

- 1 • [promoting health and preventing premature mortality in black, Asian and](#)
- 2 [other minority ethnic groups \(2018\) NICE quality standard QS167](#)
- 3 • [obesity: clinical assessment and management \(2016\) NICE quality](#)
- 4 [standard QS127](#)
- 5 • [obesity in adults: prevention and lifestyle weight management programmes](#)
- 6 [\(2016\) \(NICE quality standard QS111](#)
- 7 • [obesity in children and young people: prevention and lifestyle weight](#)
- 8 [management programmes \(2015\) NICE quality standard QS94.](#)

9 **1 Why the update is needed**

10 New evidence that could affect recommendations was identified through the
11 surveillance process. Topic experts, including those who helped to develop
12 the existing guidelines, advised NICE on whether areas should be updated or
13 new areas added. Full details are set out in the surveillance review decisions:

- 14 • [preventing excess weight gain \(NG7\) NICE surveillance report](#)
- 15 • [obesity: identification, assessment and management \(CG189\) NICE](#)
- 16 [surveillance report](#)
- 17 • [weight management: lifestyle services for overweight or obese children and](#)
- 18 [young people \(PH47\) NICE surveillance report](#)
- 19 • [BMI: preventing ill health and premature death in black, Asian and other](#)
- 20 [minority ethnic groups \(PH46\) NICE surveillance report](#)
- 21 • [obesity prevention \(CG43\) NICE surveillance report](#)
- 22 • [weight management: lifestyle services for overweight or obese adults](#)
- 23 [\(PH53\) NICE surveillance report](#)
- 24 • [obesity: working with local communities \(PH42\) NICE surveillance report](#)
- 25 • [weight management before, during and after pregnancy \(PH27\) NICE](#)
- 26 [surveillance report.](#)

27 ***Why the guideline is needed***

28 **Key facts and figures**

29 Overweight and obesity are chronic conditions characterised by excess body
30 fat associated with an increased risk of morbidity and mortality.

1 The 2019 Health Survey for England estimated the prevalence of obesity in
2 adults in England to be 28%, with overweight affecting a further 36%. The
3 same survey reported that, in children aged 2 to 15 years, the estimated
4 prevalence of obesity is 20% in boys and 13% in girls, with overweight
5 affecting a further 12% of boys and 15% of girls.

6 Government estimates indicate that the current costs of obesity in the UK are
7 £6.1 billion to the NHS and £27 billion to wider society.

8 **Current practice**

9 Body mass index (BMI), sometimes together with waist circumference, are
10 used to identify adults who might benefit from weight management
11 interventions.

12 Currently, people living with overweight or obesity are identified through the
13 healthcare system opportunistically. There is concern that relying on
14 opportunistic identification, rather than active case finding, increases the
15 likelihood that conditions such as type 2 diabetes are under-diagnosed in
16 black, Asian and other minority groups whose risk of these conditions is
17 increased at a lower BMI and waist circumference than the general
18 population.

19 Standard management of overweight and obesity includes advice on diet and
20 physical activity, behaviour change strategies, pharmacological treatments
21 and surgical interventions. New evidence may help to refine weight
22 management programmes that address diet, physical activity and behaviour
23 change, and inform implementation of interventions in specific settings.

24 **Policy, legislation, regulation and commissioning**

25 The current levels of obesity are driven by a complex set of structural,
26 environmental, biological, societal, cultural and behavioural drivers. These
27 drivers have different impacts for different populations with a disproportionate
28 impact on people living in more deprived areas.

29 A number of policies and programmes aim to address these drivers and
30 support the response of individuals and healthcare professionals to them in

1 terms of preventing or treating excess weight. The NHS Long Term Plan
2 (2019) placed an increased focus on obesity prevention, with the aim of
3 supporting more people living with obesity to attend weight management
4 services. The Department of Health and Social Care's (DHSC) 2020 strategy
5 on obesity aims to address the environmental influences that drive obesity
6 and provide support for people who want to lose weight. The DHSC strategy
7 states that people living with excess weight should be offered tools to manage
8 their weight. It outlines the intention to expand weight management services
9 delivered through, for example, the NHS and local authorities. Complementary
10 to this, local authorities have various legislative and policy levers they can use
11 to help create environments that support people to maintain a healthy weight.

