

Woman, Child and Family Service – Paediatrics
Tauranga Hospital
Cameron Road Private Bag 12024
Tauranga NEW ZEALAND

RE: Referral for obesity

We would suggest you refer to the Bay Navigator website “Rising Healthy Kids: Weight Management in Children” Pathway. In particular, please review the “5-2-1-0 Promoting Healthy Weight in Children Assessment and Management Flow Chart”. This will guide you to take an in-depth personal and family history including an assessment of diet and activity, and perform a physical exam including blood pressure. If the BMI is >98th centile or there are risk factors, you may wish to consider investigations such as fasting lipid profile and HbA1C, and assessing for sleep apnoea.

We would suggest you offer advice and help the family to develop healthy lifestyle goals, and arrange follow up and regular growth monitoring. You may also wish to consider referring to Active Families and a community dietician to provide ongoing support and advice for this family.

We have not made an appointment in the paediatric clinic at this time. Referrals to paediatrics for obesity will be considered if there is a suspected genetic/endocrine cause, significant comorbidities, developmental delay, or concerning results of investigations.

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Yours sincerely

Electronically checked and approved

Paediatric Grading Team