

# Healthy Weight Pathway

for Children, Young People and Families in North Yorkshire

## A resource for professionals

Please note this document will be updated on a 6 monthly basis. Last updated: May 2019



# Healthy Weight Pathway for Children, Young People and Families in North Yorkshire

## Context and Rationale

Obesity is a complex issue and there is no easy fix. Our biology, lifestyle, the environment we live in and influences in society, all affect our weight. The challenge in North Yorkshire is to create environments that support us in developing and sustaining healthy eating and physical activity habits, and to provide support and services for local people to help them to lead healthy lifestyles. To do all of this we must work in partnership. Together we can be successful in supporting people to eat more healthily and be more active so that they can live longer and healthier lives. Nationally, nearly a third of children aged 2 to 15 are overweight or obese, and this is a concern because it affects both physical and mental health.

This pathway is guidance to support professionals to deliver improved outcomes for children, young people and families in terms of healthy weight, and outlines our aspirations for service delivery. Local services will be at differing points of development and can use this pathway to

benchmark their progress. The pathway builds on good practice and is evidence based.

The overarching rationale for a partnership pathway is to achieve consistent, seamless support and care. Enhanced partnership working will ensure delivery of the 0-19 Healthy Child Programme and achieve quality outcomes for children and parents. Underpinning this is evidence from the collaborative children's workforce showing that there is no single profession or organisation that can ensure the best outcomes for children and families – this reinforces the need for a partnership pathway.

This work supports the delivery of the Healthy Weight, Healthy Lives Strategy: **Tackling overweight and obesity in North Yorkshire 2016-2026** (Health and Wellbeing Board North Yorkshire, 2016), **Childhood Obesity: A Plan for Action** (HM Government, 2016) and **Childhood obesity: a plan for action Chapter 2** (HM Government, 2018)

## Why Do We Need Pathways?

Ensuring people have access to the right information and resources to support healthy weight and weight loss is a key priority in the North Yorkshire Healthy Weight, Healthy Lives Strategy. Creating a pathway provides a structured approach to this priority.

The pathway builds on good practice and provides a systematic, evidence based, solution focused approach on which to base local practice, now and in the future.

The partnership pathway focuses on addressing the integrated support required for pregnant women, children, young people and their families, whilst recognising that each child and family may have differing needs.



## Expected Outcomes

The pathways aspire to contribute to the following outcomes:

- Supported children, young people and families resulting in the ability to address specific concerns on health issues.
- Services tailored to the needs of families.
- Improved health outcomes in relation to healthy weight, including improved physical activity and a reduction in health inequalities.
- Improved oral health for children, young people and families.
- Improved outcomes through the delivery of the Healthy Child Programme.
- Supported and empowered children, young people and families, resulting in the ability to make positive changes to their health and wellbeing.
- Services tailored to the needs of children, young people and families through evidence-based programmes.

- Improved early identification of child and family needs, allowing timely and appropriate responses.
- Improved seamless multi-agency support.
- Improved and consistent approach to meeting the needs of children, young people and families.

## The Pathways

The Healthy Weight Pathways outline the service offer to pregnant women, children, young people and families in North Yorkshire both at universal and targeted levels, and create a standardised and systematic approach to obesity prevention, identification and support that will assist professionals in practice.

The three pathways; Maternal Healthy Weight, 0-5 Healthy Weight and 5-19 Healthy Weight, can be seen on the following pages.





