

Childhood Obesity – B4 School check

On July 1st the Ministry of Health launched a new health target focusing on Healthy Children and specifically addressing the important issue of childhood obesity.

The new health target will see 95% of obese children identified in the Before School Check (B4 School Check) programme offered a referral to a health professional for clinical assessment and family based nutrition, activity and lifestyle interventions by December 2017.

The exact route of referral and detail of the appropriate health intervention that will be available for these children is still being worked out by a Steering Committee that includes general practice representation. There will be clear guidelines sent out to ensure that the process is easy to follow. The numbers of children that will be referred in this category are relatively small being around 200 for the whole Bay of Plenty region.

There are already plenty of resources available to assist primary care teams in this area. These include the [Ministry of Health childhood obesity article page](#).

The Bay Navigator site has a great hub of local information on the [Weight Management pathway page](#).

I was told about a great resource at the recent GP CME Conference called BeSmarter which is a goal setting tool around children's healthy eating etc. You can get find out more information and order packs at bodywise@waikatoDHB.health.nz.

If you receive a notification from the B4Sc programme to see a child that has a high BMI please do send the acknowledgement form back as this will help track these children and make sure they are accessing the appropriate interventions.

If you have any comments relating to this topic then please send them to me Alison.james@bopdhb.govt.nz to help me best represent your views.