

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

Guideline scope

Weight management: preventing, assessing and managing overweight and obesity (update)

This guideline will update and amalgamate the NICE guidelines on:

- [obesity: identification, assessment and management \(2014\) NICE guideline CG189](#)
- [weight management: lifestyle services for overweight or obese children and young people \(2013\) NICE guideline PH47](#)
- [BMI: preventing ill health and premature death in black, Asian and other minority ethnic groups \(2013\) NICE guideline PH46](#)
- [obesity prevention \(2006\) NICE guideline CG43](#).

It will also incorporate the NICE guidelines on:

- [preventing excess weight gain \(2015\) NICE guideline NG7](#)
- [weight management: lifestyle services for overweight or obese adults \(2014\) NICE guideline PH53](#)
- [obesity: working with local communities \(2012\) NICE guideline PH42](#)
- [weight management before, during and after pregnancy \(2010\) NICE guideline PH27](#) (to incorporate only the recommendations that apply before and after pregnancy; the recommendations on weight management during pregnancy will be covered in a separate guideline).

NICE worked with Public Health England to develop this scope.

The guideline will be developed using the methods and processes outlined in [developing NICE guidelines: the manual](#).

These NICE quality standards may need to be revised or updated when this guideline is published:

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

1 Why the update is needed

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

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

Why the guideline is needed

Key facts and figures

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

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

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

Current practice

Body mass index (BMI), sometimes together with waist circumference, are used to identify adults who might benefit from weight management interventions. For children and young people, adiposity is estimated using the 1990 UK BMI charts, which take account of age and sex. The charts identify children and young people, over 2 years of age, with a BMI at or above the 91st centile as needing a tailored clinical intervention.

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

Standard management of overweight and obesity includes advice on diet and physical activity, behaviour change strategies, pharmacological treatments and surgical interventions. Weight management services are delivered through a tiered system. While definitions vary locally, usually tier 1 covers

universal services (such as health promotion or primary care); tier 2 covers lifestyle interventions; tier 3 covers specialist weight management services; and tier 4 covers bariatric surgery. New evidence may help to refine weight management programmes that address diet, physical activity and behaviour change, and inform implementation of interventions in specific settings.

Policy, legislation, regulation and commissioning

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

A number of policies and programmes aim to address these drivers and support the response of individuals and healthcare professionals to them in terms of preventing or treating excess weight. The NHS Long Term Plan (2019) placed an increased focus on obesity prevention, with the aim of supporting more people living with obesity and a diagnosis of type 2 diabetes or hypertension, or both, to attend weight management services. The Department of Health and Social Care's (DHSC) 2020 strategy on obesity aims to address the environmental influences that drive obesity and provide support for people who want to lose weight. The DHSC strategy states that people living with excess weight should be offered tools to manage their weight. It outlines the intention to expand weight management services delivered through, for example, the NHS and local authorities. Complementary to this, local authorities have various legislative and policy levers they can use to help create environments that support people to maintain a healthy weight.

2 Who the guideline is for

This guideline is for:

- healthcare professionals
- commissioners and providers

- people who work in, and are responsible for providing, preventive approaches and services in the wider public, private, voluntary and community sectors
- people using services, their families and carers, and the public.

This guideline may also be relevant for policymakers.

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

Equality considerations

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

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

The guideline will look at inequalities relating to age, disability, race, sex, sexual orientation, socioeconomic factors and other definable characteristics such as those living with autism or those related to certain health conditions such as dementia.

3 What the updated guideline will cover

3.1 Who is the focus?

Groups that will be covered

- People aged over 2 years living with obesity or overweight
- People who currently have a healthy body weight.

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

Groups that will not be covered

- People whose body weight is below the healthy range (underweight).

- Pregnant women.
- Children under 2 years.

3.2 Settings

Settings that will be covered

- All settings where publicly funded health and social care services are provided.
- Early years settings, including nurseries and childcare facilities.
- Education settings.
- Workplaces.

3.3 Activities, services or aspects of care

Key areas that will be covered in this update

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

- 1 Identification and assessment.
- 2 Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.

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

- 3 Whole-system approaches.
- 4 Care pathway and service delivery.