# Maternal Healthy Weight Pathway



<b>Tier 0</b> Universal Services	Core preventative services that all adults (including overweight and obese pregnant women/women trying to conceive) and their families have access to including: <ul style="list-style-type: none"> <li>• Accurate information that is readily available and easily accessible for all on healthy eating and physical activity (including links to oral health)</li> <li>• National Campaign messages including Change4Life, One You and This Girl Can, that are promoted and visible in places that are accessed by women and their families</li> <li>• Community resources such as leisure facilities, open spaces, outdoor gyms, group walks, Children's Centre activities e.g. buggy fit</li> </ul>			
	<a href="#">North Yorkshire County Council</a> <a href="#">NHS Choices: Pregnancy and Baby</a> <a href="#">Start active, stay active: infographics on physical activity</a> <a href="#">Ready Steady Mums</a>			
<b>Tier 1</b> Targeted Brief Advice/Intervention	Midwives promote and discuss the benefits of Breastfeeding at routine contacts. Midwives consider Healthy Lifestyle promotion and offer referral to Health Visiting Service for HENRY based intervention if appropriate.		Midwives/Health Visitors offer infant feeding support and signposting to local breastfeeding groups. Health Visitors use the HENRY approach to provide healthy lifestyles information/promotion at routine contacts.	
	<u>Women with a BMI &gt;25kg/m2:</u> <ul style="list-style-type: none"> <li>• GPs/Midwives to provide and discuss accurate and accessible information regarding risks associated with obesity in pregnancy.</li> <li>• GPs/Practice Nurses/Midwives/Health Visitors to provide 1:1 brief advice intervention around healthy eating, physical activity and behaviour change - given in community or acute care settings.</li> </ul>		<u>Women with BMI &gt;30kg/m2:</u> Midwifery Service use opportunity to discuss healthy eating, physical activity and behaviour change at Glucose Tolerance Test appointment.	
<b>Tier 2</b> Lifestyle Multi Component Weight Management	<u>Women 18+ years with a BMI &gt;25kg/m2 AND without significant unmanaged comorbidities as identified by their healthcare professional:</u> Referral offered to local Tier 2 Weight Management Programme.		There is no Tier 2 Weight Management Programme for pregnant women. Weight loss through calorie reduction is not recommended in pregnancy, even if the woman is obese. Midwife/Health Visitor/GP/Prevention Service to continue to offer healthy lifestyle support, information and guidance to the woman/family as appropriate.	
			<u>Women 18+ years with a BMI &gt;25kg/m2 AND without significant unmanaged comorbidities as identified by their healthcare professional:</u> Referral offered to local Tier 2 Weight Management Programme.	
<b>Tier 3</b> Specialist Weight Management Service	Women with a BMI >35kg/m2 AND with co-morbidities or a BMI >40kg/m2 without co-morbidities: Midwife/Health Visitor/Practice Nurse to refer woman to GP for specialist assessment and management (either by GP or additional services) as per local guidelines. Midwife/Health Visitor/GP/Prevention Service to continue to offer support, information and guidance to the woman/family as appropriate.			

**At each point assess readiness and confidence to change. If the person is unwilling to make changes give them information about the benefits of losing weight, healthy eating and physical activity. Also provide details of someone they can talk to when they are ready to change. Ensure the person understands that obesity is a clinical term with health implications rather than a question of how a person looks. Ask about diet and activity levels and beliefs about eating, activity and weight. Find out what the person has already tried and what they learned.**

Consider safeguarding issues and refer to local guidance: [North Yorkshire Safeguarding Children and Adults Information](#) [City of York Safeguarding Children Information](#) [City of York Safeguarding Adults Information](#)

# 0-5 Healthy Weight Pathway

## Community

Members of the Health Visiting Service, Prevention Service and Public Health team will develop an understanding of the needs of families with children under 5 re: healthy weight in their locality by:

- Undertaking regular community healthy weight needs assessments using the data and intelligence available and taking this to appropriate partnership groups
- Building links and shaping services locally that contribute to the healthy weight of under 5's, for example: Leisure Centres, parenting groups, parent and toddler groups, nursery settings
- Sharing **Start active, stay active: infographics on physical activity**. Promote **Ready Steady Mum's Groups** and encourage local start-up of these as a means of increasing activity
- Promoting breastfeeding and providing access to breastfeeding groups. Supporting infant feeding and introduction to solid foods
- Ensuring families are aware of and know how to register for **Change4Life** and **Healthy Start**

## Universal

Health Visiting teams, through the planned programme of contacts delivered as part of the Health Child Programme and with support from the Prevention Service team, will:

- Use UNICEF Infant Feeding guidance (Baby Friendly Initiative) with families
- Review growth of children as required, using agreed assessment methods, of the baby/child and establish if they are at risk of becoming, or are already, an unhealthy weight
- Offer healthy eating advice during contacts with children and families (including links to oral health), signposting when appropriate

The Health Visiting Team will:

- Use the strengths based, solution focussed HENRY approach in partnership with the family to explore and establish a joint understanding of the baby's/child's growth and discuss options to help the whole family change old habits and achieve new goals.

