

# Child Healthy Weight Service

Information for patients

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## Who are we?



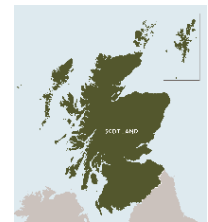
We appreciate that it can be hard finding a balance in life whilst juggling lots of different demands, but if you would like some support to make healthy choices, then we can help.

We are a small team of professionals from different specialities who aim to support children, young people and their families to make healthy lifestyle choices such as eating well, increasing physical activity, reducing screen time and improving sleep, whilst being mindful of the needs of your family.

Our team of Specialist Dietitians, Psychologists, Get Going Health Coaches and Exercise Specialists will work with families and children (from 0-18 years old) in an open, supportive, and non-judgmental way, to support you to achieve the goals that are important to you.

## You are not alone

We recognise that it can be difficult to find balance in providing healthy, nutritious meals and prioritising healthy lifestyles during such busy and stressful times. You are not alone.



In Scotland, studies show that more of us are living at a higher weight than before. We recognise that weight gain is due to many factors and closely linked to where we live, how we grew up, and if we experienced negative events in childhood. Access to areas where we can safely exercise, and our own genetics and biology are big factors too in determining our body weight. We, as a service, understand these issues well and are keen to support you.

We work closely with the Scottish Government, Local Authorities and other agencies to try and provide support to families.

We want to work alongside you and provide the right support at the right time.

## What happens if I am referred?



All referrals to the service will be discussed by our team. We will review all the information in the referral and consider what part of the service will be the best fit for you.

You may be invited to our Group Programme, Get Going, or you may be invited for assessment or intervention with one of the Dietitians, Applied Psychologists or Exercise Specialist.

## Get Going Group Programme

Get Going is a 9 session, free, group programme which aims to introduce fun ways of becoming more active and healthy as a family. These sessions are held in the local community and in leisure centres near you.

If you would like support to promote a healthy, happy, active lifestyle for either yourself or your family, then 'Get Going' may be the programme for you.

If you would like to self-refer to this programme you can do this by completing a self-referral form and returning it to [loth.childhealthyweight@nhslothian.scot.nhs.uk](mailto:loth.childhealthyweight@nhslothian.scot.nhs.uk). You can access the referral form online at: <https://weare.nhslothian.scot/childhealthyweight>

## Specialist input with dietetics or psychology

### How do you know if your child is a healthy weight?



Our service uses a Body Mass Index (BMI) score to identify whether we are the best source of support for a child. You can check your BMI or your child's BMI using an online calculator: [www.nhs.uk/live-well/healthy-weight/bmi-calculator](http://www.nhs.uk/live-well/healthy-weight/bmi-calculator)

Please note that childhood BMI is categorised differently to adults.

It is important to remember that weight is not the only measure of a child's (or adult's) health. Other aspects of health include diet, physical activity and self-esteem, as well as family and social support. However, a healthy weight will help ensure a good start for all children.

### Who do we work with?

We tend to work with your family as a whole however it is sometimes helpful for us to work with parents or with young people individually, depending on circumstances.

### How we would meet you

We are currently meeting young people and families both virtually, through a videoconference link called 'NHS NearMe' ([www.nearme.scot](http://www.nearme.scot)), and face to face in clinics all over Lothian. Although we tailor our support for each individual family, typically we see each child and their family for an assessment session and then up to 7 review appointments.

### What would we cover?

The service will tailor input based on the needs of your family however, generally our sessions can cover:

- Monitoring your diet
- Healthy snacks
- Emotional eating
- Portion sizes
- Managing mealtimes
- Exercise
- Goals
- The importance of role modelling
- Screen time

And much more

## How do I get referred?

If you would like to self-refer to this programme you can do this by completing a self referral form and returning it to:

[loth.childhealthyweight@nhslothian.scot.nhs.uk](mailto:loth.childhealthyweight@nhslothian.scot.nhs.uk)

Alternatively, your GP or any other clinician or professional will be able to refer you.



All referrals should be returned to the email address above. When we receive your referral, we will review it and you will be allocated to either our Get Going Programme, or for individual Dietetic Support or Psychology Support.

## Helpful websites

Here are some websites that you may find helpful:

- Parent Club Scotland: [www.parentclub.scot](http://www.parentclub.scot)
- NHS Inform: [www.nhsinform.scot](http://www.nhsinform.scot)
- NHS, Live Well, Eat Well: [www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide](http://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide)
- Food Standards: [www.foodstandards.gov.scot](http://www.foodstandards.gov.scot)
- Diabetes.org: [www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes](http://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes)
- Care Inspectorate: <https://hub.careinspectorate.com/media/3241/food-matters-nurturing-happy-healthy-children.pdf>
- Healthier Families: [www.nhs.uk/healthier-families/recipes](http://www.nhs.uk/healthier-families/recipes)
- Henry Website: [www.henry.org.uk/parents](http://www.henry.org.uk/parents)
- Paediatric Weight Management: <https://weare.nhslothian.scot/childhealthyweight>