Proposed outline for the guideline

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

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

Table 1 Recommendations from obesity: identification, assessment and 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. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
1.2 Identification and classification of overweight and obesity	Review evidence: update existing recommendations 1.2.1 to 1.2.5 as needed. No evidence review for bioimpedance; retain recommendations 1.2.6 to 1.2.13 from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Identification and assessment
1.3 Assessment	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Identification and assessment
1.4 Lifestyle interventions	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Individual-level approaches for prevention of excess weight, 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.	Individual-level approaches for

Area in existing guideline (CG189)	What NICE plans to do	Area in new guideline
	No evidence review for adults: retain recommendations 1.5.1 and 1.5.2 from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	prevention of excess weight, weight loss, and maintaining a healthy weight
1.6 Physical activity	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	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. These will be assessed to ensure they reflect current context and may be edited or removed.	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. These will be assessed to ensure they reflect current context and may be edited or removed.	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
1.9 Continued prescribing and withdrawal	<p>No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.</p> <p>Recommendation 1.9.7 may need to be updated in light of new evidence reviews.</p>	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. These will be assessed to ensure they reflect current context and may be edited or removed.	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. These will be assessed to ensure they reflect current context and may be edited or removed.	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
1.12 Follow-up care	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Individual-level approaches for prevention of excess weight, weight loss, and maintaining

Area in existing guideline (CG189)	What NICE plans to do	Area in new guideline
		a healthy weight.

Table 2 Recommendations from weight management: lifestyle services 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 recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery
2 Commissioning lifestyle weight management programmes for children and young people	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery
3 Lifestyle weight management programmes: core components	Review evidence: update existing recommendations 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 recommendations 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 recommendations as needed	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
6 Raising awareness of lifestyle weight management programmes: commissioners and programme providers	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect	Care pathway and service delivery

Area in existing guideline (PH47)	What NICE plans to do	Area in new guideline
	current context and may be edited or removed.	
7 Raising awareness of lifestyle weight management programmes: health professionals, other professionals and voluntary organisations	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Identification and assessment
8 Formal referrals to lifestyle weight management programmes	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Identification and assessment
9 Providing ongoing support: health professionals	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	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 recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	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 recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery
12 Lifestyle weight management programme staff: knowledge and skills	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery
13 Training in how to make referrals to a lifestyle weight management programme	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect	Care pathway and service delivery

Area in existing guideline (PH47)	What NICE plans to do	Area in new guideline
	current context and may be edited or removed.	
14 Supporting lifestyle weight management programme staff and those making programme referrals	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery
15 Monitoring and evaluating programmes	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery

Table 3 Recommendations from BMI: preventing ill health and premature 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	Existing recommendations to be amalgamated and updated as needed based on the review of evidence for CG189 sections 1.2 and 1.3 .	Identification and assessment
2 BMI assessment, multi-component interventions and best practice standards	Remove: existing recommendations cross refer to NICE CG43 and have since been superseded by CG189 and PH53.	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. CG189 section 1.2 is being updated and may	Identification and assessment Whole-system approaches

	lead to changes in these recommendations.	
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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. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
1.1.3 Local authorities and partners in the community	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	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, These will be assessed to ensure they reflect current context and may be edited or removed.	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.	Whole-system approaches

Area in existing guideline (CG43)	What NICE plans to do	Area in new guideline
	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. These will be addressed to ensure they reflect current context and may be edited or removed.	
1.1.6 Workplaces	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches

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 recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
2 Encourage physical activity habits to avoid low energy expenditure	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
3 Encourage dietary habits that reduce the risk of excess energy intake	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
4 Further advice for parents and carers of	No evidence review: retain recommendations from existing guideline. These will be assessed to	Whole-system approaches

children and young people	ensure they reflect current context and may be edited or removed.	
5 Encourage adults to limit the amount of alcohol they drink	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
6 Encourage self-monitoring	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
7 Clearly communicate the benefits of maintaining a healthy weight	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
8 Clearly communicate the benefits of gradual improvements to physical activity and dietary habits	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
9 Tailor messages for specific groups	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
10 Ensure activities are integrated with the local strategic approach to obesity	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches

Table 6 Recommendations from weight management: lifestyle services 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 recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
2 Ensure services cause no harm	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
3 Raise awareness of local weight management issues among commissioners	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
4 Raise awareness of lifestyle weight management services among health and social care professionals	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery
5 Raise awareness of lifestyle weight management services among the local population	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
6 Refer overweight and obese adults to a lifestyle weight management programme	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Identification and assessment
7 Address the expectations and information needs of adults thinking about	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect	Identification and assessment

Area in existing guideline (PH53)	What NICE plans to do	Area in new guideline
joining a lifestyle weight management programme	current context and may be edited or removed.	
8 Improve programme uptake, adherence and outcomes	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery
9 Commission programmes that include the core components for effective weight loss	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	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 recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	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 recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthy weight.
12 Provide a national source of information on effective lifestyle weight management programmes	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery
13 Ensure contracts for lifestyle weight management programmes include specific outcomes and address local needs	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery
14 Provide continuing professional development on lifestyle weight management for health and social care professionals	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect	Care pathway and service delivery