## Universal Plus

Additional services that any family might need some of the time; this will include families with babies or children who are at risk of becoming, or are already, an unhealthy weight, who wish to adopt a healthier lifestyle and enable their baby/child to maintain or achieve a healthy weight.

Health Visiting Team members trained in the Advanced HENRY approach will offer 1:1 targeted work with families to enable them to adopt a healthier lifestyle when a concern has been picked up during pregnancy or pre-school.

## Universal Partnership Plus

Services, in addition to the Universal and Universal Plus offer, for families with a baby/child who is a very unhealthy weight and therefore requires specialist services outside Health Visiting and Prevention Teams.

Health Visitor or Prevention Team refers family to specialist service for assessment e.g. Child Development Centre, Dietitian, Paediatrician.

Health Visiting and Prevention Teams will continue to provide Universal and Universal Plus offers and support the family as agreed with the Specialist Team.

## Healthy Child Programme Team and/or Prevention Service Team (where appropriate) works with family

### Provide individual support:

- Review the child's growth and agree a plan of care
- Continue to offer Community and Universal support/interventions
- Refer to GP/Paediatrician/Dietitian if required

### Provide group support:

- Parenting course offered
- Support and encourage attendance at Children's Centre Groups

### Family's needs ARE fully met

Return family to Universal or Universal Plus level of care.

Ensure family are aware of, and able to access the Community and Universal service offer.

### Family's needs are NOT fully met

Options for further support discussed. Offer referral to GP. Consider **referral to Children and Family Service**.

### Family's needs ARE fully met

Ensure family are aware of, and are able to access the community and universal service offer

### Family's needs are NOT fully met

Options for further support discussed. Family signposted and or **referral to Children and Family Service** for additional input using agreed processes

Consider safeguarding issues and refer to local guidance:

[North Yorkshire Safeguarding Children and Adults Information](#)  
[City of York Safeguarding Children Information](#)  
[City of York Safeguarding Adults Information](#)

# 5-19 Healthy Weight Pathway

## Community

Healthy Child, Healthy Choices, Prevention Service, North Yorkshire Public Health teams and Schools will develop an understanding of the needs of families with children and young people aged 5-19 years regarding healthy weight in their locality by:

- Undertaking regular community healthy weight needs assessment using the data and intelligence available, including the Growing Up in North Yorkshire and National Child Measurement Programme (NCMP) feedback letter to schools, and taking this to appropriate partnership groups
- Building links and shaping services locally that contribute to the healthy weight of 5-19 year olds, for example: Leisure Centres, youth sessions, educational settings
- Ensuring families are aware of, and know how to register for **Change4Life** and **Live Well, Child Health, Live Well, Teens**
- Signposting to **local sport, leisure and activities** and **Days Out With the Kids** websites
- Working with schools to promote and participate in local and national initiatives; Bikeability, Mile a Day challenge, Walking to School Week

## Universal

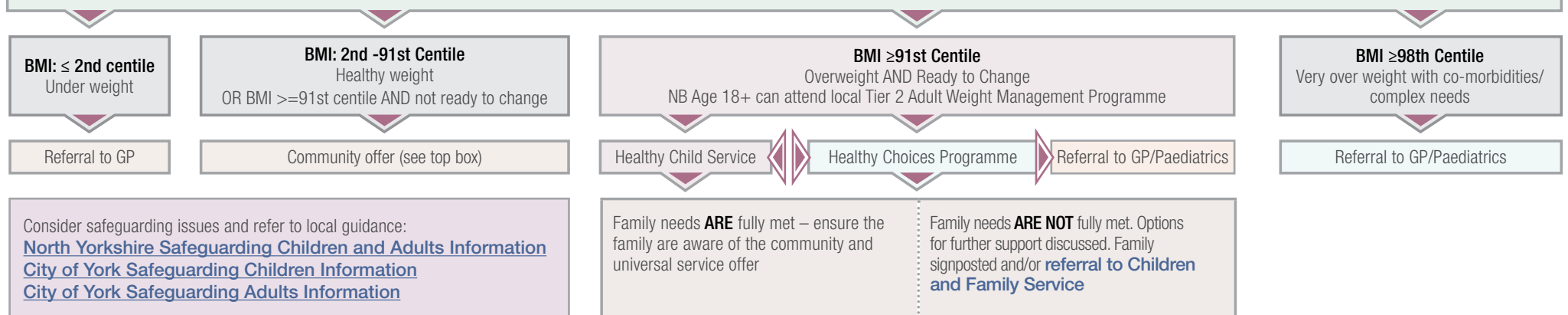
Through the universal 5-19 service, Healthy Child Teams will:

- Measure children via the NCMP and provide proactive feedback to parents/carers of underweight, overweight and very overweight children (HDFT staff can refer to the Trust's NCMP Pathway available on the staff intranet)
- Offer healthy eating advice during contacts with children and families (including links to oral health), signposting when appropriate  
GP's, Prevention Service and Schools will:
- Offer to support healthy weight initiatives e.g. **Our Healthy Year, Change4Life, NHS Choices, Food for Life, School Food Plan**
- Increase parent's and professional's awareness of child healthy weight, know how to assess and know where to get help (e.g. the 5-19 Healthy Child Service or Healthy Choices Programme)

## Targeted

**Identification:** **1)** When a child is weighed or measured e.g. NCMP, proactive follow up **2)** Opportunistic **3)** Concern raised by the parent/carer/child **4)** Concerns raised by a health or non-health professional

**Assessment in Primary Care** e.g. GP, Practice Nurse, Healthy Child Practitioner, Healthy Choices: Calculate BMI and plot using UK 1990 BMI Centile Chart for children or using the **Healthy Weight Calculator**. Consider presenting symptoms and underlying causes of the unhealthy weight, consider psychological distress (low self-esteem, bullying, Family history of obesity and co-morbidities, Lifestyle - diet and physical activity, Growth and pubertal stage, Involvement of other agencies, Readiness to change tool.



# Identification of Healthy Weight in Children and Young People

## Measuring Healthy Weight and BMI Centiles (Age 5-19)

One indicator of a child or young person's health is their weight. Everyone is different; we come in a range of shapes and sizes, but a reliable universal technique to identify weight status is calculating Body Mass Index (BMI). Here's the calculation:

$$\text{BMI} = \frac{\text{Weight (Kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

BMI is calculated in the same way for adults, young people and children, however weight status is identified differently. In children and young people, their age, gender and stage of puberty needs to be considered, therefore weight status is identified on BMI centiles. For example an adult BMI of 24.6 is within the healthy range but for a 14 year old boy the BMI would be plotted on an age 2-18 years, male **BMI centile** chart and would show that this was above a healthy weight.

Adult (18+) BMI	Weight Status
Less than 18.5	Underweight
18.5-24.9	Healthy Weight
25-29.9	Overweight
30-39.9	Very Overweight
40+	Extremely Overweight

BMI Centile (Children)	Weight Status – plotted on a chart
≤ 0.4th	Very Underweight
≤ 2nd	Low Weight
> 2nd – <91st	Healthy Weight
≥ 91st	Overweight
≥ 98th	Very Overweight
≥ 99.6th	Extremely Overweight

The easiest way to check BMI and weight status is to use the NHS online [Healthy Weight Calculator](#). After identification of weight status further assessment should be completed to decide appropriate support for the child or young person; this should include, presenting symptoms and underlying causes of the unhealthy weight, co-morbidities, psychosocial distress, such as low self-esteem, readiness to change and safeguarding issues.



## Raising the Issue of Weight

Many people feel uncomfortable raising and discussing the issue of body weight and this can also be the case for health professionals. Despite the perceived challenges around raising the issue of weight, we know that obesity is an important health concern and the ability to discuss this with service users in a sensitive, open and empathic manner is vital in order to support individuals to begin to address the issue of excess weight.

The Department of Health have published a tool that supports health professionals in **Raising the Issue of Weight with Parents.**

The National Obesity Forum have also published a **Raising the Issue Guide** which supports health professionals working with the adult population.

