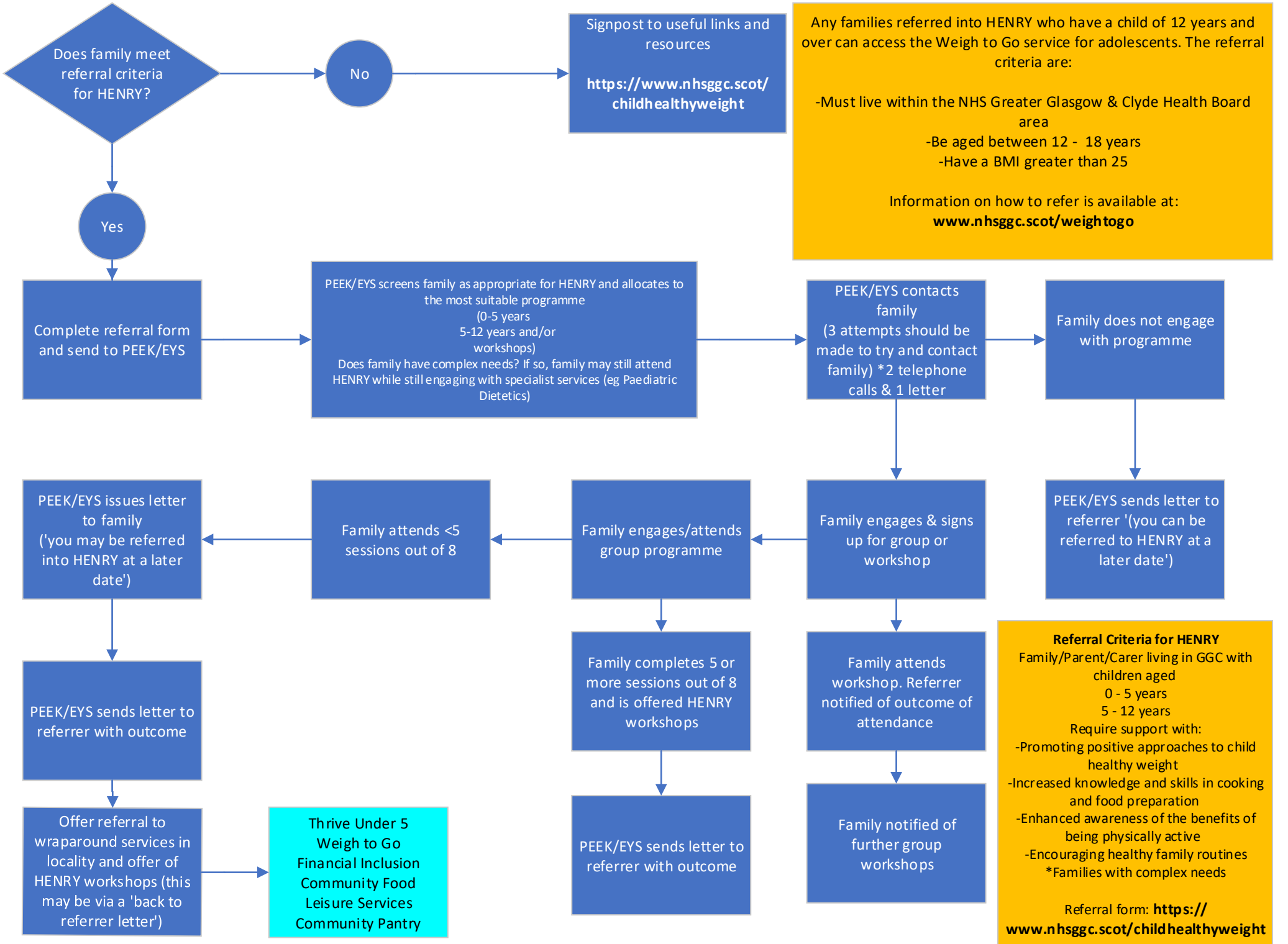


# HENRY Referral Pathway



Any families referred into HENRY who have a child of 12 years and over can access the Weigh to Go service for adolescents. The referral criteria are:

- Must live within the NHS Greater Glasgow & Clyde Health Board area
- Be aged between 12 - 18 years
- Have a BMI greater than 25

Information on how to refer is available at:  
**www.nhsggc.scot/weightogo**

**Referral Criteria for HENRY**  
Family/Parent/Carer living in GGC with children aged  
0 - 5 years  
5 - 12 years  
Require support with:

- Promoting positive approaches to child healthy weight
- Increased knowledge and skills in cooking and food preparation
- Enhanced awareness of the benefits of being physically active
- Encouraging healthy family routines
- \*Families with complex needs

Referral form: **https://www.nhsggc.scot/childhealthyweight**