12 **2 Who the guideline is for**

13 This guideline is for:

- 14 • healthcare professionals
- 15 • commissioners and providers
- 16 • people who work in, and are responsible for providing services in, the wider
17 public, private, voluntary and community sectors
- 18 • people using services, their families and carers, and the public.

19 This guideline may also be relevant for policymakers.

20 NICE guidelines cover health and care in England. Decisions on how they
21 apply in other UK countries are made by ministers in the [Welsh Government](#),
22 [Scottish Government](#) and [Northern Ireland Executive](#).

23 ***Equality considerations***

24 NICE has carried out an [equality impact assessment](#) during scoping. The
25 assessment:

- 26 • lists equality issues identified, and how they have been addressed
- 27 • explains why any groups are excluded from the scope.

1 The guideline will look at inequalities relating to age, disability, race, sex,
2 sexual orientation, socioeconomic factors, other health conditions.

3 **3 What the updated guideline will cover**

4 **3.1 *Who is the focus?***

5 **Groups that will be covered**

- 6 • People aged over 2 years living with obesity or overweight and those who
7 currently have a healthy body weight.

8 Specific consideration will be given to the groups identified in the equality
9 impact assessment.

10 **Groups that will not be covered**

- 11 • People whose body weight is below the healthy range (underweight).
- 12 • Pregnant women.
- 13 • Children under 2 years.

14 **3.2 *Settings***

15 **Settings that will be covered**

- 16 • All settings where publicly funded services are provided.
- 17 • Early years settings, including nurseries and childcare facilities.
- 18 • Schools providing primary and secondary education.

19 **3.3 *Activities, services or aspects of care***

20 **Key areas that will be covered in this update**

21 We will look at evidence in the areas below when developing this update. We
22 will consider making new recommendations or updating existing
23 recommendations in these areas only.

24 1 Identification and assessment.

25 2 Individual-level approaches for prevention of excess weight, weight loss,
26 and maintaining a healthy weight.

1 We will retain and amalgamate existing recommendations in the areas below
2 when developing this update.

3 3 Whole-system approaches.

4 4 Care pathway and service delivery.

5 **Proposed outline for the guideline**

6 The tables below outline the areas in the existing 8 guidelines that will be
7 brought together in the new guideline. They set out what NICE plans to do for
8 each area. The structure may change but we will only conduct evidence
9 reviews where stated.

10 Recommendations in areas that are being retained from the existing
11 guidelines may be edited to ensure that they meet current editorial standards
12 and reflect the current policy and practice context. The new guideline will also
13 cross refer to other NICE and national guidance as needed.

14 **Table 1 Recommendations from obesity: identification, assessment and** 15 **management (CG189)**

Area in existing guideline (CG189)	What NICE plans to do	Area in new guideline
1.1 Generic principles of care: adults	No evidence review: retain recommendations from existing guideline	Whole-system approaches
1.2 Identification and classification of overweight and obesity	Review evidence: update existing recommendations 1.2.1 to 1.2.3 as needed. No evidence review for measures of overweight and obesity in children; bioimpedance; classification of overweight and obesity: retain recommendations 1.2.4 to 1.2.13 from existing guideline	Identification and assessment
1.3 Assessment	No evidence review: retain recommendations from existing guideline	Identification and assessment
1.4 Lifestyle interventions	No evidence review: retain recommendations from existing guideline	Individual-level approaches for prevention of excess weight,

Area in existing guideline (CG189)	What NICE plans to do	Area in new guideline
		weight loss, and maintaining a healthy weight.
1.5 Behavioural interventions	Review evidence for children and young people: update recommendation 1.5.3 as needed. No evidence review for adults: retain recommendations 1.5.1 and 1.5.2 from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight
1.6 Physical activity	No evidence review: retain recommendations from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
1.7 Dietary	Review evidence for adults: update recommendations 1.7.1 to 1.7.11. No evidence review for children: retain recommendations 1.7.12 to 1.7.14 from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
1.8 Pharmacological interventions	No evidence review: retain recommendations from existing guideline	Individual-level approaches for

