Weight Management Tool

This tool will guide you through the consultation in 6 easy steps:

1. BMI Calculator
2. Blood Pressure Measurement (optional)
3. Risk Assessment
4. Lifestyle Assessment
5. Completion & Print
6. Questionnaire

Open the Tool
Weight Management Tool - New Consultation

BMI Calculator

* Date of Birth: 5 April 2000

* Gender: Female

* Ethnicity: Asian

Height: 160 cm

Weight: 64 kg

Calculate
Weight Management Tool Consultation 21

Additional Risk Assessment Questions

Is your child being teased at school due to religion, race, looks or the way he/she talks?
- Yes
- No

Is your child regularly bullied at school (i.e. several times a week)?
- Yes
- No

How many parents are at home?
- One
- Two

Are you employed?
- Yes
- No

How many hours per day does your child spend using a computer for entertainment (e.g. play games, Facebook, etc.)?

1 hours/day

How many hours per day does your child spend watching TV?

2 hours/day

Submit

Back to Blood Pressure

Continue to Lifestyle Assessment
**Lifestyle Assessment**

How many times per week does your child eat breakfast?

<table>
<thead>
<tr>
<th></th>
<th>Times/week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
</tr>
</tbody>
</table>

How many times per week do your child eat meals away from home (e.g. take aways, cafes, restaurants)?

<table>
<thead>
<tr>
<th></th>
<th>Times/week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>

How many times per day does your child drink sugary-sweetened drinks (e.g. fizzy drinks, fruit drinks)?

<table>
<thead>
<tr>
<th></th>
<th>Times/day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2</td>
</tr>
</tbody>
</table>

What time does your child go to bed and wake up?

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 pm</td>
<td>7:00 am</td>
</tr>
</tbody>
</table>

How many minutes of physical activity does your child get each day (incl. exercise & active play)?

<table>
<thead>
<tr>
<th></th>
<th>Minutes/day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>60</td>
</tr>
</tbody>
</table>

How many hours per day does your child spend using a computer for entertainment eg play games, Facebook, etc?  

<table>
<thead>
<tr>
<th></th>
<th>Hours/day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>

How many hours per day does your child spend watching TV?

<table>
<thead>
<tr>
<th></th>
<th>Hours/day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2</td>
</tr>
</tbody>
</table>

### Lifestyle Assessment Results

**Breakfast**  
**Needs improvement**  
Eats breakfast 6 days a week.

**Recommended**  
Children should eat breakfast 7 days a week.

**Healthy ideas**  
Children who eat a good breakfast tend to perform better in school.
Try porridge, fresh fruit, or whole grain cereal with low-fat milk.

[More breakfast information »](#)

**Eating away from home**  
**Well done!**  
Eats meals away from home 1 times per week.

**Recommended**  
Limit eating meals away from home to once or twice a week.

**Healthy ideas**  
Behavioural regular meal times: children like routine and it’s a good way to get the whole family together.
If you have to eat out, avoid fast food and make the same healthy choices you would make at home.

[More healthy eating information »](#)

**Sugar-sweetened beverages**  
**Needs improvement**  
Drinks 2 sugarsweetened beverages each day.

**Recommended**  
Try to eliminate consumption of sugar-sweetened beverages.

**Healthy ideas**  
Keep hydrated with water! Replacing sugary beverages with water saves money and is an easy way to eliminate calories.
Skip the sports drinks — they are full of sugar and should only be used to replenish nutrients lost after intense activities that last longer than 1 hour.

[More sugar-sweetened beverage information »](#)
<table>
<thead>
<tr>
<th>Sleep</th>
<th>Well done!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your Child</td>
<td>Sleeps 9 hours per day.</td>
</tr>
<tr>
<td>Recommended</td>
<td>Children aged 10-17 years should sleep for 8.5 to 9.5 hours each night.</td>
</tr>
<tr>
<td>Healthy Ideas</td>
<td>Go to bed at the same time each night. Avoid watching TV or using a computer while in bed as it can disrupt sleep. More sleep information »</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Needs improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your Child</td>
<td>Is active for 60 minutes per day.</td>
</tr>
<tr>
<td>Recommended</td>
<td>Children should be active for at least 60 minutes every day.</td>
</tr>
<tr>
<td>Healthy Ideas</td>
<td>Get off the bus a few stops early or bikewalk to school. Plan family activities that encourage exercise, like walking, biking, or swimming. Brent Council has three sports centres: Bridge Park Community Leisure Centre, Vale Farm Sports Centre, and Willesden Sports Centre. For more details, see <a href="http://www.brent.gov.uk/sport/activities/loc-3">http://www.brent.gov.uk/sport/activities/loc-3</a>. More physical activity information »</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Screen Time</th>
<th>Needs improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your Child</td>
<td>Spends 3 hours per day watching TV or playing computer games.</td>
</tr>
<tr>
<td>Recommended</td>
<td>Limit total TV and computer screen time to 2 hours a day.</td>
</tr>
<tr>
<td>Healthy Ideas</td>
<td>Instead of turning on the TV or playing computer games after dinner, try to have a family walk or game time a few nights each week. Make meal time family time: turn the TV off during meals. More screen time information »</td>
</tr>
</tbody>
</table>
Weight Management Tool Consultation 21

Completion & Print

Key Print-outs

- Study Family Questionnaire printed and given to parents
  [Click to download]

- Lifestyle Advice printed and given to parents
  Please inform them of where to return it.
  [Click to print]

- Patient Data printed so it can be saved in GP system
  Please note this data cannot be accessed once consultation is completed.
  [Click to print]

Recommendations (subject to your discretion)

- If you are at MEDIUM or HIGH risk of having high LDL, your future risk of cardiovascular disease could be increased.

  If this is the case, we recommend referral to a paediatrician or further investigation of cardiovascular health with a full lipid profile and blood pressure measurement.

[Back to Lifestyle Assessment] [Continue to Questionnaire]
Health Professional Questionnaire

Please complete this evaluation form each time you complete a consultation with an overweight child and their family.

Today’s date: 08/05/2012

Your initials:

Your occupation:
- General Practitioner
- Practice Nurse
- School Nurse
- Pharmacist
- Other

Please indicate your level of agreement with the following statements about the consultation today.

<table>
<thead>
<tr>
<th></th>
<th>Disagree</th>
<th>Slightly Disagree</th>
<th>Slightly Agree</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

I felt confident of my skills and knowledge during the consultation.
I provided the patient with appropriate treatment advice.
I made a contribution to the patient’s well-being.
I provided well-organized care.