



Healthy Choices Referral Guidance

Who are we?

Healthy Choices is a bespoke family service aimed at 5-19 year olds that fall above a healthy weight (91st centile on BMI Chart) and is delivered by a team of Healthy Lifestyle Advisors based across North Yorkshire. The team works with families to make positive, realistic and achievable changes to their lifestyle suitable to their individual circumstances.

The service aims to provide a fun and engaging way of learning about healthy living and we hope to break down the perceptions of healthy living as being difficult, unachievable and boring. We want to provide families with the knowledge and tools to confidently take control of their health and opt for a healthier happier way of living.

What do we do?

An initial assessment will be completed for each family which will look at a range of lifestyle behaviours including diet and sedentary behaviour alongside confidence and self-esteem. We will also take anthropometric measurements for height, weight and BMI. A Healthy Lifestyle Advisor will work with each family for 12 weeks, ten of these weeks will be based around our core curriculum and two weeks will allow for flexible bespoke sessions which will be tailored specifically to each family. One to one sessions may be carried out with the family as a whole, or when appropriate just with the parent or teen individually.

The core ten weeks will cover the following topics:

1. Introductory Session – baseline measurements
2. The Eatwell Plate
3. Portion Size
4. Physical Activity
5. Planning Healthy Meals and Snacks
6. Cook and Eat Session – midway review & measurements
7. Food Labels
8. Fruit & Veg
9. Triggers for food and activity
10. Sugary foods and drinks
11. Bespoke
12. Bespoke – core programme review & measurements

On completion of the 12 weeks further support will be offered through regular phone calls or if felt necessary additional one to one catch ups, each family will also be offered follow up visits at 6, 9 and 12 months.



Eligibility Criteria

Inclusion Criteria

- BMI \geq 91st BMI Centile
- Age 5 – 19 years
- Resident of North Yorkshire

Exclusion criteria

- Are low or underweight - these children should be referred to the Healthy Child Service who, if necessary will liaise with the child/young person's GP and/or will determine whether a direct referral to dietetic services or CAMHS is required.
- Individuals with underlying medical cause for obesity who require clinical intervention will be considered on a case by case basis
- Children with more complex needs such as those with learning difficulties, mental health problems or behaviour management issues will be considered on a case by case basis

Referring into Healthy Choices

- Referrals may come from both professional and self-referral routes.
- Professional referrals will only be accepted when a referral form has been completed.
- Professionals referring into the service can use one of two emails:-
 - Egress email account – HealthyLifestyleService@northyorks.gov.uk and should password protect any emails containing personal information. Those unfamiliar with Egress practice please contact us via telephone to ensure appropriate data protection. Please see contact details on last page.
 - GCSx email account – HealthyLifestyleService@northyorks.gcsx.gov.uk
- Self-referral should **only** be made via phone, to ensure appropriate data protection. Please see contact details on last.
- Referrals will be assessed on an individual basis, looking at the family's current needs, wants and circumstances.
- The Healthy Choices Team will endeavour to keep referrers informed with regards to each family's progress.

If referrers wish to discuss individual cases please contact the Healthy Lifestyle Advisor for your geographic location. Please see next page for contact details of the Healthy Choices Team



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