

John Hunter Children’s Hospital Weight Management Service Referral Criteria

2-6 years	7-12 years	13-17 years
<p>1) BMI > 30 kg/m²</p> <p>OR</p> <p>2) BMI > 95th percentile</p> <p style="text-align: center;"><u>AND</u></p> <p>ONE or more complications of obesity:</p> <ul style="list-style-type: none"> - Severe symptoms of obstructive sleep apnoea - Evidence of fatty liver disease (ALT > 50 for boys, ALT > 44 for girls) - Hypertension (BP>95th centile – see link) - Elevated fasting BGL (≥ 5.6 mmol/L) or HbA1c (≥ 5.7%) - Fasting dyslipidaemia: <ul style="list-style-type: none"> o Total cholesterol ≥ 5.2 mmol/L o LDL ≥ 3.4 mmol/L o HDL < 1 mmol/L o Triglycerides ≥ 1.1 mmol/L - Psychosocial e.g. bullying, social isolation, anxiety, depression, behavioural difficulties 	<p>1) BMI > 35 kg/m²</p> <p>OR</p> <p>2) BMI > 95th percentile</p> <p style="text-align: center;"><u>AND</u></p> <p>TWO or more complications of obesity:</p> <ul style="list-style-type: none"> - Severe symptoms of obstructive sleep apnoea - Evidence of fatty liver disease (ALT > 50 for boys, ALT > 44 for girls) - Hypertension (BP>95th centile – see link) - Elevated fasting BGL (≥ 5.6 mmol/L) or HbA1c (≥ 5.7%) - Fasting dyslipidaemia: <ul style="list-style-type: none"> o Total cholesterol ≥ 5.2 mmol/L o LDL ≥ 3.4 mmol/L o HDL < 1 mmol/L o Triglycerides ≥ 1.1 mmol/L - Psychosocial e.g. bullying, social isolation, anxiety, depression, behavioural difficulties <p style="text-align: center;"><u>AND</u></p> <p>No improvement in BMI despite lifestyle measures (including Go4Fun if eligible) and regular GP/Paediatrician review</p>	<p>1) BMI > 40 kg/m²</p> <p>OR</p> <p>2) BMI > 95th percentile</p> <p style="text-align: center;"><u>AND</u></p> <p>TWO or more complications of obesity:</p> <ul style="list-style-type: none"> - Severe symptoms of obstructive sleep apnoea - Evidence of fatty liver disease (ALT > 50 for boys, ALT > 44 for girls) - Hypertension (BP>95th centile – see link) - Elevated fasting BGL (≥ 5.6 mmol/L) or HbA1c (≥ 5.7%) - Fasting dyslipidaemia: <ul style="list-style-type: none"> o Total cholesterol ≥ 5.2 mmol/L o LDL ≥ 3.4 mmol/L o HDL < 1 mmol/L o Triglycerides ≥ 1.5 mmol/L - PCOS - Psychosocial e.g. bullying, social isolation, anxiety, depression, behavioural difficulties <p style="text-align: center;"><u>AND</u></p> <p>No improvement in BMI despite lifestyle measures and regular GP/Paediatrician review</p>

Blood pressure percentile information:

http://www.rch.org.au/clinicalguide/guideline_index/hypertension/