

# Management of overweight/obese children

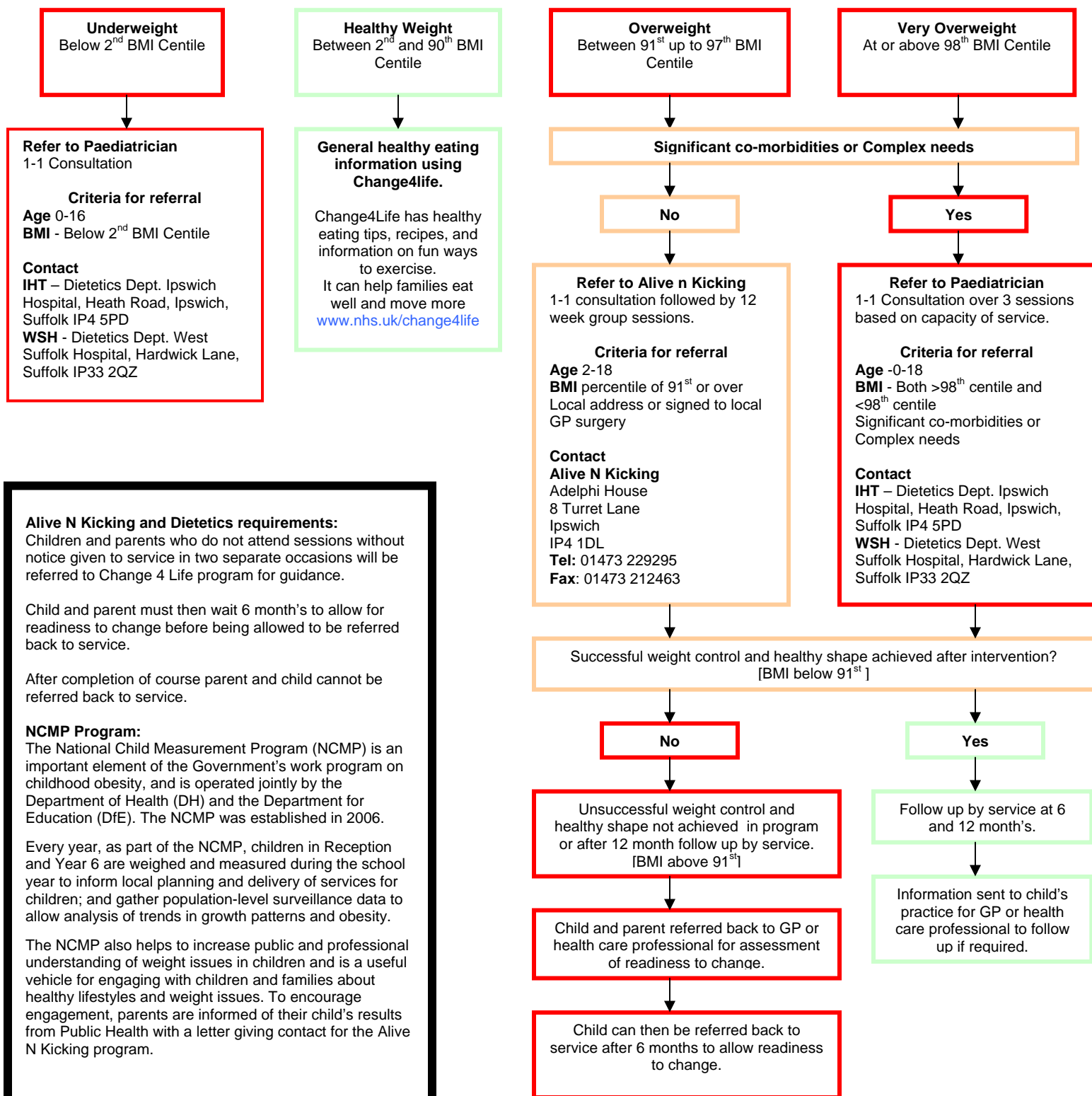
## Primary care clinical assessment tool for children over 2 years

### Assessment by health care professional

Height (M)  
Weight (kg)  
Age (2-18)  
Sex (M/F)

Plot assessment on WHO BMI centile chart.

BMI Boy/Girl Chart score



### Alive N Kicking and Dietetics requirements:

Children and parents who do not attend sessions without notice given to service in two separate occasions will be referred to Change 4 Life program for guidance.

Child and parent must then wait 6 month's to allow for readiness to change before being allowed to be referred back to service.

After completion of course parent and child cannot be referred back to service.

### NCMP Program:

The National Child Measurement Program (NCMP) is an important element of the Government's work program on childhood obesity, and is operated jointly by the Department of Health (DH) and the Department for Education (DfE). The NCMP was established in 2006.

Every year, as part of the NCMP, children in Reception and Year 6 are weighed and measured during the school year to inform local planning and delivery of services for children; and gather population-level surveillance data to allow analysis of trends in growth patterns and obesity.

The NCMP also helps to increase public and professional understanding of weight issues in children and is a useful vehicle for engaging with children and families about healthy lifestyles and weight issues. To encourage engagement, parents are informed of their child's results from Public Health with a letter giving contact for the Alive N Kicking program.