

## Centre for Healthy Active Living Referral Form

Healthy exists across a range of body sizes. We are a weight management program. Our focus is on improving overall health and well-being, and not weight loss.

*Please note that we do not accept out of province referrals.*

Patient Information *(Please complete all fields)	
<b>Name:</b>	
<b>Gender:</b> <input type="checkbox"/> Male <input type="checkbox"/> Female	<b>DOB (DD/MMM/YYYY):</b>
<b>Address:</b>	
<b>City:</b>	
<b>Province:</b>	<b>Postal Code:</b>
<b>Home #:</b>	<b>Alternate #:</b>
<b>OHIP #:</b>	
<b>Primary Care Physician:</b>	<b>Phone:</b>

Referring Physician Information *(Please complete all fields)		
<b>Name:</b>		
<b>Address:</b>		
<b>Phone:</b>	<b>Fax:</b>	<b>Private Line:</b>

Parent/Guardian Information *(Please complete all fields)		
<b>Name:</b>		
<b>Relationship to Patient:</b>		
<b>Language(s) spoken at home:</b>		
<b>Interpreter Services Required (circle):</b>	Yes	No
<b>Home #:</b>	<b>Work # :</b>	<b>Cell #:</b>

Anthropometry *(Please complete all fields)		
<b>Date Assessed:</b>		
<b>Height:</b>	<b>Weight:</b>	<b>BMI:</b>
Please select:    in    cm	Please select:    lb    kg	

**Medical History \*(Please complete all fields)****Past medical history and mental health history:****Medications:****Social History:**

**The Centre will accept children/youth (ages 5-15) with complex severe obesity. Please indicate how your patient meets the following criteria:**

- BMI greater than 99<sup>th</sup>% - CDC growth charts
- BMI greater than 3 SD - WHO growth charts

**OR**

- BMI greater than 95<sup>th</sup>% (CDC growth charts) with associated co-existing conditions (select condition from list below):
- BMI greater than 97<sup>th</sup>% (WHO growth charts) with associated co-existing conditions (select condition from list below):
  - Hypertension requiring pharmacotherapy
  - Hyperlipidemia requiring pharmacotherapy-(LDL-C and/or Non-HDL- C > 4.2 mmol/L)
  - Technology dependent sleep disordered breathing (CPAP or BiPAP)
  - Persistent Impaired Glucose Tolerance or Impaired Fasting Glucose(over a 6 month period- defined as fasting plasma glucose > 6.1 mmol/L and/or 2h plasma glucose > 7.8 mmol/L)
  - Type 2 diabetes
  - Polycystic Ovarian Syndrome
  - Non-Alcoholic Fatty Liver Disease (elevated liver enzymes and U/S evidence of fatty infiltration)
  - Hypothalamic obesity (secondary to CNS tumor)
  - Genetic syndrome (PWS, BBS, etc.)

NOTE: an online anthropometric calculator for both CDC growth charts and WHO growth charts can be found on our website under the Health Care Professionals section:  
<https://www.cheo.on.ca/en/clinics-services-programs/centre-for-healthy-active-living.aspx>

