



SKIP Information for Health Professionals

What is SKIP?

SKIP (School Kids Intervention Program) is a multidisciplinary, family-centred, community-based service for children aged 4 to 12 years with overweight or obesity. It consists of an intensive 10-week program followed by a maintenance program personalised to meet the needs of the whole family.

SKIP includes frequent contact with a team of skilled health professionals including a paediatric specialist or registrar, dietitian and exercise physiologist. Referral to counselling services is provided as appropriate

Who is eligible for SKIP?

Children may be eligible for SKIP if they meet the following criteria:

- They are 4 to 12 years of age (primary school age)
- They have a Body Mass Index (BMI) greater than the 95th percentile for age and gender or BMI greater than the 85th percentile with associated comorbidities. See CDC Growth Charts*
- The family is ready to participate in the program.

Where is the service based?

SKIP is based at the Belconnen Community Health Centre, 56 Lathlain St (on the corner of Lathlain and Wales Street), Belconnen.

Contact details

If you are a referring health professional and you are interested in referring a child to SKIP, please complete the [SKIP Referral form](#) and email it to SKIP@act.gov.au. If you are referring from outside ACT Health, please send your referral via fax to 6205 1198. Referrals should include client details (name, date of birth, address, contact details), height, weight and BMI and relevant medical history and blood results

Each child referred into the service will be contacted by the SKIP Coordinator to make an initial clinic appointment. The child will also undergo assessment by a member of the Canberra Hospital medical team to assess their eligibility.

If you would like more information on SKIP, contact the SKIP Coordinator on 6205 4177.

*Centre for Disease Control