1. BACKGROUND

The most obese pre-schooler ever seen\(^*\) in the child obesity clinic in Portsmouth was referred to social care because of poor parental engagement. The family had received little early intervention and opportunities to intervene had been missed...

Referral to Portsmouth Safeguarding Children Board (PSCB) case review committee led to a reflective practice review which found plenty of good practice but gaps in services meant that the patient had slipped through. It was agreed that we needed a multiagency, city-wide Child Obesity Pathway.

2. The working group

A multiagency working group was convened to see how we could streamline interventions for children at risk of the complications of obesity. The Portsmouth Child Obesity Pathway was created.

3. The Pathway

see PSCB website for full pathway and summary:

4. Parent Survey Results

48 parents were surveyed from 3 different health visitor drop in clinics.

5. Next Steps

The pathway was written with audit and accountability in mind. Audit of different parts of the pathway will be undertaken by the services involved, together with NCMP data used to see if any impact can be made on child obesity prevalence at school entry and in year 6.

6. Summary and learning

There is a lot of good work being done in this area. However joined up thinking and ENGAGEMENT is KEY!

The majority of parents feel that their child being a healthy weight is important BUT Parents disengage quickly if they feel judged. They respond better if they are able to build a relationship and rapport with the same health care professional. Health visitors appear to be best placed for this.