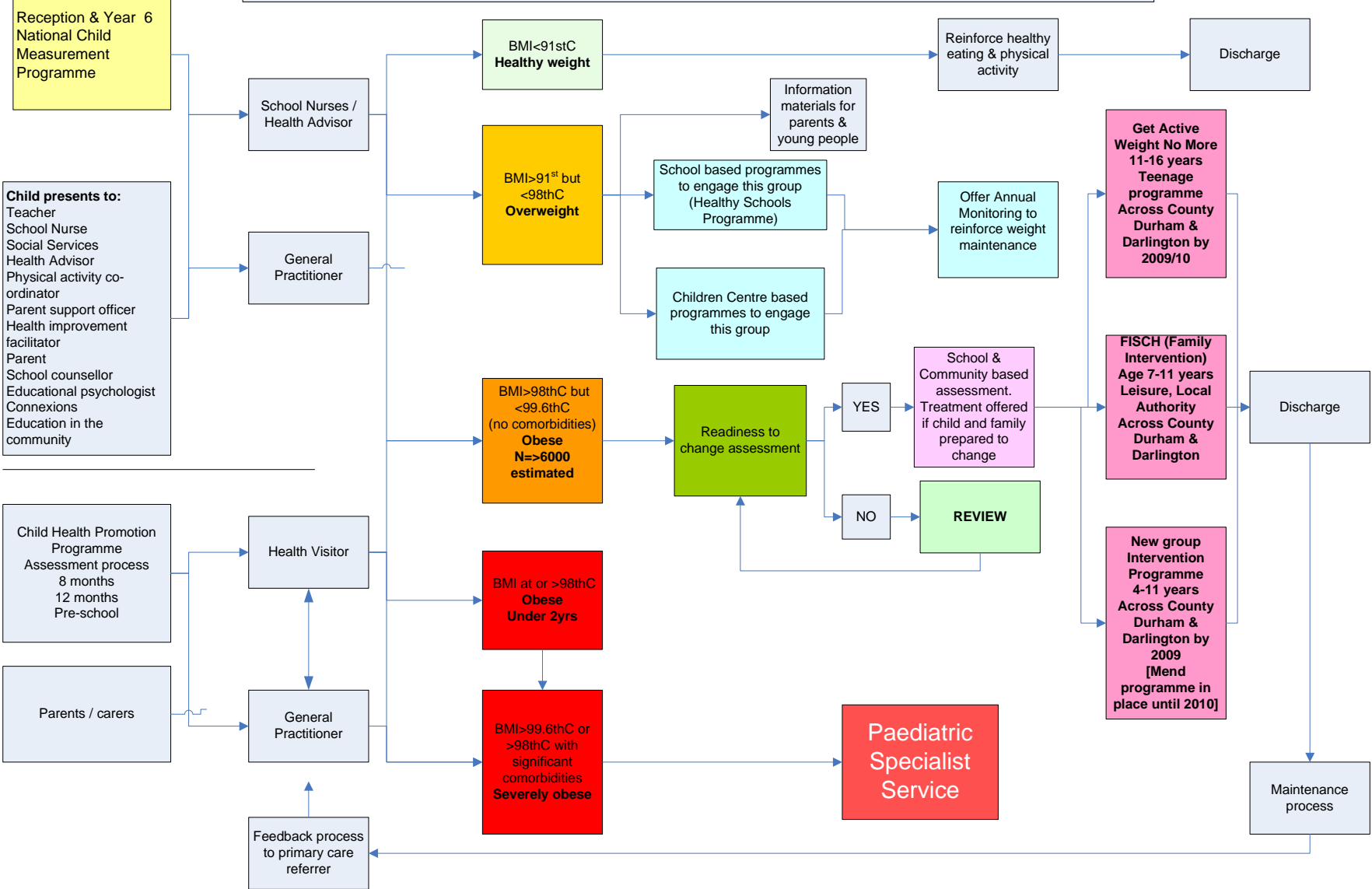


FUTURE STATE – Tackling Obesity in Children & Young People in County Durham



Child presents to:
 Teacher
 School Nurse
 Social Services
 Health Advisor
 Physical activity co-ordinator
 Parent support officer
 Health improvement facilitator
 Parent
 School counsellor
 Educational psychologist
 Connexions
 Education in the community

Child Health Promotion Programme
 Assessment process
 8 months
 12 months
 Pre-school

Parents / carers

School Nurses / Health Advisor

General Practitioner

Health Visitor

General Practitioner

Feedback process to primary care referrer

BMI < 91st C
Healthy weight

BMI > 91st but < 98th C
Overweight

BMI > 98th C but < 99.6th C (no comorbidities)
Obese
 N > 6000 estimated

BMI at or > 98th C
Obese Under 2yrs

BMI > 99.6th C or > 98th C with significant comorbidities
Severely obese

Information materials for parents & young people

Reinforce healthy eating & physical activity

Discharge

School based programmes to engage this group (Healthy Schools Programme)

Children Centre based programmes to engage this group

Offer Annual Monitoring to reinforce weight maintenance

Get Active Weight No More 11-16 years Teenage programme Across County Durham & Darlington by 2009/10

Readiness to change assessment

YES

NO

School & Community based assessment. Treatment offered if child and family prepared to change

REVIEW

FISCH (Family Intervention) Age 7-11 years Leisure, Local Authority Across County Durham & Darlington

New group Intervention Programme 4-11 years Across County Durham & Darlington by 2009 [Mend programme in place until 2010]

Discharge

Paediatric Specialist Service

Maintenance process