NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

NICE indicator guidance

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# Indicator 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.

# Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

# Rationale

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's guideline on obesity](https://www.nice.org.uk/guidance/cg189) identifies consultations for managing long-term conditions as an opportunity to record a person’s BMI. It further recommends that BMI is considered a practical estimate of adiposity in adults. Recording waist circumference may also be useful in people with a BMI of less than 35 kg/m2.

# Source guidance

[Obesity: identification, assessment and management. NICE guideline CG189](https://www.nice.org.uk/guidance/cg189) (2022), recommendations 1.2.4, 1.2.7 and 1.2.8.

# Specification

Numerator: The number of patients in the denominator who have had a BMI recorded in the preceding 12 months.

Denominator: The number of patients with coronary heart disease, stroke or TIA, diabetes, hypertension, peripheral arterial disease, heart failure, COPD, asthma and/ or rheumatoid arthritis.

Calculation: (Numerator/denominator)\*100

Exclusions: People aged under 18 years.

Minimum population: The indicator would be appropriate to assess performance at individual general practice level.

# Further information

This is NICE indicator guidance, which is part of the [NICE menu of indicators](https://www.nice.org.uk/Standards-and-Indicators/index). This document does not represent formal NICE guidance.