

# Healthy Weight Service

## Referral criteria and guidelines

This information is for use by:

- referrers to refer a patient to the Healthy Weight Service (HWS)
- the HWS team to determine eligibility of patients for the lifestyle program.

## Inclusion criteria

Referrals must include relevant measurements and blood investigations/evidence of obesity related comorbidities.

### Children and adolescents (0-15 years)

BMI z-score  $\geq 2.5$

OR

#### Pre-diabetes:

- Fasting glucose  $\geq 5.6$  (impaired fasting glucose)
- 120-min OGTT glucose 7.8-11.0 (impaired glucose tolerance)

OR

#### BMI z-score $\geq 2.2$ AND 2 co-morbidities:

- Fasting insulin  $\geq 16$
- Fasting dyslipidaemia: total cholesterol  $\geq 6.0$ , HDL  $\leq 0.8$ , LDL  $\geq 2.9$ , Triglycerides  $\geq 2.5$
- Hypertension ( $\geq 95^{\text{th}}$  percentile)
- Obstructive Sleep Apnoea
- Psychosocial (i.e. depression or anxiety)
- Polycystic Ovarian Syndrome
- NAFLD or Hepatic Steatosis
- Musculoskeletal complications

Please use [Children's Hospital of Philadelphia Website for BMI z-score calculation](#).

Suggested investigations to determine eligibility: FBP, fasting glucose, fasting insulin, HbA1c, fasting lipid profile, c peptide, iron studies, TFT's, CRP, LFT's including AST and Oral Glucose Tolerance Test if appropriate.



# Exclusion criteria

Please consider the following as possible exclusions for lifestyle intervention in the HWS.

1. Motivation for change. Referral is not appropriate if child and primary carer are not committed to or cannot commit to lifestyle behaviour change.
2. If there is an inability of the child/primary carer to attend frequent and regular appointments at PCH for a minimum of six months.

Or any of the following:

- 16 years or over at time of referral
- Parental intellectual disability that precludes the ability to undertake and sustain consistent lifestyle change behaviours
- Parental or patient mental health issues that precludes the ability to undertake and sustain consistent lifestyle change behaviours
- Family functioning issues of any kind that preclude the ability to undertake and sustain consistent lifestyle change behaviours.

For more information or to discuss referrals please contact the Department of Endocrinology and Diabetes, Perth Children's Hospital on (08) 6456 2222.



Government of **Western Australia**  
Child and Adolescent Health Service

**This document can be made available in alternative formats  
on request for a person with a disability.**

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