**Child weight management: short conversations with families** is a Public Health England guide with practical advice and tools to support health and care professionals have conversations about weight management with children and their families.

Practitioners can access training to support them in gaining knowledge and skills to identify and address the issue of excess weight. For details see the training section below.

## Practical Tools and Key Resources/ Information for Professionals

### Early Years

**The Eat Well Guide** – Evidence based nutrition advice designed in a pictorial form to help the communication of a healthy balanced diet to consumers.

**Start4Life** – Information service for parents from 0-5 years.

**NHS Choices** – NHS health website providing comprehensive information to the public about health and lifestyle choices.

**Early Years 0-5. High impact area 4: Healthy Weight, Healthy Nutrition** – The early years high impact areas for Health Visiting Services.

**Fact sheet 1: early years (under 5s who are not yet walking)** – Physical activity guide for children under 5 years who are not yet walking.

**Fact sheet 2: early years (under 5s capable of walking)** – Physical activity guide for children under 5 years who are capable of walking.

**Revised EYFS including CMO recommendations 2017** – Statutory framework for the early years foundation stage including physical activity recommendations.

**Youth Sport Trust** – Early Years Physical Literacy Framework.

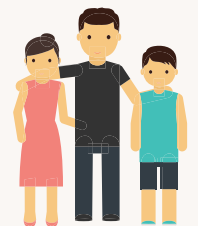
**Infant and toddler forum Factsheets** – Best-practice guidance on the feeding and nutrition of children aged one to three years.

**British Nutrition Foundation (Toddlers)** – Nutrition and diet information for parents/carers of toddlers.

**Perfect portions for toddler tums** – Guide for parents/carers around feeding their toddler a healthy, varied and balanced diet to give them all they need to grow and be healthy.

**Example menus for Early Years Settings in England** - A series of example menus and associated guidance to support early years settings to offer food and drink in line with current government dietary recommendations.

**A Weight Off Your Mind** - a regional weight management plan which aims to address the weight management needs of people with mental illness and/or learning disabilities.





## School Age

**The Eat Well Guide** – Evidence based nutrition advice designed in a pictorial form to help with the communication of a healthy balanced diet to consumers.

**Change4Life** – Information and practical tips for 5-11 year olds and their families on healthy eating and physical activity.

**Change 4 Life School Zone** – Our Healthy Year resources for school nurses and teachers that encourage healthy habits during the first year at school.

**NHS Choices** – NHS health website providing comprehensive information to the public about health and lifestyle choices.

**NHS Choices Healthy Weight Calculator** – Online calculator tool to check adult and child BMI.

**Fact sheet 3: Children and Young People (5-18)** – Physical activity guide for children and young people aged 5-18.

**The Caroline Walker Trust (Age 5-11)** – Resource shows the sorts and amounts of foods that meet the nutritional needs of children aged 5 to 11 years.

**The Caroline Walker Trust (Age 12-18)** – Resource shows the sorts and amounts of foods that meet the nutritional needs of children aged 12 to 18 years.

**British Nutrition Foundation (Children)** – Nutrition and diet information to help parents make sure their child is well prepared for their school years.

**British Nutrition Foundation (Teenagers)** – Nutrition and diet information specifically for young people.

**Food a Fact of Life** – Providing free resources about healthy eating, cooking, food and farming for children and young people aged 3 to 18 years.

**BEAT Eating disorders** – Charity supporting people to overcome eating disorders.

**School age years 5-19. High impact area 3: Improving lifestyles** – The school age high impact areas for school nursing services.

**School nurse toolkit 2016** – Toolkit designed to help school nurses improve the health literacy of children and young people.

**Evaluation of behaviour change interventions** – A toolkit for school nurses undertaking interventions to support behaviour change in children or young people.

**PSHE Association** – Resource library including lesson plans and assessment tools to help schools develop their PSHE curriculum.

**What Works in Schools and Colleges to Increase Physical Activity?** – A briefing for head teachers, college principals, staff working in education settings, directors of public health and wider partners.

**School Food Plan** – Seventeen actions to transform what children eat at school, and how they learn about food.

**School Wellbeing** – Support for schools to help children and young people to effectively manage their lives and wellbeing.

