

## Health Visitor Child Healthy Weight Pack

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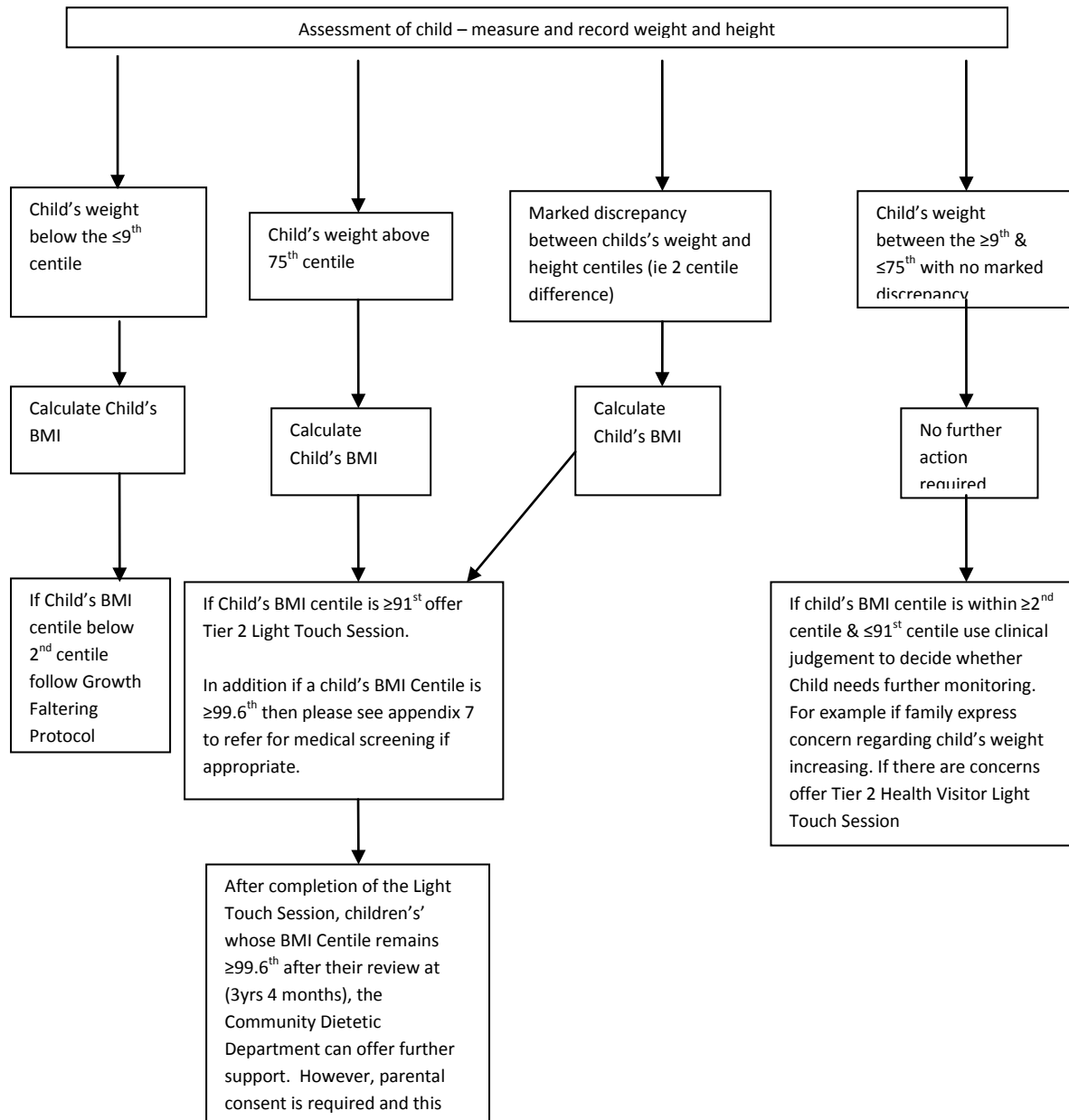
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All PDF's will also be available to download from the Community Dietetic Department Intranet site

