

## RAISING THE ISSUE OF OVERWEIGHT FOR CHILDREN

<b>1</b>	<b>WHEN TO INITIATE A DISCUSSION ABOUT WEIGHT</b>						
	<ul style="list-style-type: none"> <li>• If the family/parent expresses concern about the child's weight</li> <li>• If the child has weight-related co-morbidities</li> <li>• If the child is visibly overweight</li> </ul>						
<b>2</b>	<b>RAISE THE ISSUE OF WEIGHT</b>						
	<p>Discuss the child's weight in a sensitive manner because many parents are unaware that their child might be overweight. Use the term 'overweight' rather than 'obese'.</p> <p><b>If parent is concerned about the child's weight:</b>  <i>"We have [child's] measurements so we can see if s/he is overweight for age."</i></p> <p><b>If child is visibly overweight:</b>  <i>"I see more children nowadays who are a little overweight. Could we check [child's] weight?"</i></p> <p><b>If child presents with co-morbidities:</b>  <i>"Sometimes [co-morbidity] is related to weight. I think that we should check [child's] weight."</i></p>						
<b>3</b>	<b>ASSESS CHILD'S WEIGHT STATUS</b>						
	<p>Refer to UK Child Growth Charts and plot BMI centile. Explain BMI to parent: e.g. <i>"We use a measure called BMI to look at children's weight but we need to consider their age as they are still growing. If we plot [child's] BMI on the chart, we can see how it matches the guidelines."</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 20%;"></th> <th style="width: 40%; text-align: center;">Overweight</th> <th style="width: 40%; text-align: center;">Severely overweight</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;"><b>BMI Centile</b></td> <td style="text-align: center;">≥91<sup>st</sup></td> <td style="text-align: center;">≥98<sup>th</sup> centile</td> </tr> </tbody> </table> <p>Body fat measurements can also be used to assess adiposity if equipment is available.</p>		Overweight	Severely overweight	<b>BMI Centile</b>	≥91 <sup>st</sup>	≥98 <sup>th</sup> centile
	Overweight	Severely overweight					
<b>BMI Centile</b>	≥91 <sup>st</sup>	≥98 <sup>th</sup> centile					
<b>4</b>	<b>ASSESS SERIOUSNESS OF WEIGHT PROBLEM AND DISCUSS WITH PARENT</b>						
	<p>Consider discussing the following with the parent:</p> <ul style="list-style-type: none"> <li>• <b>Age and pubertal stage:</b> the older the child and the further advanced into puberty, the more likely overweight will persist into adulthood</li> <li>• <b>Parental weight status:</b> if parents are obese, child's overweight is more likely to persist into adulthood</li> <li>• <b>Co-morbidities:</b> hypertension, hyperlipidaemia, insulin resistance and other risk factors increase the seriousness of the weight problem. Co-morbid depression, peer problems or family conflict may not be resolved by weight loss; consider referral to CAMHS</li> </ul>						
<b>5</b>	<b>DISCUSS POSSIBLE CAUSES OF OVERWEIGHT</b>						
	<p>Medical causes of childhood overweight are rare but may be a concern for parents. When discussing possible causes of the child's overweight, it is important not to blame the parent.</p> <p><i>"Overweight can develop easily in some children in the modern world."</i>  <i>"Medical causes of overweight are rare but we can investigate this possibility."</i>  <i>"Overweight can run in families."</i></p>						
<b>6</b>	<b>ADVISE ON WEIGHT CONTROL</b>						
	<p><b>If child is obese or overweight with co-morbidities:</b> Advise on benefit of weight control: e.g. <i>"[Child's] weight could affect his/her health in the future. By catching it early we have a chance to do something about it."</i></p> <p>Recommend simple lifestyle changes for the whole family: i) improve healthy eating, ii) increase physical activity, iii) reduce sedentary behaviours. Give <i>'Losing Weight Feeling Great'</i>.</p> <p><b>If overweight without co-morbidities:</b> recommend 3-6 month follow-up to monitor weight</p>						
<b>7</b>	<b>AGREE NEXT STEPS</b>						
	<ul style="list-style-type: none"> <li>• <b>If overweight and no immediate action necessary:</b> Arrange follow-up appointment to monitor weight in 3-6 months</li> <li>• <b>If overweight and family want to take action:</b> Offer appointment for discussion with GP, nurse or other health professional; arrange 3-6 month follow-up to monitor weight</li> <li>• <b>If overweight with co-morbidities:</b> Consider referral to secondary care or specialist</li> </ul>						