# Local Programmes That Support Children and Families to Achieve and Maintain a Healthy Weight



## 0-5 Healthy Child Programme

**Provided by:** Harrogate and District NHS Foundation Trust Healthy Child Service, Health Visiting Teams

**Level of service:** Tier 1 Provided by Health Visitors to all Universal Families. Targeted intervention for families with a child identified at risk of an unhealthy weight by a trained HENRY Champion.

### Referral Process:

- Referrals are accepted from professionals and from families directly
- Professionals can refer families to the service by completing the **Referral to Children and Family Service** form or by calling the Customer Service Centre single point of contact on 01609 780780
- Families, Early Years Settings and other Organisations can contact their 0-5 Healthy Child Service (Health Visiting Team) directly for information and support or via the Customer Service Centre single point of contact on 01609 780780.

### What the programme offers

Health Visitors are all trained in the HENRY approach. This offers interventions designed to protect young children from the physical and emotional consequences of obesity through a holistic approach which recognises that emotional well-being and confident, responsive parenting are just as important for a healthy lifestyle as nutrition and activity. HENRY focuses specifically on 0–5 year olds and empowers parents and carers to provide a healthy start for babies and young children through a solution focused, strengths based partnership approach to help the whole family change old habits and achieve new goals.

A trained HENRY Champion from the 0-5 Healthy Child Team can offer families that need extra support a structured intervention over several weeks using an outcomes based support tool to build parent's knowledge, skills and confidence in the key elements for a healthy lifestyle including; emotional well-being, healthy eating habits, physical activity, eating well and parenting skills.



# Local Programmes That Support Children and Families to Achieve and Maintain a Healthy Weight



## 5-19 Healthy Child Programme (and upto 25 for SEND)

**Provided by:** Harrogate and District NHS Foundation Trust, Healthy Child Service

**Level of service:** Tier 1 Provided by Healthy Child Practitioners universally to all families.

### What the programme offers

The 5-19 Healthy Child Team offer healthy lifestyle advice including support in making healthy choices, the importance of getting a nutritionally balanced diet, and recommended amounts of physical activity. They work with children, young people and their families to help establish a healthy lifestyle that the whole family are able to maintain. They also play an important role in promoting healthy lifestyle within schools and the community.

Assessments offered by the 5-19 Healthy Child Team include, holistic health assessments; National Child Measurement Programme screening at school entry and year 6; health questionnaires at school entry and year 6; and use of data from the Growing Up in North Yorkshire survey.

Based on the outcome of these assessments in partnership with other organisations, the 5-19 Healthy Child Team offer proactive follow-up phone calls or individual targeted pieces of work and promote the uptake of specialist support as appropriate. This could include 1 to 1 interventions with an individualised plan of care providing healthy lifestyle advice; adopting a family centred approach working together to establish a healthy lifestyle that the whole family are able to maintain; provision of strategies using motivational interviewing and positive parenting techniques around diet and healthy eating habits, physical activity, and reducing sedentary behaviour; and targeted themed group sessions within schools and the community that build on a whole school approach and community capacity to promote healthy eating and physical activity.

### Referral Process:

- Referrals are accepted from professionals and self-referral from families themselves
- Professionals can refer families to the service by completing the **Referral to Children and Family Service form**, by calling the Customer Service Centre single point of contact on 01609 780780 (option 2).
- Families, schools and other organisations can access support and information by contacting the Customer Service Centre single point of contact on 01609 780780 (option 2).

# Local Programmes That Support Children and Families to Achieve and Maintain a Healthy Weight



## Healthy Choices Programme

**Provided by:** North Yorkshire County Council Children and Families Service, Healthy Choices Team

**Level of service:** Tier 2 targeted

### Inclusion Criteria

- BMI  $\geq$  91st BMI Centile
- Age 5-19 years (or 4 years if child has started school)
- Resident of North Yorkshire

### Exclusion Criteria

- Are low or underweight - these children should be referred to the Healthy Child Service
- Individuals with underlying medical cause for obesity who require clinical intervention will be considered on a case by case basis
- Children with more complex needs such as those with learning difficulties, mental health problems or behaviour management issues will be considered on a case by case basis

### What does the Healthy Choices Team do?

A Healthy Lifestyle Advisor works with each family for up to 12 weeks to cover topics such as portion sizes, food labels, meal &

snack planning and physical activity, using recognised behaviour change strategies.