Area in existing guideline (PH53)	What NICE plans to do	Area in new guideline
	current context and may be edited or removed.	
15 Provide training and continuing professional development for lifestyle weight management programme staff	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery
16 Improve information sharing on people who attend a lifestyle weight management programme	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery
17 Monitor and evaluate programmes	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery
18 Monitor and evaluate local provision	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Care pathway and service delivery

Table 7 Recommendations from obesity: working with local 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 recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
2 Strategic leadership	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect	Whole-system approaches

Area in existing guideline (PH42)	What NICE plans to do	Area in new guideline
	current context and may be edited or removed.	
3 Supporting leadership at all levels	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
4 Coordinating local action	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
5 Communication	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
6 Involving the community	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
7 Integrated commissioning	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
8 Involving businesses and social enterprises operating in the local area	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
9 Local authorities and the NHS as exemplars of good practice	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect	Whole-system approaches

Area in existing guideline (PH42)	What NICE plans to do	Area in new guideline
	current context and may be edited or removed.	
10 Planning systems for monitoring and evaluation	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
11 Implementing monitoring and evaluation functions	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
12 Cost effectiveness	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
13 Organisational development and training	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches
14 Scrutiny and accountability	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	Whole-system approaches

Table 8 Recommendations from weight management before, during and 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 recommendations from existing guideline. These will be assessed to ensure they reflect	Identification and assessment

Area in existing guideline (PH27)	What NICE plans to do	Area in new guideline
	current context and may be edited or removed.	
2 Pregnant women	Weight management during pregnancy will be updated in a separate guideline	Not included in new guideline
3 Supporting women after childbirth	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	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 recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed.	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 recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed. Weight management during pregnancy will be considered in a separate guideline.	Care pathway and service delivery
6 Professional skills	No evidence review: retain recommendations from existing guideline. These will be assessed to ensure they reflect current context and may be edited or removed. Professional skills for weight management during pregnancy will be considered in a separate guideline.	Care pathway and service delivery

Areas that will not be covered by the guideline

- 1 National policy.
- 2 Population-based screening programmes for overweight or obesity.
- 3 Complementary therapies to prevent and treat overweight and obesity.
- 4 Managing eating disorders, including binge-eating disorder.
- 5 Programmes, services or treatments for people whose body weight is below the healthy range (underweight).
- 6 Preventing and managing comorbidities (for example, type 2 diabetes) associated with overweight or obesity or related medical conditions.
- 7 Diagnosing and managing childhood syndromes (for example, Prader–Willi syndrome) or childhood diseases (for example, hypothyroidism) that lead to obesity.
- 8 Infant feeding (with breast milk or infant formula) and weaning.
- 9 Weight management during pregnancy.

Related NICE guidance

Published

- [Behaviour change: digital and mobile health interventions](#) (2020) NICE guideline NG183
- [Community pharmacies: promoting health and wellbeing](#) (2018) NICE guideline NG102
- [Physical activity and the environment](#) (2018) NICE guideline NG90
- [Eating disorders: recognition and treatment](#) (2017, updated 2020) NICE guideline NG69
- [Type 2 diabetes in adults: management](#) (2015, updated 2020) NICE guideline NG28
- [Diabetes \(type 1 and type 2\) in children and young people: diagnosis and management](#) (2015, updated 2020) NICE guideline NG18
- [Diabetes in pregnancy: management from preconception to the postnatal period](#) (2015, updated 2020) NICE guideline NG3
- [Psychosis and schizophrenia in adults: prevention and management](#) (2014) NICE guideline CG178
- [Physical activity: exercise referral schemes](#) (2014) NICE guideline PH54

- [Physical activity: brief advice for adults in primary care](#) (2013) NICE guideline PH44
- [Physical activity: walking and cycling](#) (2012) NICE guideline PH41
- [Type 2 diabetes: prevention in people at high risk](#) (2012) NICE guideline PH38
- [Type 2 diabetes prevention: population and community-level interventions](#) (2011) NICE guideline PH35
- [Cardiovascular disease prevention](#) (2010) NICE guideline PH25
- [Physical activity in the workplace](#) (2008) NICE guideline PH13
- [Maternal and child nutrition](#) (2008) NICE guideline PH11
- [Liraglutide for managing overweight and obesity](#) (2020) NICE technology appraisal guidance 664
- [Naltrexone–bupropion for managing overweight and obesity](#) (2017) NICE technology appraisal guidance 494
- [Swallowable gastric balloon capsule for weight loss](#) (2020) NICE interventional procedures guidance 684
- [Single-anastomosis duodeno-ileal bypass with sleeve gastrectomy for treating morbid obesity](#) (2016) NICE interventional procedures guidance 569
- [Implantation of a duodenal–jejunal bypass sleeve for managing obesity](#) (2013) NICE interventional procedure guidance 471
- [Laparoscopic gastric plication for the treatment of severe obesity](#) (2012) NICE interventional procedure guidance 432

