



# CONNECT

## Leaflet for Professionals





## Who are we?

Connect is a Gwent-wide team of health care professionals working together to support children,/young people (aged 0-16) 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 Psychologist, Specialist Nurse and a Therapy Assistant Practitioner .

## What can we offer?

Our aim is to support families for up to a year of active intervention for weight management. We work both Virtually and Face to Face to provide different elements of support which the young person and their family may find useful.

These may include

- a medical assessment for underlying causes of obesity
- bespoke dietetic advice
- support with psychological factors relating to their weight
- help to increase activity levels.
- educational groups such as our Healthy Weight Healthy Family group

## What is our Referral Process?

We are asking that families self-refer via our webpage or phone line to access the service.

**We now accept referrals from professionals if there are safeguarding concerns and the family are under social services due to this.**

All children referred to the service must have a recent weight and height so we can assess if they meet our criteria. Please support the families to get these measurements when you advise they consider self-referring to the service.

Once we have reviewed the Request for Help form, if they meet our criteria we will invite them to a clinic appointment to plan the most appropriate support.





# What is our Referral Criteria?

## Age <2years old

- Weight >98th centile

## Age 2-16 who meet at least one of the following criteria

- BMI Centile >99.6th centile
- BMI centile >98th and active under social services
- BMI Centile >98th Centile with one or more of the following co-existing conditions:
  - Children with a suspected underlying medical (e.g. endocrine) cause of obesity
  - Prader-Willi syndrome or where this is suspected
  - Strong family history of cardiovascular disease or type 2 diabetes
  - Complex social history including adverse childhood experiences (ACES)
  - Children who may have serious obesity-related morbidity that requires weight loss( type 2 diabetes, abnormal glucose or insulin metabolism (IFS/IGT, hyperinsulinemia), hypertension, cardiovascular disease, significant joint or mobility problems, dyslipidaemia, benign intracranial hypertension, obstructive sleep apnoea, obesity hypoventilation syndrome, features suggestive of polycystic ovarian syndrome, Acanthosis nigricans, Raised levels of alanine aminotransferase (>70) suggestive of Non-alcoholic fatty liver disease (NAFLD) )

## What if the young person does not meet our criteria?

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. Additional resources can also be found via our website . Other services that may be useful are

- SPACE
- Paediatric Dietetics
- ISCAN

Young people aged 16 and above can be referred into the Adult Weight Management Service.

## Contact Us

**Tel:** 0300 3034906

**Email:** [ABB.Connect@wales.nhs.uk](mailto:ABB.Connect@wales.nhs.uk)

Follow our QR code for our webpage