On completion of the core programme, less intensive support will be offered through phone calls, and follow-up visits at 6 and 12 months.

### Referral Process

- Referrals may come from both professional and self-referral routes.
- Professional referrals will only be accepted when a referral form has been completed.
- Professionals referring into the service can download a Healthy Choices referral guide and form via the North Yorkshire Partnerships website: [www.nypartnerships.org.uk/healthyweightpathway](http://www.nypartnerships.org.uk/healthyweightpathway) The completed form can then be emailed to the Healthy Choices Team using either of the following accounts:

- Egress email account: [HealthyLifestyleService@northyorks.gov.uk](mailto:HealthyLifestyleService@northyorks.gov.uk) and should password protect any emails containing personal information. Those unfamiliar with Egress practice please contact us via telephone on 01609 798081 to ensure appropriate data protection.
- Via secure email account (e.g. NHS.net): [HealthyLifestyleService@northyorks.gov.uk](mailto:HealthyLifestyleService@northyorks.gov.uk)
- Self-referral can be made by:  
Phone: 01609 798081  
Text: Text 'HEALTHY' and postcode to 07950 080783  
Online contact form at: [www.northyorks.gov.uk/healthy-choices-children](http://www.northyorks.gov.uk/healthy-choices-children)
- Referrals will be assessed on an individual basis, looking at the family's current needs, wants and circumstances.
- The Healthy Choices Team will endeavour to keep referrers informed with regards to each family's progress.

# Tier 2 Adult Weight Management Service

An Adult Weight Management service is available in all district/borough council areas

## What the programme offers

The service provides an evidence based 24 week weight management service to the eligible individuals to lose weight and maintain long term weight loss. This is delivered as a free multicomponent, twelve week programme that includes weekly nutritional advice (including weekly weigh-in) and physical activity, underpinned by structured behaviour change strategies to achieve a 5% weight loss. Followed by a free twelve week maintenance programme for those adults who have achieved the 5% weight loss target.

## Inclusion Criteria

- Aged 18 or over
- Have a BMI equal to or greater than 25kg/m<sup>2</sup>
- Resident or registered with a GP practice in North Yorkshire, or working for an organisation based in North Yorkshire

## Exclusion criteria

- Under the age of eighteen
- Have a BMI of less than 25 kg/m<sup>2</sup>
- Are pregnant, or breastfeeding
- Have a diagnosed eating disorder
- Have an underlying medical cause for obesity and would benefit from more intensive clinical management from a Tier 3 service
- Have a significant unmanaged co-morbidity or complex needs as identified by their GP or other healthcare professional
- Have had bariatric surgery in the last two years.

## Referral Process

**Contact each district provider for more details.**

- Accepts referrals from primary care, all health care professionals and relevant stakeholders
- Accepts referrals from NHS Health Checks, National Diabetes Prevention Programme and Health Optimisation
- Accepts self-referrals
- Where the individual is not eligible for this Programme, the districts will make an appropriate referral to other services within the weight management care pathway or signpost to other relevant health and social care services, where eligible

# Training

## All partners

### Making Every Contact Count (MECC)

**practical tools** - These documents support the local implementation and evaluation of MECC activity and the development of training resources.

The Royal College of Nursing (RCN) resource to help staff support people with behaviour and lifestyle change which is now available on the Continuous Professional Development (CPD) area of the RCN web site and is an open access resource for anyone involved in supporting lifestyle and behaviour change.

The link is here: [www.rcn.org.uk/clinical-topics/supporting-behaviour-change](http://www.rcn.org.uk/clinical-topics/supporting-behaviour-change)

The Royal College of General Practitioners (RCGP) resource was developed by members of the RCGP Nutrition Group, includes slide sets for behaviour change in practice and child obesity challenges and opportunities. The link is here:

[www.rcgp.org.uk/clinical-and-research/a-to-z-clinical-resources/nutrition.aspx](http://www.rcgp.org.uk/clinical-and-research/a-to-z-clinical-resources/nutrition.aspx)





## North Yorkshire County Council Staff

### Raising the issue of healthy weight in children and young people

This online package is for any NYCC employees who could have a role in identifying or raising the issue of child healthy weight through their work with children and families. It aims to help you understand the importance of child healthy weight and some of the barriers, how weight status in children and young people is assessed, how to raise the issue of child healthy weight confidently in line with best practice, and how to signpost or refer families to healthy lifestyle advice and local services.