[http://intranet.grampian.scot.nhs.uk/ccc\\_nhsg/16003.5720.html?pMenuID=460&pElementID=5720](http://intranet.grampian.scot.nhs.uk/ccc_nhsg/16003.5720.html?pMenuID=460&pElementID=5720)

## Referral Pathway for Health Visitors at 27 – 30 Month Assessment



## **Introduction**

Scotland currently has one of the highest levels of obesity among Organisation for Economic Co-operation & Development (OECD) countries, second only to the United States of America. The Scottish Health Survey, which records data on children aged 2-15 years, showed that in 2010, 26% of children aged 2-6 years were overweight or obese, and 10.9% of 2-6 year olds obese (including morbidly obese)<sup>1</sup>.

In 2010, the Scottish Government published 'Preventing Overweight and Obesity in Scotland. A Route Map Towards a Healthy Weight'<sup>2</sup>. This specifically highlighted the early years as the best opportunity to put in place healthy behaviours around food and physical activity which should continue into adulthood, with the involvement of families being central to this.

This pack has been developed to ensure that Health Visitors have consistent information to support children and their families who are at risk of overweight/obesity. It aims to provide a systematic approach ensuring best practice in relation to weight monitoring and overweight/obesity in children in NHS Grampian. It has been designed to aid Health Visitors in their assessment of children at risk of overweight/obesity. In particular it is designed as a checklist to highlight areas for change in the child or family's diet and activity patterns. It is not intended to diagnose medical problems and if there are specific or ongoing medical concerns these should be discussed with the GP or doctor at any point.

The pack should be used in conjunction with the Child Healthy Weight Integrated Care Pathway, which outlines the referral procedures for children whose BMI is at or above the 91<sup>st</sup> centile or below the 2<sup>nd</sup> centile (please see NHSG Growth Faltering Pack for management of underweight children).

The pack is a toolkit of resources and signposts to relevant online resources so that forms can be photocopied/printed and shared between professionals where necessary.

## **Health Visitor Management**

Once a child has been identified as being at or above the 91<sup>st</sup> centile for BMI, the issue should be discussed sensitively with the family. Raising the Issue Training and Health Behaviour Change training modules can be completed online at <http://elearning.healthscotland.com/>. The Health Visitor should complete the Health Visitor Dietary Assessment Form. On completion of the form (see supporting information for completing this) the HV will have:

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<sup>1</sup> The Scottish Health Survey 2010 <http://www.scotland.gov.uk/Publications/2011/09/27084018/0>

<sup>2</sup> Scottish Government (2010) Preventing Overweight and obesity in Scotland: A route map towards healthy weight (<http://www.scotland.gov.uk/Resource/Doc/302783/0094795.pdf>)

- dietary/activity goals agreed with family
- provided back up written information in the form of the 'Top Tips' leaflet, meal plans and recipes from the CHEW resource, as appropriate.

The Health Visitor should then review the child's weight at their pre-school appointment (approx at 3 years 4 months).

### **The BMI charts**

RCPCH have developed new growth charts (June 2012) for children aged 2-18 years. These have been designed to be more simple, accurate and relevant than previous versions, and combine data from the WHO growth standards up to age 4 years and the UK 1990 growth reference from 4-18 years. In children over 2 years old, the BMI centile is the best indicator of thinness and fatness. These charts have a BMI lookup and plotting grid, allowing you to read off the BMI centile, accurate to a quarter of a centile space, and there is a BMI centile grid at the top of the growth chart where this centile can be plotted.

Further information and training on the use of the growth charts can be found at the following links:

- <http://www.rcpch.ac.uk/child-health/research-projects/uk-who-growth-charts/uk-who-growth-chart-resources/uk-who-growth-ch-0>
- [http://www.rcpch.ac.uk/system/files/protected/page/Fact\\_sheet\\_final.pdf](http://www.rcpch.ac.uk/system/files/protected/page/Fact_sheet_final.pdf)
- [http://www.rcpch.ac.uk/system/files/protected/page/Educational\\_materials\\_2-18\\_final.pdf](http://www.rcpch.ac.uk/system/files/protected/page/Educational_materials_2-18_final.pdf)

### **CHEW 'Eating Well for 1-4 Year Olds – Practical Guide'**

The CHEW resources were produced by the Caroline Walker Trust, a charity which aims to improve public health through good food. All the information in the book can be found on the CD-ROM in the back cover, and can be copied and printed free of charge by anyone supporting children to eat well, provided it is done on a not-for-profit basis.

