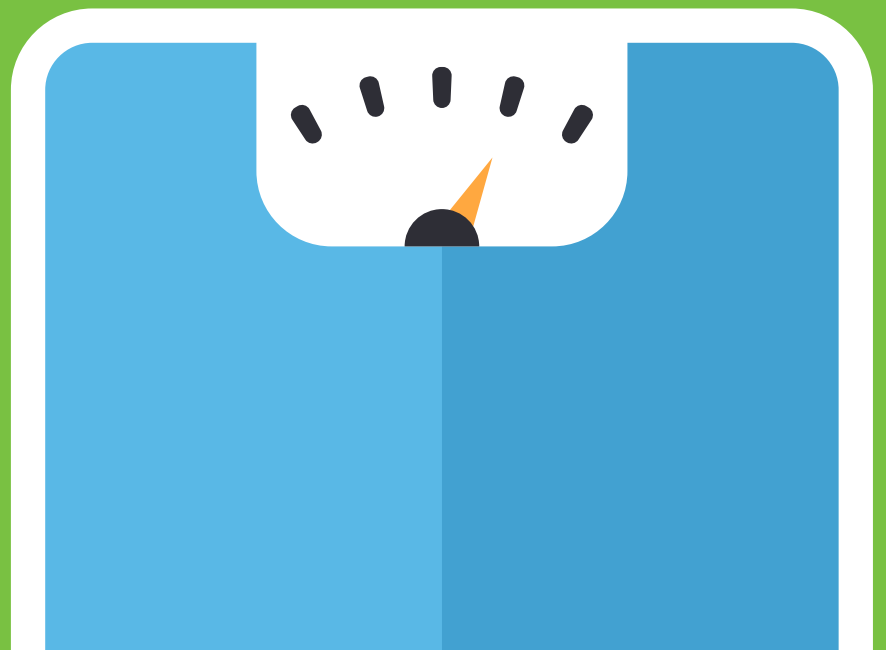
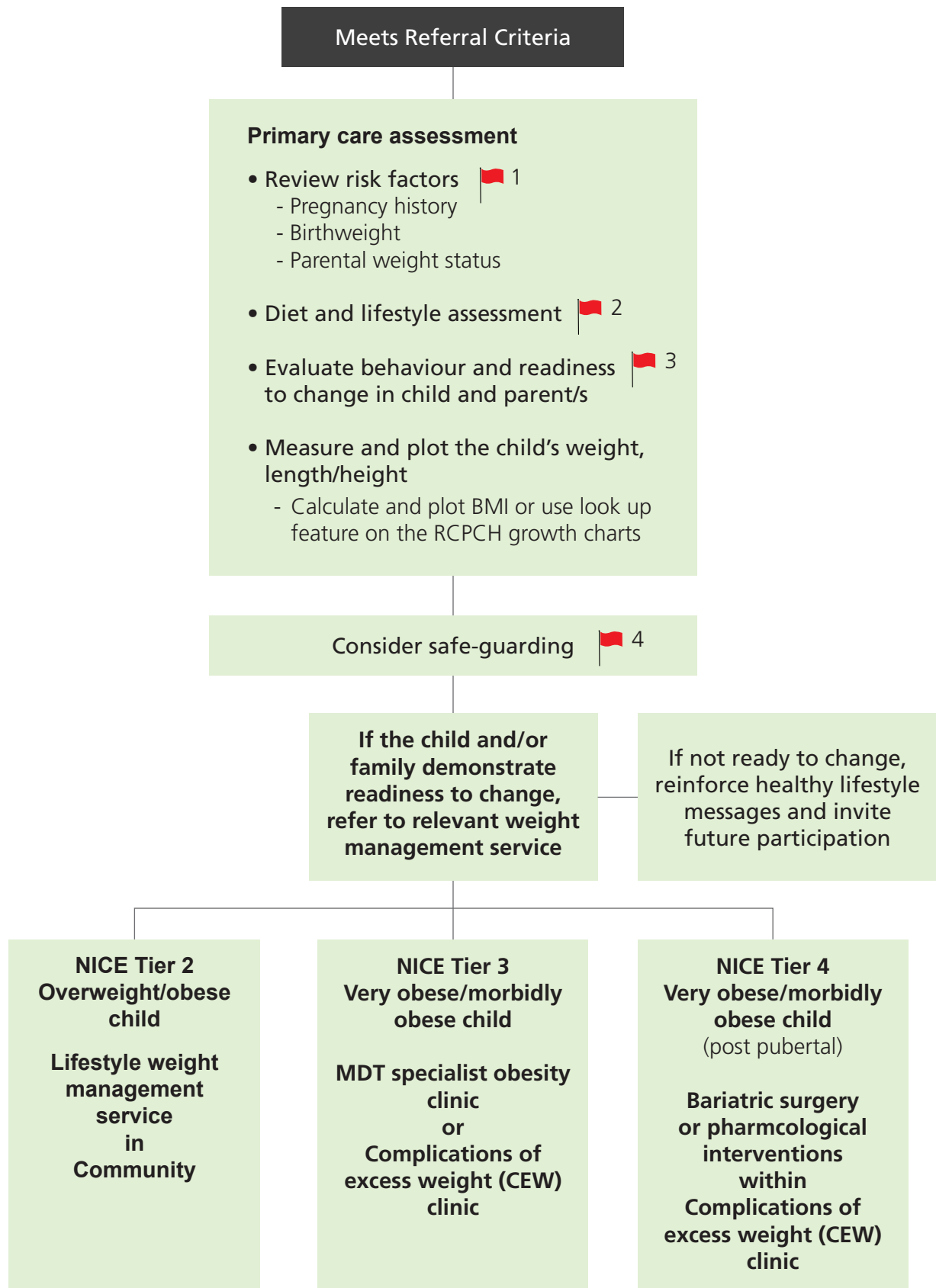




Childhood Obesity Referral Flow Chart



Referral Flow Chart



Factors Influencing Excess Weight Gain

Pre-school children



- 1 → Parental obesity: does the child have one or both parents with overweight or obesity?
- Did the child's mother experience excessive gestational weight gain?
- Was the child born large or small for gestational age?
- Did the child experience rapid growth in infancy or early childhood growth (defined as upward centile crossing by one centile space between birth and 2 years of age)?

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- 2 → Infant feeding: was the child breastfed formula-fed or mixed fed?
 - Parental feeding style: was the child fed responsively?
 - Child eating behaviours: does the child have a large appetite?
 - Complementary feeding: was the child introduced to complementary foods early - < 4 months?
 - Toddler diet: does the child take excessive cow's milk as a main drink (>500mls/day)?
 - Preschool diet: is the diet high in protein and/or ultra processed foods?

School-aged children

- 1 → Consider the child's growth history?
- Has the child crossed centiles upwards?
- Does the height and weight centile differ by \geq major centile bands (1 major space)?

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- 2 → Diet and lifestyle: have there been any recent changes?
 - What is the usual diet?
 - Does the diet comply with healthy eating guidelines?

Relevant to all age groups

- 2 → What is the usual diet?
- Does the diet comply with healthy eating guidelines?
- Does the family have food security issues?
- Eating away from home – how often does the child do this and what is eaten?
- Does the child have a happy social life (consider stigma, bullying)?
- How is the child's mental health? (consider disordered eating)

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- 3 → Are the child's parents appropriate role models for healthy eating?
 - Is readiness to change demonstrated?

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- 4 → Look for signs of possible neglect or disguised compliance.
 - Parents repeatedly miss appointments.
 - Parents do not recognise there is a concern or acknowledge the child has overweight.
 - Parents do not take action to address excess weight gain.