<b>Edmonton Obesity Staging System for Pediatrics (EOSS-P)</b>	
<b>Patient Name:</b>	<b>Date of birth (d/m/y):</b> /    /
<b>Metabolic</b>	
<b>Stage 1: Presence of subclinical obesity-related risk factors</b>	
Acanthosis Nigricans	
Pre-hypertension: Systolic or Diastolic	
Impaired glucose tolerance (7.8-11.0 mmol/L) and/or Impaired fasting glucose (6.1-6.9 mmol/L)	
LDL-C and/or Non-HDL-cholesterol 3.4-4.1 mmol/L	
HDL-Cholesterol 0.8-1.03 mmol/L	
Triglycerides 1.5-4.0 mmol/L	
ALT 1.5-2.0x normal values	
Ultrasound evidence of mild-to-moderate fatty infiltration of the liver	
<b>Stage 2: Presence of OB-related chronic diseases/health issues</b>	
Type 2 Diabetes without diabetes-related complications	
Hypertension: Systolic or Diastolic	
LDL-C or Non-HDL-cholesterol >4.2 mmol/L	
HDL-Cholesterol <0.8 mmol/L	
Triglycerides >4.0 mmol/L	
ALT 2-3x normal values	
Ultrasound evidence of severe fatty infiltration of the liver	
Polycystic ovarian syndrome	
Asymptomatic gall bladder stones	
<b>Stage 3: Presence of established chronic diseases/health issues</b>	
Focal Segmental Glomerulosclerosis	
Type 2 Diabetes with diabetes-related complications or HbA1c $\geq$ 8	
Elevated lipids requiring pharmacotherapy	
Cardiomegaly	
ALT >3x normal limits and/or liver dysfunction	
Symptomatic gall bladder stones	
Hypertension on pharmacotherapy	
Uncontrolled hypertension on pharmacotherapy	
<b>Mechanical</b>	
<b>Stage 1: Presence of subclinical obesity-related risk factors</b>	
Mild OSA not requiring BiPAP or CPAP	
Mild musculoskeletal pain that does not interfere with activities of daily living	
Dyspnea with physical activity not interfering with activities of daily living	
<b>Stage 2: Presence of OB-related chronic diseases/health issues</b>	
OSA requiring BiPAP or CPAP	
Gastroesophageal reflux disease	
Musculoskeletal pain and/or complications limiting physical activity	
Moderate limitations in activities of daily living	
<b>Stage 3: Presence of established chronic diseases/health issues</b>	
OSA requiring BiPAP or CPAP and supplementary oxygen overnight	
Pulmonary hypertension	
Limited mobility	
Shortness of breath when sleeping or sitting	
Peripheral edema	
Blount's disease	
Slipped capital femoral epiphysis	
Osteoarthritis	
Incontinence (daytime)	
Encopresis	

<b>Mental</b>	
<b>Stage 1: Presence of subclinical obesity-related risk factors</b>	
Mild depression or anxiety that does not interfere with functioning	
Mild body image preoccupation/concern	
Mild emotional/binge eating (occasional)	
ADHD and/or learning disability	
Mild developmental delay	
<b>Stage 2: Presence of OB-related chronic diseases/health issues</b>	
Major depression or anxiety disorder	
Moderate binge eating (frequent)	
Significant body image disturbance	
Moderate developmental delay	
<b>Stage 3: Presence of established chronic diseases/health issues</b>	
Uncontrolled psychopathology	
Sever binge eating (daily)	
Self/physical loathing	
Severe developmental delay	
<b>Milieu</b>	
<b>Stage 1: Presence of subclinical obesity-related risk factors</b>	
Occasional bullying at school or at home	
Minor problems in the relationships of child with 1 or more family members	
Caregiver is generally knowledgeable of child's needs/strengths, but may require information or support in parenting skills	
Caregiver has minimal difficulty in organizing household to support needs of child	
Caregiver is recovering from medical/physical, mental health and/or substance-use problems	
Mild financial limitations	
<b>Stage 2: Presence of OB-related chronic diseases/health issues</b>	
Significant bullying at school or at home	
Poor school attendance	
Child has moderate problems with parents, siblings, and/or other family members, frequent arguing, difficult maintaining positive relationships	
Need for information on parenting skills; current lack of information interfering with ability to parent effectively	
Moderate difficulty organizing household to support needs of child	
Medical/physical problems that interfere with parenting	
Has some mental health, substance use and/or developmental challenges that interfere with parenting	
Moderate financial limitations	
<b>Stage 3: Presence of established chronic diseases/health issues</b>	
School refusal/absenteeism	
Child has severe problems with parent, siblings, and/or other family members, including constant arguing and family violence.	
Unable to monitor or discipline child	
Unable to organize household to support needs of child	
Experienced recent periods of homelessness	
Medical/physical, mental health, substance use or developmental challenges that make it impossible for caregiver to parent effectively	
Dangerous home environment	
Child protection involvement	
Severe financial limitations	

**Please ensure that all applicable boxes have been checked off.**

<b>Clinician Signature:</b>	<b>Date:</b>
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