

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Indicators for the NICE menu for the QOF

Indicator area: BMI recording
Indicator: NM121

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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.

Introduction

Obesity is directly linked to several different conditions as a risk factor, such as coronary heart disease, stroke or TIA, diabetes, hypertension, peripheral arterial disease, heart failure, COPD, asthma and/or rheumatoid arthritis, as well as to psychological and psychiatric morbidities.

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.

The NICE guideline on [obesity](#) 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 and recommendations

- [Obesity](#) (2014) NICE guideline CG189
 - Recommendation 1.2.2: Use BMI as a practical estimate of adiposity in adults. Interpret BMI with caution because it is not a direct measure of adiposity. [2006, amended 2014]

- Recommendation 1.2.7: Define the degree of overweight or obesity in adults using the following table:

Classification	BMI (kg/m ²)
Healthy weight	18.5–24.9
Overweight	25–29.9
Obesity I	30–34.9
Obesity II	35–39.9
Obesity III	40 or more

The degree of overweight or obesity can also be used to identify the level of intervention to be offered to support weight loss

Alongside the concerns about the health impact of obesity, healthcare professionals should also be aware that rapid, unplanned weight loss can indicate health problems (for example, see the NICE guideline on [suspected cancer](#)). Regular weight monitoring should make this easier to identify.

Reporting and verification

See indicator wording for requirement criteria.

Further information

This is NICE indicator guidance for QOF, which is part of the NICE menu of indicators. This document does not represent formal NICE guidance. The NICE menu of indicators for QOF is available online at:

<http://www.nice.org.uk/standards-and-indicators/qofindicators>