



# Guernsey and Alderney Children and Family Healthy Weight Pathway

Updated April 2020

(Next review Date October 2020)

## Context

Family and environmental factors, influences within society and our biology affect our weight status. Our lifestyles have changed a lot in the last 30 years and currently nearly a third of children aged 2 to 15 in Britain are overweight or obese, and this is a concern because it affects both physical and emotional health and wellbeing. Long term health is impacted and non-communicable (lifestyle related) diseases such as diabetes, heart disease and some cancers are on the increase.

Weight is not easy to manage at a population level or for families and children, and there are no quick fixes. Guernsey Health and Social Care services strive to support families to develop and sustain healthy eating and physical activity habits so that they can live healthier, longer lives. To do this we must work in partnership with other services and agencies.

The Guernsey children and families healthy weight pathway builds on good practice and is evidence based. It supports the delivery of the Healthy Weight, Healthy Lives Strategy: Tackling overweight and obesity in Guernsey and Alderney 2016-2026 and Childhood Obesity: A Plan for Action (HM Government, 2016).

## Aim

This pathway offers guidance to support professionals to deliver improved outcomes for children, young people and families in terms of healthy weight, and outlines Guernsey Health and Social Care's aspirations for service delivery.

## **Expected Outcomes**

The pathway aspires to contribute to the following outcomes for families in Guernsey and Alderney:

- Improved outcomes relating to healthy weight through delivery of the Healthy Child Programme.
- Reduction in health inequalities.
- Service delivery tailored to family needs.
- Quality health needs assessment and early identification of overweight or risk factors to overweight.
- Timely identification and delivery of appropriate intervention/referral to into appropriate service for assessment/signposting.
- Services tailored to the needs of children, young people and families through evidence-based programmes.
- Supported and empowered children, young people and families, resulting in the ability to make positive changes to their health and wellbeing.
- Improved seamless multi-agency support.
- Improved and consistent approach to meeting the needs of children, young people and families.

## **Identification of Healthy Weight in Children and Young People**

We know that everyone is different and we come in a range of shapes and sizes. Health professionals need ways to identify weight status because weight is an indicator of a child or young person's health. A universally used technique to identify weight status is by calculating Body Mass Index.

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

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. The NHS online Healthy Weight Calculator can be used to identify a child or young person's weight status.

## **Further Assessment**

BMI is a **useful tool** however, it is recognised that it has limitations when used in isolation and therefore should form part of a thorough health needs assessment by a relevant health professional. Consideration of whether World Health Organisation Growth centiles correlate should also form part of this assessment. A Specialist Community Public Health Nurse (health visitor or school nurse), Paediatrician, GP or Practice Nurse will be able to do this and will decide appropriate support for the child or young person. Thorough assessment of health needs should include, presenting symptoms and underlying causes of unhealthy weight, co-morbidities, psychosocial distress, such as low self-esteem, readiness to change and safeguarding issues.

## **Talking About Weight**

Talking to families and children about overweight and obesity can difficult and uncomfortable for lots of people because it is a sensitive and often emotive subject. However, weight status is one of the biggest contributors to poor physical health and is a problem on such a scale that it is impacting on children and families emotional health and wellbeing too. The more we talk about weight management the more comfortable we will become about raising the issue when appropriate. We aim to create a culture where talking about weight along with other health issues is positive and supportive and happens routinely. It is important to be sensitive, open and empathetic when discussing weight and weight management issues and there are some tools to help with this.

The Department of Health published Raising the Issue of Weight with Parents and 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.

In addition to this practitioners working with 0-19 year olds and families in Guernsey and Alderney can access training to support them in gaining knowledge and skills to identify and address the issue of excess weight. For further information or to express an interest in training please contact Katie Hill, Specialist Nurse for Children's Weight Management at [Katie.hill@gov.gg](mailto:Katie.hill@gov.gg)

## **Useful Resources and Information**

The Healthy Weight Strategy for Guernsey and Alderney 2016-2023 is available at:

<https://www.gov.gg/article/120426/Healthy-Weight-Strategy>

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>

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 are available at:

<https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>

Health Visitors and School Nurses deliver the Healthy Child Programme which focusses on universal preventative services including screening, immunisation, health and development reviews and support with wellbeing and parenting. Part of this is delivering advice and support around nutrition and physical activity from pregnancy, early childhood up to 19 years of age. To access the Healthy Child Programme: Pregnancy and the First Five Years of Life and the Healthy Child Programme: 5 to 19 years old, visit:

<https://www.gov.uk/government/publications/healthy-child-programme-pregnancy-and-the-first-5-years-of-life>

<https://www.gov.uk/government/publications/healthy-child-programme-5-to-19-years-old>

The health Improvement Commission are dedicated to providing lifestyle related resources and support for practitioners and families in the Bailiwick of Guernsey. The HIC website can accessed at:

<https://healthimprovement.gg>

## 0 – 5 HEALTHY WEIGHT PATHWAY

### Community

Public Health Team. Health Visitors (HV) and Staff Nurses (SN) develop understanding of the needs of families with 0 – 5 year olds regarding healthy weight in Guernsey and Alderney.

