

Child Healthy Weight Intervention Guides



The following guides provide prompts to support professionals having holistic conversations with children and families about healthy weight.

Having these conversations is essential to understanding individual needs, motivation and interests. We encourage professionals to use these guides alongside the [Child Healthy Weight directory](#) to effectively connect families to the right support as early as possible.

The Intervention Guides are based on the 3 A's framework from Make Every Contact Count (MECC).

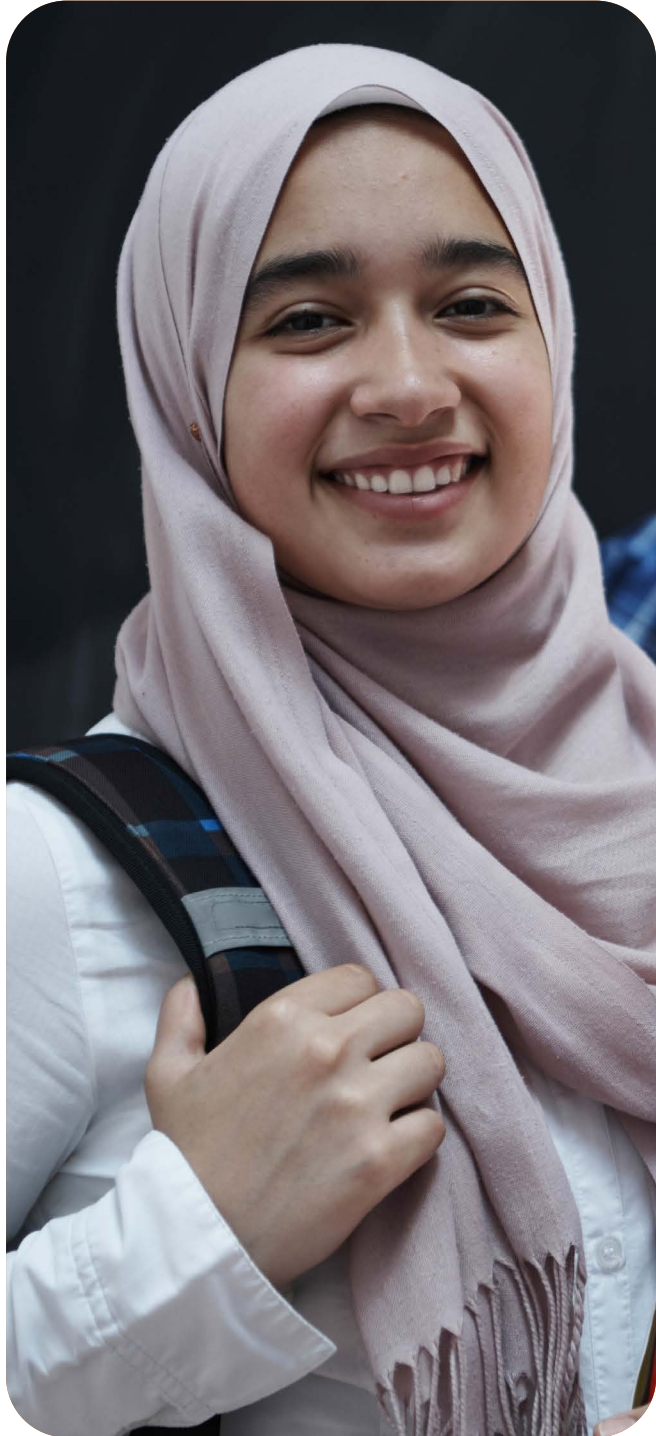
MECC conversations are person-centered and focused on jointly understanding an individual's capability and motivation to make positive changes. They are often about 'planting a seed' and supporting someone to access the resources they need to make change happen.



How to use the Intervention Guides

Community Guide Page 3

Supports brief intervention and is aimed at all professionals working with children, young people and families (e.g. community staff, schools etc.). It recognises that everyone has a role in promoting healthy weight messages, raising awareness, and signposting to appropriate sources of support where necessary.