The CHEW 'Eating Well for 1-4 Year Olds – Practical Guide' has been produced to provide a visual resource to illustrate a healthy diet for 1-4 year olds. It's aimed at all those who support this age group to enable them to provide practical advice for families to help them eat well. The resource contains information about eating well for under-5s, providing a simple guide to different meals, snacks and drinks that, on average, provide the amount of energy and other nutrients that this age group require. It includes menu plans, including appropriate portion sizes, showing how children can eat to meet their energy and nutrient requirements. It also contains photos of different kinds of foods for use when talking about healthy food choices and portion sizes, and photos of meals and snacks, including recipes which can be printed off the CD-ROM and passed to parents.

### **Onward Referral Form to Community Dietetic Department**

If, after reviewing the family at their pre-school appointment you feel they require further support, you can refer into the Community Dietetic Department. Please send a copy of the referral form, together with a photocopy of the HV Dietary Assessment Form to the appropriate address. Children referred into the Community Dietetic Department will be triaged as per the Child Healthy Weight ICP.

Referring Agent – upon discharge, the child will be referred back to the referring agent – please include clear contact details

Relevant medical information – This section tries to highlight any minor medical problems (past or present) that could contribute to any feeding problems. If there has been significant contact with RACH, please ask the parents if they have been assessed by paediatric dietitians, so they can be contacted for additional information.

Parental Consent – Ensuring that the parents/guardians are fully aware of what the form is and whom it may be shared with.

### **Further Information and Support**

#### **Dietetic Service in Aberdeen City and Aberdeenshire – Referral to Community Dietetics**

If the advice provided by the HV does not promote satisfactory lifestyle changes and the family remain motivated, then the child can be referred to community dietetics for more intensive dietetic support. Depending on the child's BMI centile, and the level of support required by the family, this may take the form of either a one-off appointment reinforcing advice provided by the HV and providing any other relevant dietary information; or it may take the form of several appointments as part of the Eat, Play and Grow Well behaviour change Child Healthy Weight Intervention. Upon discharge from the dietetic department, the child will be referred back to the HV for further follow up as required.

#### **Difference between RACH and community dietitians**

The community dietitians are able to provide first line dietary advice. However the RACH dietitians work within a multi-disciplinary team in the treatment of children with other significant medical issues. Unless the child has been diagnosed with a medical problem, he/she should be referred initially to the community dietetic department.

#### **Dietetic Service in Moray**

In Moray, as a result of the integrated dietetic service, the paediatric dietitian covers the whole range of paediatric dietetic service including children under 6 months of age. Please contact the paediatric dietitian on 01343 567350.

## **Additional References**

Children in Wales (2012) Help At Hand – Taking A Positive Approach to Parenting. <http://wales.gov.uk/docs/dcells/publications/100225helpen.pdf> (Accessed November 2012).

Department of Health (2009) Top Tips for Top Kids. (Available from Health Information Resources: <http://www.nhsghpcat.org>.)

Department of Health (2012) Physical Activity Guidelines for Early Years (under 5s) – for children who are capable of walking. [http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/documents/digitalasset/dh\\_128143.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_128143.pdf).

Hunt C & Rudolf M (2008) Tackling Child Obesity with HENRY – A Handbook for community and health practitioners.

Infant & Toddler Forum (2012) Factsheets for Healthcare Professionals. <https://www.infantandtoddlerforum.org/factsheets> (Accessed November 2012).

Infant & Toddler Forum (2012) Little People's Plates. <https://www.infantandtoddlerforum.org/little-peoples-plates> (Accessed November 2012).

NSPCC (2012) Encouraging Better Behaviour: A Practical Guide to Positive Parenting. [http://www.nspcc.org.uk/help-and-advice/for-parents-and-carers/guides-for-parents/better-behaviour/better-behaviour-pdf\\_wdf90719.pdf](http://www.nspcc.org.uk/help-and-advice/for-parents-and-carers/guides-for-parents/better-behaviour/better-behaviour-pdf_wdf90719.pdf) (Accessed November 2012).

