ssess



Promoting Healthy Weight in Children Assessment and Management Flowchart

- Measure height & weight, calculate BMI and plot on weight-height BMI chart to determine BMI centile
- Classify as underweight, healthy weight, overweight or obese and document
- Family/whānau and child complete Healthy Habits Questionnaire
- Provide feedback to family/whānau, discuss referral process and obtain consent

<91st centile and stable

>91st but <98th centile

>98th centile

Refer also to Ministry of Health Guidelines

and Map of Medicine

Take in-depth health history including

Take family history (obesity, DM, early CVD,

systems review, medications

Having a conversation

- Review Healthy Habits Questionnaire with family/whānau and child
- Identify **unhealthy** lifestyle issues & barriers and identify **healthy** lifestyle factors & enablers
- The questionnaire will help identify issues raised by the family/whānau (cultural, social, environmental and/or economic factors)

Fantastic, growing into a healthy weight!

- Targeted prevention as appropriate
- Brief advice given reinforce consistent messaging (5210 Tools)
- Check BMI percentile for age/sex annually or as advised in the Well Child/Tamariki Ora Schedule

Let's take a closer look....

Health history:

- ✓ Take brief health history to identify clinical, social or behavioural factors that might affect weight
- Consider co-morbidities and any possible genetic or endocrine
- Refer to Ministry of Health <u>Guidelines</u>

Risk Factors?

Family history:

✓ Consider obesity, diabetes, early CVD, dyslipidemia

YES

dyslipidemia)

HEADSS)

Look for genetic/endocrine causes (e.g. Cushings, Hypothyroidism, Prader-Willi)

Consider psychological screen – (e.g.

Look for co-morbidity:

Perform physical exam:

Health and family history:

Consider comorbidity

- High BP (use correct cuff and age/ height adjusted tables)
- Dental caries
- Skin infections, intertrigo
- Acanthosis nigricans
- Tonsillar hypertrophy, ENT problem
- Painful hip/knee or gait/hip motion anomalies
- Hepatomegaly
- Short stature
- Developmental delay/dysmorphology

Readiness for change

- Assess patient, family/whānau motivation and readiness for change from reflections of the *Healthy Habits* Questionnaire
- Discuss concept of goal setting, use 5210 Goal Tracker

NOT READY

READY



Brief advice given

- 5210 key messages given
- Involve relevant family/whānau members
- Offer follow up, e.g. in six months to improve/assess readiness for change

Use the *Healthy Habits Questionnaire* to develop healthy lifestyle goals with family/whānau:

5210 Goal Tracker

NO

- Provide information on <u>local interventions</u> to support
- Supporting resources for children, families and whānau may assist goal setting

Follow up and regular growth monitoring:

- Revisit *Healthy Habits Questionnaire* and goal
- Visit Bay Navigator Childhood Obesity for more information

Consider:

- Labs: fasting lipid profile, HbA1c, other investigations
- Screen for sleep apnoea etc (e.g. BEARS)
- Radiology Xrays if weight related joint
- Radiology USS if fatty liver suspected

Discuss long-term health risks

Consider referral to secondary service (e.g. Paediatrics, Orthopaedics, ENT or **Dental**) when:

- Suspect genetic/endocrine cause
- Significant comorbidities/complex needs
- Developmental delay
- Concerning lab/radiology results

Reference: The Ministry of Health has published new guidance for weight management in 2-5 year olds. This is available online at www.health.govt.nz/ publication/weight-management-2-5-year-olds