Area in existing guideline (CG189)	What NICE plans to do	Area in new guideline
		prevention of excess weight, weight loss, and maintaining a healthy weight.
1.9 Continued prescribing and withdrawal	No evidence review: retain recommendations from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
1.10 Surgical interventions	Review evidence: update existing recommendation 1.10.1 as needed. Retain all other existing recommendations in this section.	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
1.11 Bariatric surgery for people with recent-onset type 2 diabetes	No evidence review: retain recommendations from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.

Area in existing guideline (CG189)	What NICE plans to do	Area in new guideline
1.12 Follow-up care	No evidence review: retain recommendations from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.

1

2 **Table 2 Recommendations from weight management: lifestyle services**
3 **for overweight or obese children and young people (PH47)**

Area in existing guideline (PH47)	What NICE plans to do	Area in new guideline
1 Planning lifestyle weight management services for children and young people	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
2 Commissioning lifestyle weight management programmes for children and young people	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
3 Lifestyle weight management programmes: core components	Review evidence: update existing recommendation as needed	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
4 Developing a tailored plan to meet individual needs	Review evidence: update existing recommendation as needed	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
5 Encouraging adherence to lifestyle weight programmes	Review evidence: update existing recommendation as needed	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.

Area in existing guideline (PH47)	What NICE plans to do	Area in new guideline
6 Raising awareness of lifestyle weight management programmes: commissioners and programme providers	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
7 Raising awareness of lifestyle weight management programmes: health professionals, other professionals and voluntary organisations	No evidence review: retain recommendation from existing guideline	Identification and assessment
8 Formal referrals to lifestyle weight management programmes	No evidence review: retain recommendation from existing guideline	Identification and assessment
9 Providing ongoing support: health professionals	No evidence review: retain recommendation from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
10 Providing ongoing support: lifestyle weight management programmes	No evidence review: retain recommendation from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
11 Lifestyle weight management programme staff: training	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
12 Lifestyle weight management programme staff: knowledge and skills	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
13 Training in how to make referrals to a lifestyle weight management programme	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
14 Supporting lifestyle weight management programme staff and those making programme referrals	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
15 Monitoring and evaluating programmes	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery

1

2 **Table 3 Recommendations from BMI: preventing ill health and premature**
 3 **death in black, Asian and other ethnic minority groups (PH46)**

Area in existing guideline (PH46)	What NICE plans to do	Area in new guideline
New area: Identification and assessment	Review evidence: new area in the guideline	Identification and assessment
1 Preventing type 2 diabetes	Amalgamate with CG189 sections 1.2 and 1.3	Identification and assessment
2 BMI assessment, multi-component interventions and best practice standards	Remove: existing recommendation cross refers to NICE CG43.	Not included in new guideline
3 General awareness raising	Amalgamate with: <ul style="list-style-type: none"> - CG189 sections 1.2 and 1.3 - PH42 recommendations 5 and 6. 	Identification and assessment Whole-system approaches

4

1 **Table 4 Recommendations from obesity prevention (CG43)**

Area in existing guideline (CG43)	What NICE plans to do	Area in new guideline
1.1.2 The NHS	No evidence review: retain recommendations from existing guideline	Whole-system approaches
1.1.3 Local authorities and partners in the community	No evidence review: retain recommendations from existing guideline	Whole-system approaches
1.1.4 Early years settings	Review evidence for recommendations 1.1.4.2 to 1.1.4.4 (for all settings) and update existing recommendations as needed. No evidence review for ensuring all nurseries and childcare facilities prioritise preventing excess weight gain and improving children's diet and activity levels: retain recommendation 1.1.4.1 from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight
1.1.5 Schools	Review evidence for recommendations on delivery for teachers and other professionals (1.1.5.6 to 1.1.5.9) and update existing recommendations as needed. No evidence review for strategy for head teachers and chairs of governors: retain recommendations 1.1.5.1 to 1.1.5.5 from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight
1.1.6 Workplaces	No evidence review: retain recommendations from existing guideline	Whole-system approaches

