**NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE**

**Indicators for the NICE menu for the QOF**

**Indicator area:** Obesity and overweight  
**Indicator:** NM128

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The contractor establishes and maintains a register of patients aged 18 or over with a BMI ≥25 in the preceding 12 months.

**Introduction**

Obesity rates in the UK almost doubled between 1993 and 2011, from 13% to 24% in men and from 16% to 26% in women. The Department of Health has estimated that if obesity rates continue to rise, by 2050 the cost to the UK economy could be close to £50 billion.

Obesity is directly linked to several different conditions, including type 2 diabetes, fatty liver disease, hypertension, gallstones and gastro-oesophageal reflux disease, as well as to psychological and psychiatric morbidities.

Different weight classes are defined based on a person's body mass index (BMI). People with a BMI of 25–29.9 kg/m² are considered overweight. People who are obese are considered in 3 weight classes: those with a BMI of i) 30–34.9 kg/m², ii) 35–39.9 kg/m², and iii) 40 kg/m² or more.

**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 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:

<table>
<thead>
<tr>
<th>Classification</th>
<th>BMI (kg/m²)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy weight</td>
<td>18.5–24.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>25–29.9</td>
</tr>
<tr>
<td>Obesity I</td>
<td>30–34.9</td>
</tr>
<tr>
<td>Obesity II</td>
<td>35–39.9</td>
</tr>
<tr>
<td>Obesity III</td>
<td>40 or more</td>
</tr>
</tbody>
</table>

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: