

Obesity Facts

Childhood Obesity

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If a child who is obese is in receipt of Early Help or a Child Protection Plan, then weight monitoring should be used to track the response to intervention.

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If a child's health is adversely impacted by obesity, then multi-agency assessment should consider other indicators of neglect e.g carer ability to support the child by provision of a healthy diet and adequate exercise and any indicators to suggest other forms of abuse

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There is no clear weight cut-off for intervention by statutory services

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The [NHS Choices](#) website provides a useful tool to support discussion with families.

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Obesity is complex, involving personal, family, and societal issues. Most parents of children who are overweight fail to recognise it. Professionals may be reticent about raising the issue due to fear of causing offence, complaints etc...

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Obesity results from an imbalance between calories consumed (impacted upon by access to healthy foods, family mealtime behaviours etc) and energy expended (sedentary lifestyle, access to safe outdoor play etc)

3

Obesity can be associated with child abuse, with growing evidence that adolescent and adult obesity is associated with childhood exposure to child sexual abuse, violence or neglect