Clinical Guide Page 4

Supports extended brief intervention and is aimed at healthcare practitioners and professionals with the competencies to provide holistic assessment and on-going support. It recognises the importance of jointly understanding the family's needs, motivation, and confidence, to be able to identify appropriate actions and support as part of a clinical intervention.

NCMP Guide Page 5

Supports professionals delivering the National Child Measurement Programme (NCMP) to have supportive conversation and extended brief intervention with parents or carers following results.

Community Guide

Brief Intervention
5-10 minutes

Recognising opportunities to discuss health and wellbeing

- Many parents find it difficult knowing whether their children are growing up healthily. Would you like to arrange for your child's height and weight to be checked?
- Is it ok if we spend a few minutes to talk about your child's health and wellbeing?

Explore and discuss with the family what they can do to achieve and maintain a healthier lifestyle

- How has "child's name" been recently?
- Do you have any concerns you would like to share? What type of support would you find helpful?

Helping them to access support

- Would you like me to share resources/information that others have found helpful?
- Would you like me to help you access local services for additional support?

Promote Healthy Weight Messages

For children aged 0-5 years:

- Breastfeeding and safe-bottle feeding practices
- Appropriate complementary food from 6 months (signpost to children and family centres workshops)
- Responsive feeding principles
- Limit ultra-processed food
- Family mealtime and role model healthy eating
- 180 minutes of physical activity a day
- Support good sleep and discuss screen time limits
- Brush twice a day and register to a dentist
- Healthy Start Vitamins.

For children aged 5-19 years:

- Eat-well guide
- 5+ fruits and vegetables
- Age-appropriate portion sizes
- Limit ultra-processed food
- Healthy snacks and drinks
- 60 minutes of physical activity a day
- Brush twice a day and visit the dentist
- Support good sleep and discuss screen time limits.

Signposting

If no additional concerns:

- › Signpost to relevant digital resources.
- › Signpost to Healthy Weight Directory and relevant services in the Local Offer.

If there are health related concerns:

- › Signpost to 0-19 services or primary care.

If social/family related concerns:

- › Signpost to social prescribing or Early Help.

Please visit our Child Healthy Weight webpages for further information

[Click here](#)

Clinical Guide

Extended Brief Intervention

10-15 minutes



Ask question to explore the issue

- Would it be okay to check “*child’s name*” height and weight today?
- Has someone already taken the time to explain what the BMI centile means?
- Would it be okay for me to ask a few questions about your child’s health and wellbeing?
- For primary care: investigate possible complication (consider HbA1c, LFT, TFT etc..) for children with **BMI above 99.6th**.

➤ Check [Let’s talk about weight and moving medicine conversation guide](#)

Use motivational interviewing / strength-based approach:

- **Reflections:** What I’m hearing is.../It sounds like.../It seems like...
- **Affirmation:** “You are very determined, in spite of all these challenges”, “it sounds like you are managing ... very well”.

Holistic Assessment



Jointly understanding the family’s needs, motivation and confidence

Don’t make assumptions, instead explore the family’s needs in relation to their lifestyle (e.g., diet, physical activity, sleep, screen time), emotional health and environment (home environment, socio economic status, food access, parenting skills etc).

- There are lots of different things that can impact children’s weight including what they eat and how much they move, but also how they feel and their environment. Is there anything in particular that you are worried about and would like us to discuss?
- Do you have any concerns about (*child’s name*) growth and development that you would like us to discuss?
- Are there any specific support services you would like to hear about?



Monitoring & Signposting

Identify actions and sources of support

Be led by the family and keep in mind behaviour change models ([see page 6](#)).

- **Summarise discussion and pull key points together:** “Is that an accurate summary? Was there anything I missed?”
- There are different options/services available, would you like me to talk you through some of those?
- What are your thoughts about next steps?
- On a scale of 0-10 how important/confident are you about this next step?