- By undertaking community health needs assessments and using data intelligence.
- By building relationships and links to shape services that contribute to 0 – 5's healthy weight eg leisure centres, early years setting, parent and toddler groups, parenting groups, Kindred Centre and Bright Beginnings.
- Liaison with the Midwifery service. Promoting breastfeeding, facilitating and/or supporting breastfeeding groups. Promotion of responsive formula feeding.
- Sharing infographics about lifestyle and wellbeing, healthy nutrition, oral health and physical activity.
- Promoting Change4Life, Veg Power and other relevant health campaigns.

### Universal Health Visitor delivery of Healthy Child Programme.

- Developmental reviews and growth monitoring.
- Providing information and advice regarding infant feeding using UNICEF guidance – discussion around key messages including responsive feeding.
- Nutrition advice in relation to age and developmental stage signposting as required.
- Strengths based, aspirational approach as per MECOSH training using training module for healthy weight in partnership with the family.
- Healthy lifestyles support and advice provided to families who are motivated to make changes to achieve goals through delivery of HENRY messages. Support with realistic, healthy goal setting.
- Nutrition advice signposting when required.
- Oral health advice and encourage dental registration by 1 year. Referral to dental services as required.
- Physical activity advice in relation to guidance through discussion around active play.

### Universal Plus: Additional services that any family may need some of the time.

- Infant/child at risk or becoming an unhealthy weight or already an unhealthy weight.
- HV Team members trained in delivery of MECOSH deliver healthy weight intervention and provide appropriate resources in conjunction with the aspirational approach when need recognised during antenatal or postnatal period.
- Parenting groups – Incredible Years, Mellow Baby, Beyond Blue
- Professional liaison with Children's Weight Management Specialist Nurse for advice with management/resource as required.

### Targeted Universal Partnership Plus: Services in addition to the Universal and Universal Plus offer for families with children who are a very unhealthy weight and require specialist services outside of the HV Team.

Health Visitor refer to relevant specialist service for assessment.

- Maternal Enhanced Childhood Sustained Home- visiting Programme (MESCH)
- Feeding clinic
- Children's weight management Specialist Nurse
- Paediatrician
- Dietician
- Dental services
- Multi Agency Support Hub (MASH)

Health Visitor to continue to provide Universal and Universal Plus offers and support as agreed with specialist team.

### HCP Team (HV & SN) work with family to provide targeted support.

- Review growth and agree care plan.
- Parenting course offered.
- Groups encouraged at Kindred and Bright Beginnings.
- MECOSH.
- SCPHN / Dietician / GP / Paediatrician/Dental service if required.

**Needs met:**  
discharge to  
Universal/Universal Plus

**Not Met:**  
Discuss as Multi-agency team  
Supervision sought with Named  
Nurse Safeguarding Children.  
Referral to Multi Agency Support  
Hub if required.

**Needs fully met:**  
Universal offer

**Needs not met:**  
Further support  
discussed or refer to  
MASH using agreed  
process.

## 5 - 19 HEALTHY WEIGHT PATHWAY

### Community:

Public Health Teams, including School Nurses (SN) and schools develop an understanding of the needs of families with children and young people aged 5 – 19 years regarding weight in Guernsey and Alderney.

- By gaining knowledge about weight status using National and local data intelligence including Guernsey Child Measurement Programme (GCMP) data.
- By working with FIGS and building links with partnership services which contribute to healthy weight of children and young people eg leisure centres, youth centres and educational settings.
- Signposting to local sport and leisure and activities in Guernsey and Alderney.
- Working with schools to promote Bikeability, Daily Mile, Active Travel Scheme and Healthy Schools.

### Universal:

At Universal level the 5 – 19 children and family staff teams will:

- SN's to offer healthy eating and physical activity advice during contacts with children and families signposting when appropriate.
- Working with schools to support and encourage healthy lifestyle initiatives: FIGS, Change4Life, Daily Mile Bikeability, Active Travel Scheme and Healthy Schools.
- SCPHN to facilitate GCMP and share data with universal Public Health teams and offer supportive feedback when requested.

