



**The First Level 3 Child and Young Person Weight
Management Service in Wales**

Information for Professionals

Who we are and what we do

Connect is a Gwent-wide team of health care professionals working together to support children, young people and their families to manage their weight, improve their physical and emotional health and assess/treat complications of obesity.

The team is made up of a Consultant Paediatrician, Specialist Dietitian, Clinical Psychologists, Nurses and a Therapy Assistant Practitioner – we have 3.8 FTE staff in total.

We each provide different elements of support which the young person and their family may find useful. These may be a medical assessment for underlying causes of obesity, bespoke dietetic advice, psychological support with factors affecting their weight and help to increase activity levels.

We work directly with children and young people aged between 0 to 16 years who meet specific criteria. We can also work in consultation with a variety of agencies e.g. General Practitioners, Health Visitors, School Nurses and Teachers to enable them to give children and their families the best support to manage their weight.

How can I ask Connect to help?

Health and Social Care Professionals can ask us to consider working with the young person and their family by completing a Request for Help Form available via our intranet page.

We are also happy to receive phone calls from professionals to help provide appropriate resources and general advice to support families in the community. Please note we can only provide personalised advice for young people and families who are working directly with Connect.

What happens next?

When we have reviewed the Request for Help form, we will work with you to decide the most helpful way to meet the young person and their family's current needs. We may contact the family via telephone for further information, visit them at home or invite them to a clinic appointment to start working with them to plan the most appropriate support.

If we are not able to support the young person directly at this time, we will let the health care professional who completed the form know, and if relevant, signpost them to the most appropriate service at this time. The family can ask for support from Connect again if their circumstances change or suggested advice hasn't been beneficial.

Connect Referral Criteria

Requests for help for children who meet the following criteria will be assessed for suitability to access the service.

Age 0 - 2

- Weight \geq **98th Centile**

Age 2 < 16

- BMI \geq **3.33SD Centile**

OR

- BMI \geq **98th Centile**, with the one or more of the following risk factors for either possible underlying pathology or future morbidity:

A. Possible underlying pathology

1. Relative short stature for degree of obesity (short for mid-parental centile)
2. Dysmorphic signs/or significant learning difficulties

B. Risk for Co-morbidity

1. Hypertension (systolic or diastolic BP \geq 98th Centile)
2. Obstructive sleep apnoea
3. Significant mobility or joint problems
4. Abnormal glucose or insulin metabolism (impaired fasting glucose/impaired glucose tolerance/Hyperinsulinaemia)
5. Acanthosis nigricans
6. Dyslipidaemia (low HDL/High Triglycerides/High cholesterol/HDL ratio)
7. ALT \geq 70 (Suggestive of NAFLAD)
8. Features suggestive of polycystic ovarian syndrome

C. Evidence of psychological concerns associated with obesity

1. Significant family/individual distress related to obesity e.g. depression or suicidal ideation, self-harm or other concerning behaviour
2. Concerns regarding eating disorder

D. Safeguarding concerns

E. Family history of T2DM or premature cardiovascular disease in 1st or 2nd degree relatives (especially if T2DM diagnosed <40 years, or cardiovascular disease before 60)

For Further information please contact us on: 01633 436770
or Connect.abb@wales.nhs.uk