

#### Child/Family Weight Management



#### At least 1 child in the family must meet the following criteria:

- Aged 5-15 years (when the teen programme starts, this will be 5-11 years)
- Above their ideal weight on the BMI centile chart
- Goes to school and/or is registered with a Hounslow GP
- Does not meet any of the following exclusion criteria:
  - Severe/moderate frailty as recoded on a frailty register
  - Is pregnant
  - Has an eating disorder
  - Has a significant unmanaged co-morbidity
  - Has had bariatric surgery in the last two years

Children with more complex needs such as learning difficulties and mental health issues will be considered on a case-by-case basis.