NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

# NICE indicator guidance

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## Indicator 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.

## Indicator type

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

## Rationale

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

The NICE guideline on obesity recommends using BMI as a practical estimate of adiposity in adults. However, the guideline notes that BMI should be interpreted with caution because it is not a direct measure of adiposity, and recommends considering waist circumference, in addition to BMI, in people with a BMI less than 35 kg/m2.

Identifying people with a BMI ≥25 kg/m2 includes a preventative aspect of care in managing obesity and supports interventions for people at risk of obesity, that is, those who are overweight but not yet obese.

## Source guidance

[Obesity. NICE guideline CG189](https://www.nice.org.uk/guidance/cg189) (2014), recommendations 1.2.2 and 1.2.7.

## Specification

A register of people aged 18 or over with a BMI ≥25 in the preceding 12 months.

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.