Related NICE guidance in development

- [Cardiovascular disease: risk assessment and reduction, including lipid modification. NICE guideline.](#) Publication expected April 2023.
- [Social, emotional and mental wellbeing in primary and secondary education. NICE guideline.](#) Publication expected May 2022.
- [Antenatal care. NICE guideline.](#) Publication expected August 2021.
- [Semaglutide for managing overweight and obesity. NICE technology appraisal guidance.](#) Publication date to be confirmed.

- [Setmelanotide for treating obesity caused by LEPR or POMC deficiency. NICE technology appraisal guidance.](#) Publication date to be confirmed.

NICE guidance that will be incorporated and amalgamated in this guideline

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

NICE guidance that will be updated by this guideline

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

NICE guidance about the experience of people using NHS services

NICE has produced the following guidance on the experience of people using the NHS. This guideline will not include additional recommendations on these topics unless there are specific issues related to weight management:

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

3.4 Economic aspects

We will take economic aspects into account when making recommendations. We will develop an economic plan that states for each review question (or key area in the scope) whether economic considerations are relevant, and if so whether this is an area that should be prioritised for economic modelling and analysis. We will review the economic evidence and carry out economic analyses, using an NHS, public sector and other perspectives, as appropriate.

3.5 Key issues and draft questions

While writing the scope for this updated guideline, we have identified the following key issues and draft questions related to them:

- 1 Identification and assessment
 - 1.1 What are the most accurate and suitable anthropometric methods and thresholds, for different ethnicities, to assess the health risk associated with overweight and obesity in children and young people, particularly those in black, Asian and minority ethnic groups?
 - 1.2 What are the most accurate and suitable anthropometric methods and thresholds, for different ethnicities, to assess the health risk associated with overweight and obesity in adults, particularly those in black, Asian and minority ethnic groups?
 - 1.3 What are the most effective and cost-effective approaches for identifying overweight and obesity in children and young people, particularly those in black, Asian and minority ethnic groups, and increasing their uptake of weight management services?
 - 1.4 What are the most effective and cost-effective approaches for identifying overweight and obesity in adults, particularly those in black, Asian and minority ethnic groups, and increasing their uptake of weight management services?
- 2 Individual-level approaches for prevention of excess weight, weight loss, and maintaining a healthier weight
 - 2.1 What is the effectiveness and cost effectiveness of total or partial diet replacements, intermittent fasting, plant-based and

low-carbohydrate diets in achieving and maintaining weight loss in adults living with overweight or obesity?

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

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

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

2.5 What is the effectiveness, cost effectiveness and acceptability of psychological approaches to address the counterproductive effect of weight stigma in achieving or maintaining weight loss, or negating the adverse impact of stigma, in children, young people and adults?

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

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

3.6 *Main outcomes*

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

- mortality
- morbidity (for example, progression of type 2 diabetes or cardiovascular disease, non-alcoholic liver disease, COVID-19 recovery, or long-term musculoskeletal problems such as osteoarthritis)

- change in weight (for example, changes in BMI or waist circumference)
- maintenance of weight loss
- intermediate outcomes (for example changes in diet and physical activity level)
- health-related quality of life
- adherence (for example, dropout rates, intervention compliance)
- adverse events
- cost effectiveness.

4 NICE quality standards and NICE Pathways

4.1 *NICE quality standards*

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

- [Promoting health and preventing premature mortality in black, Asian and other minority ethnic groups \(2018\) NICE quality standard 167](#)
- [Obesity: clinical assessment and management \(2016\) NICE quality standard 127](#)
- [Obesity in adults: prevention and lifestyle weight management programmes \(2016\) NICE quality standard 111](#)
- [Maternal and child nutrition \(2015\) NICE quality standard 98](#)
- [Obesity in children and young people: prevention and lifestyle weight management programmes \(2015\) NICE quality standard 94](#)
- [Osteoarthritis \(2015\) NICE quality standard 87](#)
- [Antenatal care \(2012\) NICE quality standard 22](#)
- [Liver disease \(2017\) NICE quality standard 152](#)

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

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

4.2 **NICE Pathways**

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

5 **Further information**

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](#).

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