

Healthy Weight

Childhood is a time where constant and sometimes rapid growth happens in both the body and the brain. To allow the appropriate growth and development to happen a child and young person needs to be in a healthy weight range.

We can look at a BMI for a child which is calculated by looking at their how much they weigh alongside their height, age and gender and it is given as centile. A healthy weight is the range between the 3rd and 91st centile.

If a child or young person is either underweight or overweight then their growth and development can be negatively affected. Being either overweight or underweight can also impact the function of their bones, muscles and joints and how active a child is and how they move.

For a young person to be a healthy weight range there needs to be the right balance between the energy they consume via food and drink and the energy their body uses for activity, growth, learning and development.

If you are concerned that your child's weight is not in the healthy range then speak to your health visitor, GP or school nurse.

If you are concerned about your child being underweight and think they may have an eating disorder then speak to your GP about a referral to the specialist eating disorder team. The team are based in St Cadocs Hospital and are part of the Children and Adolescent Mental Health Service (CAMHS).

If you are concerned that your child may be overweight, then please see the Connect service information:

<https://abuhb.nhs.wales/hospitals/a-z-of-services/weight-management-service/connect-child-and-young-person-weight-management-service/>