Triple P (2012) Top 10 Tips. [http://www.triplep.net/files/pdf/PPP\\_Top10Tips.pdf](http://www.triplep.net/files/pdf/PPP_Top10Tips.pdf) (Accessed November 2012).

## **Useful Resources**

### **Nutrition & Activity/Healthy Lifestyle**

[www.infantandtoddlerforum.org.uk](http://www.infantandtoddlerforum.org.uk)

Expert advice on feeding toddlers for early years practitioners and families.

<http://www.nhs.uk/Change4Life>

Change4Life has loads of healthy eating tips and recipes, and fun ways to exercise. Change4Life is here to help you (parents and Guardians) and your kids eat well and move more.

[www.takelifeon.co.uk](http://www.takelifeon.co.uk)

Takelifeon has lots of healthy eating tips and recipes, and fun ways to exercise. Takelifeon is here to help you (parents and Guardians) and your kids eat well and move more.

<http://www.nhs.uk/livewell>

NHS resource that has healthy eating tips and advice and ways on being more active.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Families on certain benefits can get free milk, fruit and vegetables with Healthy Start vouchers.

[www.activescotland.org.uk](http://www.activescotland.org.uk)

Active Scotland can give you information on how to become more active. It has a postcode or town in the search box which will find activities near to your home.

[www.readysteadytoddler.org.uk](http://www.readysteadytoddler.org.uk)

Advice on parenting for toddlers. Is a hands-on guide to help you through the challenges and rewards of the toddler years.

<http://www.greatgrubclub.com/home>

Fun games to help parents and children learn about being healthy.

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

Food a fact of life by the British Nutrition Foundation provides a wealth of free resources about healthy eating, cooking, food and farming for children and young people aged 3 to 16 years.

<http://parentsforhealth.org/balanced-diet>

A charity formed in Ireland to give support family around children and family with obesity.

<https://www.infantandtoddlerforum.org/toddler-food-calculator>

Infant and Toddler nutrition and development. Expert advice on feeding toddlers for early years practitioners and families.

[www.child-smile.org.uk](http://www.child-smile.org.uk)

A national programme to improve the oral health of children in Scotland and reduce inequalities in dental health and access to dental services.

[www.teethtlc.com](http://www.teethtlc.com)

Children / Young People Click to find out more. Play games and activities to keep your smile looking good. This section contains information and resources for nursery

[www.nhsgrampian.org/healthpoint](http://www.nhsgrampian.org/healthpoint)

NHS Grampian healthpoint is your one stop health information point, offering free confidential information, advice and access to reputable services in Grampian.

[www.nhsinform.co.uk](http://www.nhsinform.co.uk)

NHS inform provides a co-ordinated, single source of quality assured health and care information for the people of Scotland.

[www.aberdeencity.gov.uk/fis](http://www.aberdeencity.gov.uk/fis)

Aberdeen City Council Family Information Service (FIS) Directory for parents, carers and professionals.

[www.aberdeenshire.gov.uk/children/afis/index.asp](http://www.aberdeenshire.gov.uk/children/afis/index.asp)

Aberdeenshire City Council Family Information Service (FIS) Directory for parents, carers and professionals.

Healthline – free phone 0500 202030

NHS Grampian's Healthline is a free local telephone line available Monday-Friday 9am-5pm. Any information requested is sent by post free of charge. All calls are confidential and are answered by trained health advisers.

### **Parenting**

[www.bbc.co.uk/parenting/your\\_kids](http://www.bbc.co.uk/parenting/your_kids)

Parenting advice for families/carers throughout all childhood years.

[http://www.nspcc.org.uk/help-and-advice/for-parents-and-carers/guides-for-parents/better-behaviour/better-behaviour-pdf\\_wdf90719.pdf](http://www.nspcc.org.uk/help-and-advice/for-parents-and-carers/guides-for-parents/better-behaviour/better-behaviour-pdf_wdf90719.pdf)

A practical guide to positive parenting – encouraging better behaviour.

<http://glasgow.triplep-staypositive.net/tips/tips>

Tip and techniques on parenting for families/carers.