

# OPTIONS Childhood Obesity Services

## Referral form



Bradford and Airedale  
Community Health Services

### See reverse for programme guidelines

#### Child's details

Name:..... D.O.B:..... Age:.....

Male  Female

Child's height in cm:..... Child's weight in kg:..... BMI: .....  
(if appropriate)

#### Parent/Carer's details

Parent/Carer's name:..... Relationship to child:.....

Home phone no:..... Mobile no: .....

Address: .....

..... Post code:.....

### Reasons for referral (Include other services attended i.e. Dietitian, CAMHS)

.....  
.....  
.....  
.....

### Medical information

Please give full details of any medical/physical/psychological condition and any medication taken: .....

.....  
.....  
.....

Name of GP:..... GP Practice: .....

Address: .....

Tel. no:.....

### Ethnicity

#### White

British.....

Irish.....

Any other White background.....

(please specify).....

#### Mixed

White and Black Caribbean.....

White and Black African.....

White and Asian.....

Any other Mixed background.....

(please specify).....

#### Asian or Asian British

Indian.....

Pakistani.....

Bangladeshi.....

Any other Asian background.....

(please specify).....

#### Black or Black British

Caribbean.....

African.....

Any other Black background.....

(please specify).....

#### Chinese or other Ethnic group

Chinese.....

Other Ethnic groups.....

(please specify).....

#### Any Ethnic background other

#### than listed ethnicities

(please specify).....

.....

Referred by:..... Job title:.....

Address: .....

Tel no:..... Signature:..... Date:.....

Please return to: OPTIONS Team (Childhood), Bradford and Airedale Community Health Services, Listerhills Park of Science & Commerce, Unit 69, Campus Road, Bradford BD7 1HR Tel. 01274 202801 Fax 01274 202803 (Safe Haven)

# Programme guidelines

## **MEND** 2 to 4 (children aged 2 – 4 years)

- Child potentially at risk of becoming overweight i.e. one or both parents or sibling overweight or obese
- Family would benefit from guidance around eating habits and physical activity
- Family is motivated and able to commit to attending 10 weekly sessions

## **OPTIONS** 5 to 7 (children aged 5 – 7 years)

- Child 91st percentile or above for gender specific BMI
- Family would benefit from guidance around eating habits and physical activity
- Family is motivated and able to commit to attending 12 weekly sessions

## **MEND** 7-13 (children and young people aged 7 – 13 years)

- Child 91st percentile or above for gender specific BMI
- Family would benefit from guidance around eating habits and physical activity
- Family is motivated and able to commit to attending 10 weekly sessions