

London Borough of Barnet Early Years, Children and Young People Healthy Weight Care Pathway Age 0 - 18 years

Assessment in Primary Care:(e.g. GP, Practice Nurse, Health Visitor, School Nurse)

a) Check height, weight, BMI calculation using age appropriate centile charts, 🍏 (Family History - to assess obesity burden in family, consider possibility of metabolic diseases and possible genetic causes)

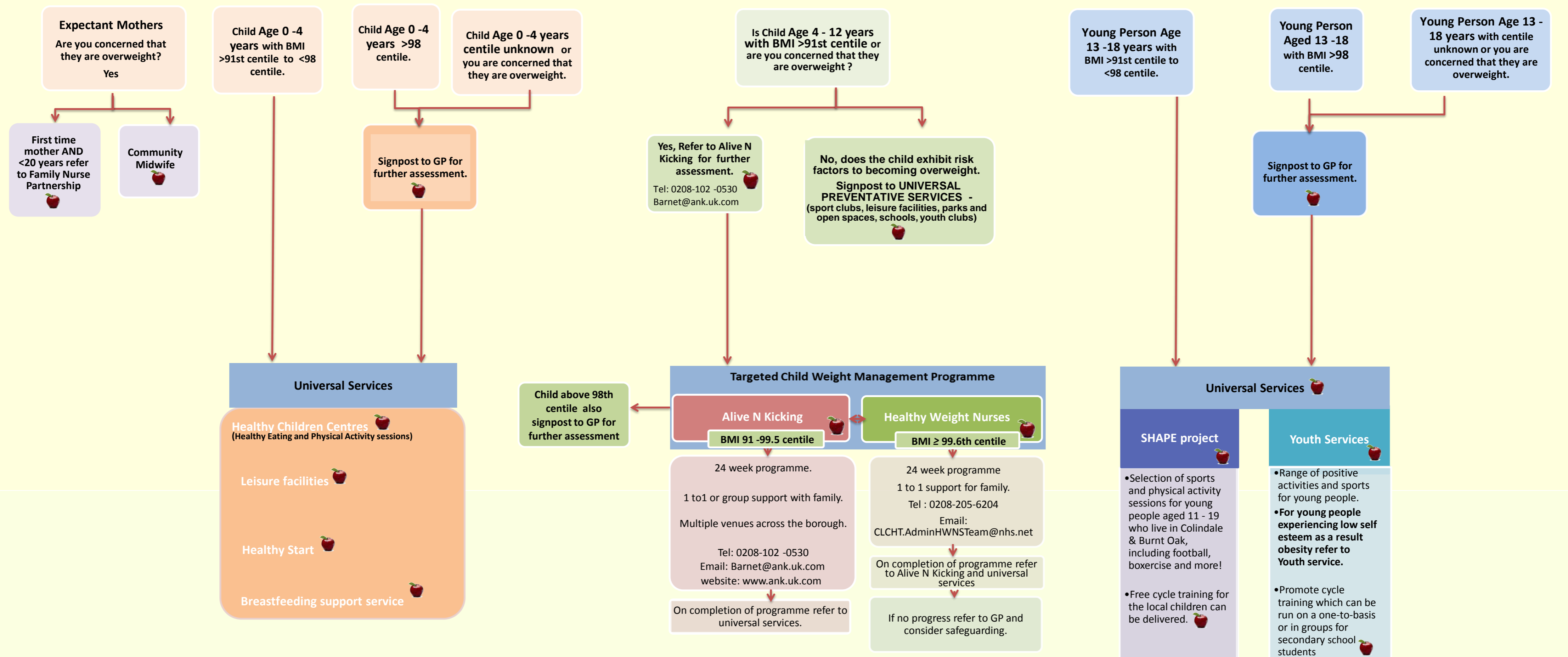
Screen for special educational needs, sleep disordered breathing, asthma and depression/social stigmatisation (being bullied at school etc.).

For Children age >7 years with BMI > 98th centile: blood pressure, fasting lipid profile, fasting glucose levels, liver function tests, thyroid function tests, urea and electrolytes.

b) Raise the issue of weight

Identification of overweight or obese child by non-health professional

- Refer to health professional for assessment OR
- Refer to Alive 'N' Kicking 🍏 / Healthy Weight Nurse Service directly AND 🍏
- Offer brief advice / brief intervention where trained to do so 🍏



SAFEGUARDING TO BE CONSIDERED THROUGHOUT THE PATHWAY 🍏

Universal Services Regardless Of Age 🍏

Transition to adult services for those aged 18 and over.
Contact Rachel.Wells@harrow.gov.uk for further service details

ACTIVITIES FOR UNDER 5'S IN BARNET

Below is an outline of the programme for under 5's across the Borough, in Better Leisure Centres.