➤ Discuss follow up options and connect family to [appropriate sources of support](#).

Please visit our [Child Healthy Weight webpages for further information](#)

[Click here](#)

NCMP Guide

Extended Brief Intervention

10-15 minutes



Ask question to explore the issue

- Is now a good time to have a brief conversation?
- Have you received the NCMP letter?
- Do you have any questions or concerns about the letter?
- How did you feel about the letter?
- Is it okay if we explore together what support you might find helpful?

For children with BMI above the 99.6th centile:
Refer/ signpost to GP for health assessment and screening of potential health complications.

For children with BMI on or below 0.4th centile:
Refer to paediatric dietitians and GP for health assessment and screening of potential health complications

➤ Check [Let’s talk about weight and moving medicine conversation guide](#)

Throughout the conversation, use motivational interviewing/strength-based approach:

- **Reflections:** What I’m hearing is.../ It sounds like.../ It seems like...
- **Affirmation:** “You are very determined, in spite of all these challenges”, “it sounds like you are managing ... very well”.



Holistic Assessment

Jointly understanding the family’s needs, motivation and confidence

Don’t make assumptions and explore the family’s needs in relation to their lifestyle (e.g., diet, physical activity, sleep, screen time), emotional health and environment (home environment, socioeconomic status, food access, parenting skills etc).

- There are lots of different things that can impact children’s weight including what they eat and how much they move, but also how they feel and their environment. Is there anything in particular that you are worried about and would like us to discuss?
- Accessing healthy food can be difficult with the rising cost of living and the environment we live in. Are you able to access the healthy food that you need?
- How we feel can really impact our physical health. There are a range of support services that can help us with our emotional health, for both adult and children. Is this something you would like to hear more about?
- What would be helpful for us to discuss?
- Any specific support you would like to hear about?



Monitoring & Signposting

Identify actions and sources of support

Be led by the family and keep in mind behaviour change models ([see next page](#)).

- **Summarise discussion and pull key points together:** “Is that an accurate summary? Was there anything I missed?”
- There are different options/services available, would you like me to talk you through some of those?
- What are your thoughts about next steps?
- On a scale of 0-10 how important/confident are you about this next step?

➤ Discuss follow up options and connect family to [appropriate sources of support](#).

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[Click here](#)

Behaviour Change Model

The COM-B model of behaviour is widely used to identify what needs to change in order for a behaviour change intervention to be effective. It is helpful for understanding how capability, opportunity and motivation might impact an individual's capacity to make a change.

Capability

Capability

For example: cooking skills, understanding of healthy eating activity.

Psychological capability

For example: knowledge, understanding, ability to use and process information.

Opportunity

Opportunity:

For example: time, equipment, money and other resources.

Social opportunity:

For example: attitudes and behaviour of people they are close to or relate to.

Motivation

Reflective motivation:

For example: pros and cons, beliefs about outcomes.

Automatic motivation:

For example: instinct, habits, unconscious and/or learned behaviour.



Behaviour

Readiness to Change

Children and families will be at different stages of readiness. It is important to consider and respond empathetically at each stage. Here are a few prompts for a parent resistant to change; a parent ambivalent about change; and a parent ready to change.

Parents resistant to change

- It seems as if you're not sure/not ready to discuss this right now.
- Would you like us to arrange another call at a later date?
- Would you like me to send some information by email and you can contact us when you feel ready to discuss this?

Parents ambivalent about change

- Acknowledge the challenge of change.
- It seems that you are not quite sure about the next steps, would you like to explore the pros or cons of taking these steps?
- What would be a more realistic step for you?
- What support would you need?

Parents ready to change

- Provide reassurance and encouragement.
- Agree next steps.
- Connect to appropriate sources of support.
- Arrange a follow up meeting to monitor progress.