

If Safeguarding concerns at any stage, follow local protocols for appropriate referral

Assess BMI if concerned and at routine checks
([NHS BMI calculator](#) and/or [RCPCH growth charts](#))

Assess for organic cause (rare)

- Short compared to parents and obese or dysmorphic: General Paediatrics referral
- Hypothyroidism (TFTs **only** if clinical suspicion - if normal T4 and TSH 5-10, repeat in 3 months): General Paediatrics referral
- Developmental delay or significant learning difficulties: Community Paediatric referral

No

>2yrs assess if BMI > 98th centile

< 2yrs age assess on growth chart if and if weight increasing > than 3 centiles

Initial assessment:

- Motivation to change (offer further consult if not)
- Relevant family history (obesity/cardiovascular disease/T2DM/OSA)
- Lifestyle (diet and activity)
- Psychosocial factors or learning difficulties
- Other medical problems/medications
- Onset of puberty or pre pubertal

1. [HV assessment](#)
2. Signpost to [Frimley Healthier Together](#)

Assess for comorbidities

- If >11yrs BP and bloods: fasting glucose and lipids, FBC, Iron studies, Vit D, HbA1c and liver function
- Hypertension ([>95th centile for height on 2 repeated manual checks](#))
- Signs of Dyslipidaemia
- Insulin resistance - acanthosis nigricans
- Raised ALT (repeat 6 months later after lifestyle interventions)
- Worsening medical conditions, eg Asthma
- Evidence of PCOS

Refer to general paediatrics AND Signpost to [Frimley Healthier Together Weight page](#)

Age >2years but <16 years with BMI > 98th centile **AND** persistent co-morbidities after 6 months despite intervention
If >16 please refer to adult services

YES

NO

Signpost to [Frimley Healthier Together Weight page](#) for support and local weight management programmes and review in 3 months

