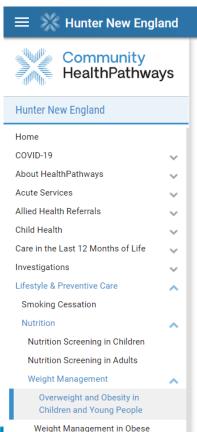
HNE HealthPathways



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1 / ... / Weight Management / Overweight and Obesity in Children and Young People



Overweight and Obesity in Children and Young People

Background

About childhood weight management ✓

Assessment

Practice point

The routine charting of a child's height, weight, and BMI provides an opportunity to discuss healthy weight.

- Assess growth ▼.
- 2. For children who are overweight or obese:
 - Look for parental/carer obesity ...
 - Identify any significant family history ▼.
 - Identify weight-related health problems ∨.
 - Take a food and lifestyle history ▼.
- 3. Examination:
 - Look for acanthosis nigricans \checkmark .

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Search

- Oral Health Checks in Children
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- Perthes disease
- Head Shape (Positional Plagioce)
- Premature Babies
- Scoliosis
- Scrotal Pain or Swelling in Childr
- Seizures in Children
- Infection and Sepsis in Children
- Speech and Language Difficulties
- Torticollis
- Undescended Testes
- Unsettled Infant Behaviour (Infant)
- Urinary Tract Infection (UTI) in C







Overweight and Obesity in Children and Young People

- Australian Dietary Guidelines:
 - Giving Your Baby the Best Start
 - Healthy Eating for Children
- Daughters and Dads (a program for daughters and dads to improve physical activity levels, sport skills and social-emotional wellbeingl
- Go 4 Fun Healthy Lifestyle Program [free 10 week healthy lifestyle program for NSW children aged 7 to 13 years]
- Healthy Kids NSW Health (list of current and credible information, resources and support materials about healthy eating and physical activity)
- NSW Government:
 - Make Health Normal
 - Make Healthy Normal: Information in Other Languages
 - 8 Healthy Habits
- A range of weight and obesity factsheets can be downloaded from the Sydney Children's Hospital









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