Available to NYCC employees via NYCC Learning Zone. For non-NYCC partners, please send access enquiries to:  
[TrainingandLearning@northyorks.gov.uk](mailto:TrainingandLearning@northyorks.gov.uk)



## Midwifery Specific Training

Members of the Royal College of Midwives can access e-learning modules including “Obesity: the facts”, “Obesity: Supporting Women” and “Nutrition in Pregnancy”. The link is here: [www.ilearn.rcm.org.uk/](http://www.ilearn.rcm.org.uk/)

## School Nurse Specific Training

School And Public Health Nurses Association (SAPHNA) – Department of Health/ Public Health England funded project to support School Nurses in the National Child Measurement Programme (NCMP).

Materials, including a presentation, interactive discussions and exercises, have been produced for a one-day training programme and have been endorsed by the British Dietetic Association Centre for Education and Development. The training day includes:

- Current Policy and NCMP data
- Causes and effects of childhood obesity
- Assessment of a child’s height and weight

- Classifying Body Mass Index
- School Nurse support- best practice
- Pro-active interaction with children and families

Please contact [info@saphna.co](mailto:info@saphna.co) for more information.



# Frameworks and Guidance

The 'All Our Health' framework for England is a resource to embed the contribution that healthcare professionals make to improve population health. This is available at: <https://www.gov.uk/government/publications/all-our-health-about-the-framework/all-our-health-about-the-framework>

Evidence and guidance on childhood obesity, to help families and communities intervene and help change eating and activity habits, this is available at: <https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health>

Midwifery to Health Visiting Pathway: This pathway contains evidence based information and key guidance to support professionals during the antenatal and postnatal period and promotes improved partnership working along the pathway (Includes MECC). This is available at: [www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/152203/dh\\_133021.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/152203/dh_133021.pdf)

This pathway contains evidence based information and guidance for professionals from the pre-school to school transition period. It promotes improved partnership working and includes promoting healthy eating/exercise

throughout. This is available at: [www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/216466/dh\\_133020.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216466/dh_133020.pdf)

**Healthy Child Programme: Pregnancy and the first five years of life.** Developed by the Department of Health and Department for Children, Schools and Families in 2009, The Healthy Child Programme for the early life stages focuses on a universal preventative service, providing families with a programme of screening, immunisation, health and development reviews, supplemented by advice around health, wellbeing and parenting.

**Start active, stay active: infographics on physical activity** - Infographics explaining the physical activity required to achieve general health benefits for different age ranges including pregnancy, 0-5 years and 5-19 years.

## National Institute for Health and Care Excellence (NICE)

**Weight management before during and after pregnancy (PH27)** includes 6 recommendations based on approaches that have been proven to be effective for the whole population.

**Maternal and child nutrition (PH11)** relates to pregnant women (and those who are planning to become pregnant), mothers and other carers of children aged 0-5 years. It is particularly aimed at those from low income and disadvantaged groups.

**Weight management: lifestyle services for overweight or obese children and young people (PH47)** makes recommendations on lifestyle weight management (sometimes called Tier 2) services for overweight and obese children and young people aged under 18.

## Accessing Local Data

To help to understand the proportion of children and young people that are a healthy weight or overweight, the **Public Health Outcomes Framework** is the place to start. The Public Health Outcomes Framework provides an overview of obesity prevalence, as well as a number of other children's health indicators, that give information on the overall state of children and young people's health in North Yorkshire. If you would like a more detailed perspective please visit [Data North Yorkshire](#).



# Healthy Weight Pathway

for Children, Young People and Families in North Yorkshire

## A resource for professionals

Please note this document will be updated on a 6 monthly basis. Last updated: May 2019



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