2

1 **Table 5 Recommendations from preventing excess weight gain (NG7)**

Area in existing guideline (NG7)	What NICE plans to do	Area in new guideline
1 Encourage people to make changes in line with existing advice	No evidence review: retain recommendation from existing guideline	Whole-system approaches
2 Encourage physical activity habits to avoid low energy expenditure	No evidence review: retain recommendation from existing guideline	Whole-system approaches
3 Encourage dietary habits that reduce the risk of excess energy intake	No evidence review: retain recommendation from existing guideline	Whole-system approaches
4 Further advice for parents and carers of children and young people	No evidence review: retain recommendation from existing guideline	Whole-system approaches
5 Encourage adults to limit the amount of alcohol they drink	No evidence review: retain recommendation from existing guideline	Whole-system approaches
6 Encourage self-monitoring	No evidence review: retain recommendation from existing guideline	Whole-system approaches
7 Clearly communicate the benefits of maintaining a healthy weight	No evidence review: retain recommendation from existing guideline	Whole-system approaches
8 Clearly communicate the benefits of gradual improvements to physical activity and dietary habits	No evidence review: retain recommendation from existing guideline	Whole-system approaches
9 Tailor messages for specific groups	No evidence review: retain recommendation from existing guideline	Whole-system approaches
10 Ensure activities are integrated with the local strategic approach to obesity	No evidence review: retain recommendation from existing guideline	Whole-system approaches

2

3 **Table 6 Recommendations from weight management: lifestyle services**
4 **for overweight or obese adults (PH53)**

Area in existing guideline (PH53)	What NICE plans to do	Area in new guideline
1 Adopt an integrated approach to preventing and managing obesity	No evidence review: retain recommendation from existing guideline	Whole-system approaches

Area in existing guideline (PH53)	What NICE plans to do	Area in new guideline
2 Ensure services cause no harm	No evidence review: retain recommendation from existing guideline	Whole-system approaches
3 Raise awareness of local weight management issues among commissioners	No evidence review: retain recommendation from existing guideline	Whole-system approaches
4 Raise awareness of lifestyle weight management services among health and social care professionals	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
5 Raise awareness of lifestyle weight management services among the local population	No evidence review: retain recommendation from existing guideline	Whole-system approaches
6 Refer overweight and obese adults to a lifestyle weight management programme	No evidence review: retain recommendations from existing guideline	Identification and assessment
7 Address the expectations and information needs of adults thinking about joining a lifestyle weight management programme	No evidence review: retain recommendation from existing guideline	Identification and assessment
8 Improve programme uptake, adherence and outcomes	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
9 Commission programmes that include the core components for effective weight loss	No evidence review: retain recommendation from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
10 Commission programmes that include the core components to prevent weight regain	No evidence review: retain recommendation from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
11 Provide lifestyle weight management programmes based on the core components for effective weight loss and to prevent weight regain	No evidence review: retain recommendation from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.

Area in existing guideline (PH53)	What NICE plans to do	Area in new guideline
12 Provide a national source of information on effective lifestyle weight management programmes	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
13 Ensure contracts for lifestyle weight management programmes include specific outcomes and address local needs	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
14 Provide continuing professional development on lifestyle weight management for health and social care professionals	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
15 Provide training and continuing professional development for lifestyle weight management programme staff	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
16 Improve information sharing on people who attend a lifestyle weight management programme	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
17 Monitor and evaluate programmes	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery
18 Monitor and evaluate local provision	No evidence review: retain recommendation from existing guideline	Care pathway and service delivery

1

2 **Table 7 Recommendations from obesity: working with local**
3 **communities (PH42)**

Area in existing guideline (PH42)	What NICE plans to do	Area in new guideline
1 Developing a sustainable, community-wide approach to obesity	No evidence review: retain recommendation from existing guideline	Whole-system approaches
2 Strategic leadership	No evidence review: retain recommendation from existing guideline	Whole-system approaches
3 Supporting leadership at all levels	No evidence review: retain recommendation from existing guideline	Whole-system approaches

