

Summary Sheet Raising Healthy Kids

- Overweight and obesity growing issue in New Zealand across all ages
- Impacts on child's health and wellbeing and ability of health system to respond to demand
- Growth is key indicator of a child's health
- Now have a Government target that all children identified over 98th centile @ B4SC are referred to primary care
- Primary care is the appropriate place for these interventions as the medical home for that child
Requires system change and systematic approaches
- Importance of plotting both **height** and **weight** (BMI) on age specific BMI chart
- Brief intervention is key
– aim for small changes
- Keep conversations positive and non-judgemental



Resources

- **Auckland Regional Clinical Pathways - Weight Management in Children**
<https://aucklandregiondraft.healthpathways.org.nz/index.htm?toc.htm?32831.htm>

Read Codes

- Underweight: 22A6.00
- Normal weight: NWt (proposed new code)
- Overweight: 22A.00
- Obesity: C380.00

Active Futures – 3 and 4 years email
referrals@otarahealth.org.nz/ Ph 274 8355/ Mob
027274800

Active Families – 5 to 18 years email
referrals@otarahealth.org.nz/ Ph 274 8355/ Mob
027274800

Southseas Healthcare – free services for under 5 years
and 5- 25 years email

npw@southseas.org.nz ph 273 9017

Health Promotion Agency videos

<http://nutritionandactivity.govt.nz/>

Goodfellow Unit

- **Podcast Dr Hayden McRobbie**
<https://www.goodfellowunit.org/podcast/childhood-obesity-hayden-mcrobbe>

- **Webinar – Conversations with parents about unhealthy weight in a child – Drs McRobbie & McIntosh, S Reid**
<https://www.goodfellowunit.org/events/webinar-conversations-parents-about-unhealthy-weight-child>

Government Childhood Obesity Plan

- <http://www.health.govt.nz/our-work/diseases-and-conditions/obesity/childhood-obesity-plan>