

Guidance Documents

A list of current guidance that relates to obesity and weight management services.

NICE Guidance (PH27) – Weight Management before, during and after pregnancy.

NICE Guidance (PH53) – Weight management: lifestyle services for overweight or obese adults.

NICE Guidance (PH47) – Weight Management: lifestyle service for overweight or obese children and young people.

NICE Guidance (PH25) – Cardiovascular disease prevention: This guideline covers the main risk factors linked with cardiovascular disease: poor diet, physical inactivity, smoking and excessive alcohol consumption. It aims to reduce the high incidence of cardiovascular disease. This, in turn, will help prevent other major causes of death and illness, such as type 2 diabetes and many cancers.

NICE Guidance (PH54) – Physical activity: Exercise referral schemes. This guideline covers exercise referral schemes for people aged 19 and older, in particular, those who are inactive or sedentary. The aim is to encourage people to be physically active.

NICE Guidance (PH44) – Physical activity: brief advice for adults in primary care. This guideline covers providing brief advice on physical activity to adults in primary care. It aims to improve health and wellbeing by raising awareness of the importance of physical activity and encouraging people to increase or maintain their activity level.

NICE Guidance (CG43) – Obesity Prevention: This guideline covers preventing children, young people and adults becoming overweight or obese. It outlines how the NHS, local authorities, early years' settings, schools and workplaces can increase physical activity levels and make dietary improvements among their target populations.

NICE Guidance (CG189) – Obesity: Identification, assessment and management. This guideline covers identifying, assessing and managing obesity in children (aged 2 years and over), young people and adults. It aims to improve the use of bariatric surgery and very-low-calorie diets to help people who are obese to reduce their weight.

NICE Guidance (NG7) - Preventing Excess Weight Gain: This guideline covers behaviours such as diet and physical activity to help children (after weaning), young people and adults maintain a healthy weight or help prevent excess weight gain. The aim is to prevent a range of diseases and conditions including cardiovascular disease and type 2 diabetes and improve mental wellbeing.

NICE Guidance (NM121) - The percentage of patients with coronary heart disease, stroke or TIA, diabetes, hypertension, peripheral arterial disease, heart failure, COPD, asthma and/ or rheumatoid arthritis who have had a BMI recorded in the preceding 12 months.

The purpose of this indicator is to support regular weight monitoring in people with long-term conditions to identify weight gain and weight loss.

NICE Guidance (NM128) - The contractor establishes and maintains a register of patients aged 18 or over with a BMI of 25 or more in the preceding 12 months.

This indicator establishes a register of people who are overweight and obese with the aim of increasing identification and facilitating subsequent intervention.

NICE Guidance (NM143) - The percentage of patients aged 18 or over who have had a record of a BMI being calculated in the preceding 5 years (and after their 18th birthday).

The aim of this indicator is to encourage practices to record baseline BMI in adult patients (aged 18 years and over as of 1 April 2017) and for this to be updated at 5 yearly intervals.

NICE Guidance (NM202) - The percentage of patients with a BMI of 27.5 kg/m² or more (or 30 kg/m² or more if ethnicity is recorded as White) in the preceding 12 months who have been offered referral to a weight management programme within 90 days of the BMI being recorded.

This indicator aims to increase the proportion of patients offered referral to digital and non-digital weight management programmes by general practice when they have been identified as obese based on their BMI measurement. Some population groups, such as people from BAME backgrounds, have higher risks for certain conditions, such as Type 2 diabetes, at lower BMIs.

NICE Guidance (NM203) - The percentage of patients with hypertension or diabetes and a BMI of 27.5 kg/m² or more (or 30 kg/m² or more if ethnicity is recorded as White) in the preceding 12 months who have been referred to a weight management programme within 90 days of the BMI being recorded.

This indicator aims to increase the proportion of patients with hypertension or diabetes referred to digital and non-digital weight management programmes by general practice when they have been identified as obese based on their BMI measurement. Patients with hypertension or diabetes may experience additional benefits from attaining and maintaining a healthy weight, and patients should be given a targeted offer of support.