Area in existing guideline (PH42)	What NICE plans to do	Area in new guideline
4 Coordinating local action	No evidence review: retain recommendation from existing guideline	Whole-system approaches
5 Communication	No evidence review: retain recommendation from existing guideline	Whole-system approaches
6 Involving the community	No evidence review: retain recommendation from existing guideline	Whole-system approaches
7 Integrated commissioning	No evidence review: retain recommendation from existing guideline	Whole-system approaches
8 Involving businesses and social enterprises operating in the local area	No evidence review: retain recommendation from existing guideline	Whole-system approaches
9 Local authorities and the NHS as exemplars of good practice	No evidence review: retain recommendation from existing guideline	Whole-system approaches
10 Planning systems for monitoring and evaluation	No evidence review: retain recommendation from existing guideline	Whole-system approaches
11 Implementing monitoring and evaluation functions	No evidence review: retain recommendation from existing guideline	Whole-system approaches
12 Cost effectiveness	No evidence review: retain recommendation from existing guideline	Whole-system approaches
13 Organisational development and training	No evidence review: retain recommendation from existing guideline	Whole-system approaches
14 Scrutiny and accountability	No evidence review: retain recommendation from existing guideline	Whole-system approaches

1

2 **Table 8 Recommendations from weight management before, during and**
3 **after pregnancy (PH27)**

Area in existing guideline (PH27)	What NICE plans to do	Area in new guideline
1 Preparing for pregnancy: women with a BMI of 30 or more	No evidence review: retain recommendation from existing guideline	Identification and assessment
2 Pregnant women	Weight management during pregnancy will be updated in a separate guideline	Not included in new guideline

Area in existing guideline (PH27)	What NICE plans to do	Area in new guideline
3 Supporting women after childbirth	No evidence review: retain recommendation from existing guideline	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
4 Women with a BMI of 30 or more after childbirth	No evidence review: retain recommendation from existing guideline	Identification and assessment Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
5 Community-based services	No evidence review: retain recommendation from existing guideline. Note: Weight management during pregnancy will be considered in a separate guideline.	Care pathway and service delivery
6 Professional skills	No evidence review: retain recommendation from existing guideline. Note: Weight management during pregnancy will be considered in a separate guideline.	Care pathway and service delivery

1

2 Areas that will not be covered by the guideline

- 3 1 National policy.
- 4 2 Population-based screening programmes for overweight or obesity.
- 5 3 Complementary therapies to prevent and treat overweight and obesity.
- 6 4 Managing eating disorders, including binge-eating disorder.
- 7 5 Programmes, services or treatments for people whose body weight is
- 8 below the healthy range (underweight).
- 9 6 Preventing and managing comorbidities (for example, type 2 diabetes)
- 10 associated with overweight or obesity or related medical conditions.

- 1 7 Diagnosing and managing childhood syndromes (for example, Prader–
2 Willi syndrome) or childhood diseases (for example, hypothyroidism) that
3 lead to obesity.
- 4 8 Infant feeding (with breast milk or infant formula) and weaning.
- 5 9 Weight management during pregnancy.

6 **Related NICE guidance**

7 ***Published***

- 8 • [Behaviour change: digital and mobile health interventions](#) (2020) NICE
9 guideline NG183
- 10 • [Community pharmacies: promoting health and wellbeing](#) (2018) NICE
11 guideline NG102
- 12 • [Physical activity and the environment](#) (2018) NICE guideline NG90
- 13 • [Eating disorders: recognition and treatment](#) (2017, updated 2020) NICE
14 guideline NG69
- 15 • [Type 2 diabetes in adults: management](#) (2015, updated 2020) NICE
16 guideline NG28
- 17 • [Diabetes \(type 1 and type 2\) in children and young people: diagnosis and
18 management](#) (2015, updated 2020) NICE guideline NG18
- 19 • [Diabetes in pregnancy: management from preconception to the postnatal
20 period](#) (2015, updated 2020) NICE guideline NG3
- 21 • [Physical activity: exercise referral schemes](#) (2014) NICE guideline PH54
- 22 • [Physical activity: brief advice for adults in primary care](#) (2013) NICE
23 guideline PH44
- 24 • [Physical activity: walking and cycling](#) (2012) NICE guideline PH41
- 25 • [Type 2 diabetes: prevention in people at high risk](#) (2012) NICE guideline
26 PH38
- 27 • [Type 2 diabetes prevention: population and community-level interventions](#)
28 (2011) NICE guideline PH35
- 29 • [Cardiovascular disease prevention](#) (2010) NICE guideline PH25
- 30 • [Physical activity in the workplace](#) (2008) NICE guideline PH13
- 31 • [Maternal and child nutrition](#) (2008) NICE guideline PH11

