



UNIVERSAL PREVENTION SERVICES

Maternity Services, Health Visiting, Early Years Settings, Healthy Early Years Programme, Sport, Leisure and Parks Services, Play Services, Children's Centres, Mytime Active.

Antenatal BMI >30

Offer referral to Dietitian and signpost to services to get physically active and post-natal weight loss programmes e.g MEND Mums.

Postnatal Support

Health Visitor support on breastfeeding, infant feeding and weaning. Signpost to opportunities to get physically active and lose weight.

Publicity and Promotion/Whole Community

All families with children aged 0-4 encouraged to attend Mytime Active programmes. Publicity and Promotion to encourage self-referral.

mytimeactive *Feel Amazing!*

1 2 3 4 5 6 7 8

Evaluate if suitable for programmes and book on to appropriate Mind, Exercise, Nutrition...Do it! (MEND) programme. If unsuitable for MEND Programmes refer to GP/Health Visitor.

2

Child Weight Concern Identified

Underweight or Overweight: Use brief intervention/motivational interviewing skills to raise the issue and refer to Mytime Active. If considered required refer on to GP/Health Visitor.

MEND Mums
Group sessions delivered by Dietitian for postnatal women with baby aged 0-2 years.

MEND Mini
Group sessions delivered by Dietitian for Parents/Carers and children aged 2-4.

One to Ones
Sessions delivered by Dietitian for parents and children aged 0-4 where group programme not suitable.

1 2 3

Primary Care Assessment by Health Visitor or GP

- If suitable refer to Mytime Active.
- If not suitable referral to Clinical Assessment.

4 5 6

Clinical assessment by GP for co-morbidity/underlying cause

Referral letter.

Exit Programme

Encourage long-term use of sports, leisure, play services etc.

7

Follow up

Did not attend, dropped out of programme, negative changes to BMI.

- Primary assessment by GP or Health Visitor, consider **safeguarding**.

5 9

Paediatric Dietitian Overweight

BMI > 98th plus Co-morbidity or complex needs such as learning or educational difficulties.

5 9

Paediatrician

Significant Co-morbidity or complex needs such as learning or educational difficulties.

5 9

Paediatric Dietitian/ Paediatrician Underweight

See toolkit guidelines

Good Progress

Assess need for continued additional support and signpost to appropriate services e.g Mytime Active. Reinforce healthy eating and physical activity.

7

Follow up

Did not attend, dropped out of programme, negative changes to BMI.

- Return to clinical assessment by GP, consider **safeguarding**.

For more information please contact:

Mytime Active
020 3795 9346
Email: Sajida.Yasin@mytimeactive.co.uk or info@mytimeactive.co.uk
Website: <http://www.mytimeactive.co.uk/>

Elizabeth Dunsford
Public Health Commissioner, Healthy Weight and Schools
Email: edunsford@westminster.gov.uk

KEY	
	Toolbox containing further information
	Prevention Services
	Identification of Issue
	Issue in process of being resolved
	Issues resolved

