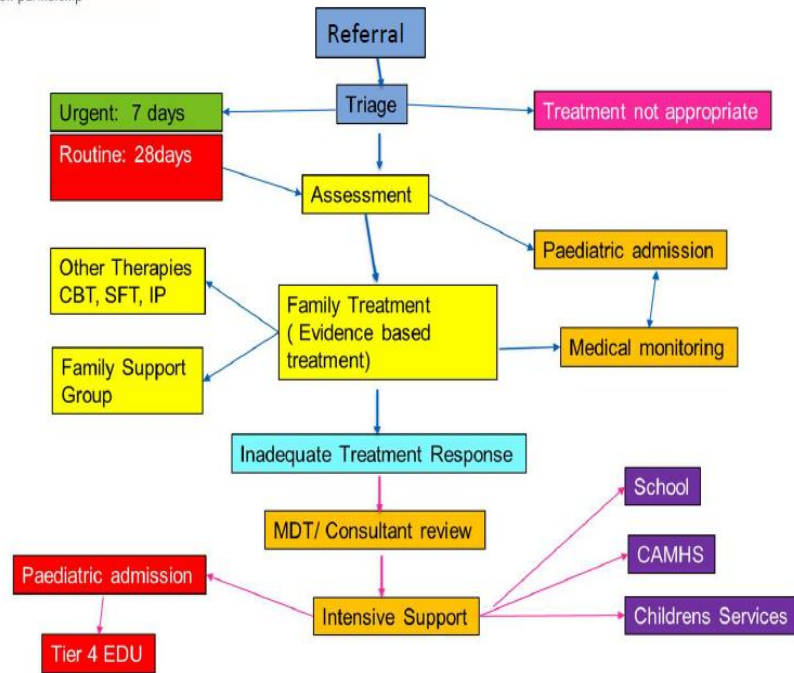
Refer to GP or [Complications from excess weight clinic \(CEW\) | Great Ormond Street Hospital \(gosh.nhs.uk\)](http://Complications from excess weight clinic (CEW) | Great Ormond Street Hospital (gosh.nhs.uk))

Refer to GP or [BICS](http://BICS) or Royal Free  
Refer for urgent emergency [Royal Free eating disorder pathway](http://Royal Free eating disorder pathway)

# Pathway: CYP weight management support – up to 18 Years



## CYP Eating Disorders Care Pathway



The CYP Eating Disorders pathway involves close working between primary and secondary care, education, CAMHS, Family Support Groups, and others

[Eating disorder service](#) | [Child and adolescent mental health services](#) | [Services A-Z](#) | [Services](#) | [The Royal Free](#)

### Royal Free Eating disorder referrals

Eating disorder referrals are accepted from GPs, local CAMHS teams, and other NHS medical professionals.

There is not a waiting list for new referrals. The Team aim to see emergencies the same day and urgent referrals within one week, all other referrals within 4-6 weeks.

Please note that we DO NOT accept referrals for Binge Eating Disorder or ARFID.

Unless an emergency, please refer all patient over 17yrs and 9 months to adult ED services.

#### **RED FLAGS**

If the young person has weight loss of  $\geq 1\text{kg/week}$  and one or more of the following, then this patient will need the EMERGENCY/URGENT referral pathway. Please contact the DUTY CLINICIAN (07929791290) to discuss, or if out of hours please send to the Emergency Department.

- Weight loss  $\geq 1\text{kg/week}$
- Systolic BP (sitting BP)  $< 90\text{mmHg}$
- Postural Tachycardia (standing pulse – sitting pulse)
- Postural Hypotension (sitting BP – standing BP)
- Pulse (sitting)  $< 40\text{bpm}$
- Temperature  $< 35\text{oC}$

Until the YP has been assessed by us please monitor the following weekly and use Red Flags to continuously monitor risk:

- Weight
- BP (sitting and standing)
- Pulse (sitting and standing)

We do not need referrers to organise blood tests or any other investigations in advance, especially where young people may be rapidly losing weight. Please see the referrals tab on the [CAMHS main page](#) for contact details and further information.

[Refer to the Eating Disorders Service](#)