- 1 • [Liraglutide for managing overweight and obesity](#) (2020) NICE technology
2 appraisal guidance 664
- 3 • [Naltrexone–bupropion for managing overweight and obesity](#) (2017) NICE
4 technology appraisal guidance 494
- 5 • [Swallowable gastric balloon capsule for weight loss](#) (2020) NICE
6 interventional procedures guidance 684
- 7 • [Single-anastomosis duodeno-ileal bypass with sleeve gastrectomy for
8 treating morbid obesity](#) (2016) NICE interventional procedures guidance
9 569
- 10 • [Implantation of a duodenal–jejunal bypass sleeve for managing obesity](#)
11 (2013) NICE interventional procedure guidance 471
- 12 • [Laparoscopic gastric plication for the treatment of severe obesity](#) (2012)
13 NICE interventional procedure guidance 432

14 **Related NICE guidance in development**

- 15 • [Cardiovascular disease: risk assessment and reduction, including lipid
16 modification. NICE guideline.](#) Publication expected April 2023.
- 17 • [Social, emotional and mental wellbeing in primary and secondary
18 education. NICE guideline.](#) Publication expected May 2022.
- 19 • [Antenatal care. NICE guideline.](#) Publication expected August 2021.
- 20 • [Semaglutide for managing overweight and obesity. NICE technology
21 appraisal guidance.](#) Publication date to be confirmed.
- 22 • [Setmelanotide for treating obesity caused by LEPR or POMC deficiency.
23 NICE technology appraisal guidance.](#) Publication date to be confirmed.

24 ***NICE guidance that will be incorporated and amalgamated in this 25 guideline***

- 26 • [Preventing excess weight gain \(2015\) NICE guideline NG7](#)
- 27 • [Weight management: lifestyle services for overweight or obese adults
28 \(2014\) NICE guideline PH53](#)
- 29 • [Obesity: working with local communities \(2012\) NICE guideline PH42](#)
- 30 • [Weight management before, during and after pregnancy \(2010\) NICE
31 guideline PH27](#) (recommendations 1,3, 4, 5 and 6)

1 ***NICE guidance that will be updated by this guideline***

- 2 • [Obesity prevention \(2015\) NICE guideline CG43](#)
- 3 • [Obesity: identification, assessment and management \(2014\) NICE](#)
- 4 [guideline CG189](#)
- 5 • [Weight management: lifestyle services for overweight or obese children](#)
- 6 [and young people \(2013\) NICE guideline PH47](#)
- 7 • [BMI: preventing ill health and premature death in black, Asian and other](#)
- 8 [minority ethnic groups \(2013\) NICE guideline PH46](#)

9 **NICE guidance about the experience of people using NHS services**

10 NICE has produced the following guidance on the experience of people using

11 the NHS. This guideline will not include additional recommendations on these

12 topics unless there are specific issues related to weight management:

- 13 • [Medicines optimisation \(2015\) NICE guideline NG5](#)
- 14 • [Patient experience in adult NHS services \(2012\) NICE guideline CG138](#)
- 15 • [Service user experience in adult mental health \(2011\) NICE guideline](#)
- 16 [CG136](#)
- 17 • [Medicines adherence \(2009\) NICE guideline CG76](#)

18 **3.4 *Economic aspects***

19 We will take economic aspects into account when making recommendations.

20 We will develop an economic plan that states for each review question (or key

21 area in the scope) whether economic considerations are relevant, and if so

22 whether this is an area that should be prioritised for economic modelling and

23 analysis. We will review the economic evidence and carry out economic

24 analyses, using an NHS, public sector and other perspectives, as appropriate.

