

Paediatric Weight Management

The Healthy Kids Hub

Paediatric Overweight and Obesity Clinic

The Logan Multidisciplinary Paediatric Obesity Clinic is conducted by Children's Health Queensland (CHQ) specialists and is focused on treating overweight and obesity in children and adolescents.

Referral criteria

Any child from birth to 18 years who meets one or more of the following criteria:

- Referred by a paediatrician, general practitioner, Queensland Health (QH) professional, QH multicultural health worker, child health nurse or member of the education department.
- 0–2 with a BMI > 97th percentile on the WHO growth charts and gaining weight rapidly, or who has been assessed by a paediatrician or general practitioner (GP) to have weight concerns (are above the healthy weight range).
- 2–18 with a BMI \geq 85th percentile on the US-CDC or WHO growth charts.

This will include children who are overweight and obese with no:

- identified secondary or genetic causes of obesity
- significant identified comorbidity or high-risk comorbidities.

Children who do not meet these criteria may be accepted on a case-by-case basis (e.g. if paediatric weight management MDT is in addition to and coordinated with specialist management).

Parents/carers must also have provide consent for referral to the paediatric weight management clinic.

Clinic details

Clinics are held on Tuesdays, Wednesdays and Fridays across the Logan area. Families will be offered approximately five appointments with the weight management team. The weight management team consists of a multicultural health worker, nurse, dietitian, psychologist and physiotherapist.

Following the intensive clinic period, the clinicians, child/adolescent and family will determine ongoing follow-up.

Referral information

CHQ referrals

Complete the *CHQ Referral to Allied Health Services form for Nutrition and Dietetics* https://qheps.health.qld.gov.au/_data/assets/pdf_file/0027/715833/500015.pdf

External referrers

Complete a general referral letter and clearly identify the referral is for the Queensland Children's Hospital Dietetics/ Multidisciplinary Paediatric Obesity Clinic (Logan).

Submit your completed referral and supporting information to the Queensland Children's Hospital Referral Centre via email: CHQ-LCCH-REF@health.qld.gov.au

The following information should be included in the referral:

- anthropometric measurement (length/height, weight, weight history)
- medical history
- medications
- recent relevant blood or other tests results
- demographics (including if there is a need for an interpreter)
- name of medical practitioner involved in the child's care
- whether patient requires psychologist input/support.



Contact us

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w www.childrens.health.qld.gov.au