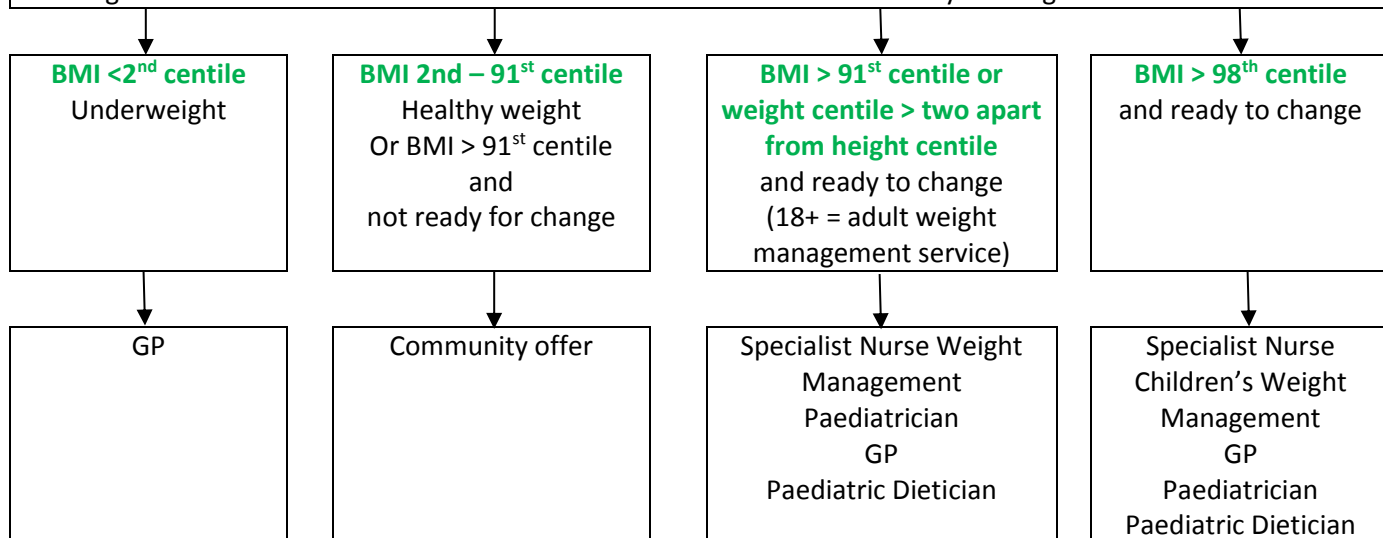
### Targeted:

Identification of need for targeted support of 5-19 year olds may be:

- opportunistic
- as a result of parental GCMP follow-up request
- maternal / paternal or child concern
- concern from health professional / school/non health professional.

BMI centile is used as a tool when making an assessment, however height and weight centiles should also be considered prior to referral for targeted weight management intervention due to known limitations of using BMI alone. If the referrer does not have capacity to assess this the School Nurse will assess this prior to referral.

A change readiness tool should be utilised to assess motivation to make lifestyle changes.



## Children's Weight Management Specialist Nurse

### Referral Form

Child's Name:		Child's age and D.O.B:	
Parent/Guardian name:			
Address:		Tel:	
Weight (if known):	Height (if known):	BMI (if known):	
Percentile:	Percentile:		
Reason for referral:		Medications/ relevant history:	
Referrer name and profession/ relationship to client:	sign:	Date:	

**Send to:**

Katie Hill  
Weight Management Specialise Nurse  
Lukis House  
La Grange  
GY1 2QG

**Or e-mail to:** [Katie.Hill@gov.gg](mailto:Katie.Hill@gov.gg)

### Readiness for change questionnaire

(Please complete and submit along with the referral form when requesting weight management support)

**On a scale of 0-10 (0 being not important at all and 10 being very important)** how important is it to you to make changes to your lifestyle? Please circle your answer.

0    1    2    3    4    5    6    7    8    9    10

**On a scale of 0-10 (0 being not confident at all and 10 being as confident as you can be)** how confident do you feel in your ability to make changes to your lifestyle? Please circle your answer.

0    1    2    3    4    5    6    7    8    9    10

**Please put a tick next to the statement below which best describes you:**

I have thought about making changes to improve my/our lifestyle

I have not thought about making any changes to improve my/our lifestyle

I have made some changes to improve my/our lifestyle

I do not know where to start when it comes to making changes to my/our lifestyle

Name.....    DOB.....    Date completed.....