25 **3.5 *Key issues and draft questions***

26 While writing the scope for this updated guideline, we have identified the

27 following key issues and draft questions related to them:

28 1 Identification and assessment

1 1.1 What are the most accurate and suitable methods of measuring the
2 health risk associated with overweight and obesity, including adiposity, in
3 adults?

4 1.2 What are the most effective and cost-effective approaches for
5 identifying overweight and obesity in adults, particularly those in black,
6 Asian and minority ethnic groups, and increasing their uptake of weight
7 management services?

8 2 Individual-level approaches for prevention of excess weight, weight loss,
9 and maintaining a healthier weight

10 2.1 What is the effectiveness and cost effectiveness of total or partial
11 diet replacements, intermittent fasting, plant-based and
12 low-carbohydrate diets in achieving weight loss in adults living with
13 overweight or obesity?

14 2.2 What referral criteria for bariatric surgery are most effective to
15 achieve weight loss and maintain a healthier weight in adults living with
16 obesity?

17 2.3 What approaches are effective, cost effective and acceptable in
18 helping children and young people living with overweight or obesity to
19 grow and develop into a healthier weight as part of a weight
20 management programme?

21 2.4 What are the effectiveness and cost effectiveness of healthy living
22 programmes for preventing overweight or obesity in children and young
23 people?

24

25 Note that guideline recommendations for medicines will normally fall within
26 licensed indications; exceptionally, and only if clearly supported by evidence,
27 use outside a licensed indication may be recommended. The guideline will
28 assume that prescribers will use a medicine's summary of product
29 characteristics to inform decisions made with individual patients.

30 The key issues and draft questions will be used to develop more detailed
31 review questions, which guide the systematic review of the literature.

1 **3.6 Main outcomes**

2 The main outcomes that may be considered when searching for and
3 assessing the evidence are:

- 4 • mortality
- 5 • morbidity (for example, progression of type 2 diabetes or cardiovascular
6 disease)
- 7 • change in weight (for example, changes in BMI or waist circumference)
- 8 • maintenance of weight loss
- 9 • intermediate outcomes (for example changes in diet and physical activity
10 level)
- 11 • health-related quality of life
- 12 • adherence (for example, dropout rates)
- 13 • adverse events
- 14 • cost effectiveness.

15 **4 NICE quality standards and NICE Pathways**

16 **4.1 NICE quality standards**

17 **NICE quality standards that may need to be revised or updated when**
18 **this guideline is published**

- 19 • [Promoting health and preventing premature mortality in black, Asian and
20 other minority ethnic groups \(2018\) NICE quality standard 167](#)
- 21 • [Obesity: clinical assessment and management \(2016\) NICE quality
22 standard 127](#)
- 23 • [Obesity in adults: prevention and lifestyle weight management programmes
24 \(2016\) NICE quality standard 111](#)
- 25 • [Obesity in children and young people: prevention and lifestyle weight
26 management programmes \(2015\) NICE quality standard 94](#)

1 **NICE quality standards that will use this guideline as an evidence source**
2 **when they are being developed**

- 3 • School-based interventions: physical and mental health and wellbeing
4 promotion. NICE quality standard. Publication date to be confirmed.

5 **4.2 NICE Pathways**

6 When this guideline is published, we will update the existing NICE Pathways
7 on weight management, including [diet](#), [lifestyle weight management services](#)
8 [for overweight or obese children and young people](#), [lifestyle weight](#)
9 [management services for overweight or obese adults](#), [maternal and child](#)
10 [nutrition](#), [obesity](#), [obesity: working with local communities](#), and [physical](#)
11 [activity](#). NICE Pathways bring together everything NICE has said on a topic in
12 an interactive flowchart.

13 **5 Further information**

This is the draft scope for consultation with registered stakeholders. The
consultation dates are 9 April to 7 May 2021.

The guideline is expected to be published in June 2023.

You can follow [progress of the guideline](#).

Our website has information about [how NICE guidelines are developed](#).

14

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