

# Islington Healthy Weight Pathway (2 - 5 year olds)

Always assess safeguarding concerns, complete a '**request for service form**' with child protection team **0207 527 7400**. Concerns about weight identified through parental concern, opportunistic through consultation and early years staff.

1. Brief assessment with GP or health professional
2. Medical professionals (i.e. HV, FHA, School nurses, GP) plot height and weight using growth charts. Where there is a concern, the measurements should be used to **calculate BMI** to classify children into healthy weight, overweight, very overweight or severely overweight categories
3. Consider whether this child/family would benefit from whole family support via Bright Start Services

## Underweight

Concerns is losing weight rapidly (2 or more centiles) <2nd Centile

## Healthy Weight

BMI 2nd- 91st Centile but concerns with regards to diet/physical activity

## Overweight

BMI 91st-98th centile

## Very Overweight

BMI >98th centile

## Severely overweight

>3.5 standard deviations above mean (BMI >99th)

### Manage according to need:

Invite parents to weight checks (refer to health visitor), discuss feeding and advice. Offer person centred care.

### Next step:

Any ongoing concerns with feeding and weight refer to **Dietitian**. Inform GP of referral.

**Significant concerns refer to Paediatrician (10-12 Clinic Whittington) and inform GP** (Overweight or child having poor weight gain losing 2 or more centiles)

Refer to **Islington Community Children's Dietitians**

Refer to Secondary Care Paediatrics (GP to refer)

Encourage all children to access **Bright Start Services** (Box 1) and also consider referring to Families for Life **Families for Life Healthy Weight programme** (Families for Life - free healthy lifestyle programmes and sessions to families in Islington)

Please see Page 2 for more information

## Box 1: Universal Support

### Encourage parents to access Bright Start Services during all mandated contacts

Families could benefit from attending Child Health Clinic where child can be weighed by staff and consultation can be completed by health visitor.

To access stay and play sessions to encourage development and movement, please see timetable.

Family fitness also available, please see timetable above.

Inform parents of First Steps nutrition, [Eating well in the early years](#)

Advice family to attend [Family Kitchen](#)

## Box 2: Guidance on weighing and measuring

Medical professionals (i.e. HV, FHA, School nurses, GP) plot height and weight using growth charts in the Personal Child Health Record (red book). Where there is a concern, the measurements should be used to **calculate BMI** to classify children into healthy weight, overweight, very overweight or severely overweight categories.

### BMI in Children > 2 years of age:

- Body Mass Index (kg/m<sup>2</sup>) = weight(kg)/height(m)<sup>2</sup>
- >91st Centile = overweight
- > 98th Centile very overweight
- Severe obesity = > 3.5 standard deviations above mean (equivalent to BMI>40kg/m<sup>2</sup> in adults)

For guidance around plotting and assessing infants and toddlers growth please see website: [Growth Charts](#)

## Box 3: Guidance on risk factors

Childhood obesity is one of the biggest public health issues facing the UK. Obesity increases the risk of developing a range of health conditions in childhood and later life, including: heart disease; stroke; high blood pressure; diabetes and some cancers. Obese children are much more likely to be obese adults, which may lead to significant health risks ([RCPCH Healthy Weight](#)).

Where there are concerns with parental mental health please refer to [ICope](#), Growing Together (Referral Paper Form) or the [Maya Centre](#).

Parental weight – adult weight management [More Life](#)

Assessment of comorbidity should be considered for children with a BMI at or above the 98th centile ([NICE Guidelines, 2023](#)). Applicable for children over the age of two years old.

Risk factors, comorbidity and complex needs associated with obesity.

Comorbidities (such as hypertension, hyperinsulinemia, dyslipidaemia, type 2 diabetes, psychosocial dysfunction and exacerbation of conditions such as asthma)

Obesity is complex and is driven by multiple and interacting behavioural, social and environmental factors. The biggest risk factors include

unhealthy diet, poverty, lack of physical activity, family health and behaviour, access to food outlets and spaces for active play and exercise ([UK Parliament](#)). Any joint or mobility problems, educational or learning difficulties additional needs (eg. developmental delay), poor parenting, being looked after, safeguarding neglect, poor engagement with service could also have an impact.

At every mandated service discuss **Bright start services**, discussions on feeding and healthy eating and making parents aware and encouraging Child Health Clinics.

## Box 4:

Family Decline Referral or help: Flagged by Health Visiting Team to Raise issue again in 3-6 months or at mandated contacts. Document and plot

weight/measurements in red book. It is important to document advise and interventions given in progress notes. To remember to contact families again please

use RIO or respective electronic system/paper diary to put family in your diary for future contact.