BARNET BURNT OAK LEISURE CENTRE

Tuesday: 16:00 – 16:30 Ballet (3 - 4 years)

Wednesday: 13:00-15:00 Toddlers World

Wednesday: 15:45 – 16:45 Toddlers Soccer (3 – 6 years)

Friday: 13:00-15:00 Toddlers World

Monday – Friday Crèche (parents must be a member)

[For more information please contact Burnt-Oak@GLL.ORG](mailto:Burnt-Oak@GLL.ORG)

FINCHLEY LIDO

Tuesday: 09:30 - 10:00 Adult & Toddler Swimming lessons

Friday: 09:30 - 10:00 Adult & Toddler Swimming lessons

[For more information please contact Finchley-Lido@GLL.ORG.](mailto:Finchley-Lido@GLL.ORG)

BARNET COPTHALL LEISURE CENTRE

Thursday: 14:30 - 15:00 Adult & Toddler Swim School

Friday: 10:30 - 11:00 Adult & Toddler Swim School

Tots Water World – Monday 13:30 – 14:30

Tuesday 10:30 – 11:30 (women only)

Thursday 11:30 – 12:30

Saturday 12:00 – 13:30

[For more information please contact Copthall@gll.org](mailto:Copthall@gll.org)

HENDON LEISURE CENTRE

Hendon Leisure Centre holds toddlers world in its multi purpose gym on the following days and times:

Tuesday: 09:30-10.15
10:15-11.00
11.00-11.45
11.45-12.30

Friday: 09:15-10.00
10.00-10.45
10.45-11.30

Thursday: 09:30-10.15
10:15-11.00
11.00-11.45
11.45-12.30

Sunday: 09:15-10:00
10:00-10:45
10:45-11:30

[Hendon also hosts numerous gymnastics classes for u5's please visit www.betterlessons.org.uk to find the right one for you.](http://www.betterlessons.org.uk)

[In addition there are numerous swimming lessons for u5's across the Borough please visit www.betterlessons.org.uk to find the right one for you.](http://www.betterlessons.org.uk)

Useful Documents

[Healthy Start Alliance website - support Healthy Start Scheme](#)

[Food: A Fact Of Life](#)



Useful Documents

[NHS Choices- Livewell: Overweight Children; Advice for Parents](#)

[DH: Why Your Child's Weight Matters click here](#)

[Food: A Fact Of Life](#)

National Institute for Clinical Excellence (NICE) Guidelines

[NICE Obesity pathway click here](#)

National Campaigns

[Change4life](#)

[Children's British Heart Foundation](#)

School Health

[Health Matters](#)



Useful Information

[Get Active website](#)

[NHS Live Well: Healthy Eating for Teens](#)

[Food: A Fact of Life](#)

[YHeart - British Heart Foundation](#)

School Health

[Health Matters](#)



Useful Documents

Walking

[Tesco Living: 8 reasons why walking is great for your health](#)

[NHS choices - getting people walking for health click here](#)

[BUPA: Walking and Health](#)

Cycling

[Barnet London Cycling Campaign](#)

Lifestyle

[One You Campaign](#)

Weight Loss

[NHS Weight Loss Guide](#)

Childhood Obesity: Raising the issue of weight and providing a brief intervention online training

(Independently accredited by Association for Nutrition)

Course outline:

This course is provided by Weight Management Centre and is designed to assist health professionals and others working with children to raise the issue of weight with children, young people and parents who are overweight and to provide an effective brief intervention. The training will provide sufficient information and competencies to allow the student to identify overweight (and obesity) by using the UK Standard Child Growth Charts as well as briefly assess key lifestyle factors such as diet and physical activity levels. Delegates will be encouraged to master the skills to sensitively raise the issue of weight and to support the family, enabling the child to move towards a healthier weight.

How to access the training

1. Click the link: <https://www.discovery.uk.com/student-zone/regions/barnet>

2. Register the following mandatory information: - Full Name, Job Title, Place of work, Email address

3. You will be provided with a login name and password

4. Proceed with your learning

5. Answer the short test at the end of the course to gain certification

You should set aside two hours to complete this course - you can start and come back to this training.

The course includes:

1. An accompanying, printable handout

2. Weight Management Centre Certificate of attendance with CPD accreditation from the Association for Nutrition

Accreditation:

This course has been accredited for CPD by the Association for Nutrition; "The learning activity has a clearly defined nutrition based objective. The content is clearly referenced to scientific evidence and professional practice. The learning activity clearly maintains and extends UKVRN registrants knowledge and skills in the area of weight management, and also provides an opportunity for registrants to network."


Weight Management Centre, Unit B206 Trident Business Centre, 89 Bickersteth Road, Tooting, London SW17 9SH

Tel: 020 8417 0078, or contact valerie@wmc.uk.com or visit our website www.wmc.uk.com

As part of the pathway, children who are above healthy weight range can access 4 free football sessions at Barnet Hive.

To refer a child on to this offer please email the child's name, parents telephone number and the words 'Healthy Living Referral' to Steven Barron on sbarron@thehivelondon.com.

Someone from Barnet Hive foundation will contact the parent.

Click here  for information on the football sessions.

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