

# HNE HealthPathways



Hunter New England

- Home
- COVID-19
- About HealthPathways
- Acute Services
- Allied Health Referrals
- Child Health
- Care in the Last 12 Months of Life
- Investigations
- Lifestyle & Preventive Care
- Smoking Cessation
- Nutrition
  - Nutrition Screening in Children
  - Nutrition Screening in Adults
- Weight Management
  - Overweight and Obesity in Children and Young People
  - Weight Management in Obese Adults

Home / ... / 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.

1. 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.

<https://hne.communityhealthpathways.org/>

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# HNE Patientinfo

 Search

- Oral Health Checks in Children
- Overweight and Obesity in Children
- Diabetes in Children
- Pain in Children
- Painful or Swollen Joint in a Child
- Perthes disease
- Head Shape (Positional Plagiocephaly)
- Premature Babies
- Scoliosis
- Scrotal Pain or Swelling in Children
- Seizures in Children
- Infection and Sepsis in Children
- Speech and Language Difficulties
- Torticollis
- Undescended Testes
- Unsettled Infant Behaviour (Infant)
- Urinary Tract Infection (UTI) in Children



## 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 wellbeing]
- [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](#)

<https://hne.patientinfo.org.au>

