

NICE guideline on overweight and obesity management

Update information, March 2024

This information accompanies the NICE guideline on overweight and obesity management (NGxxx, published March 2024).

Using this information

The overweight and obesity management guideline brings together the following NICE guidelines and will replace them:

- [Obesity prevention \(CG43, 2006\)](#)
- [Weight management before, during and after pregnancy \(PH27, 2010\)](#)
- [Obesity: working with local communities \(PH42, 2012\)](#)
- [BMI: preventing ill health and premature death in black, Asian and other minority ethnic groups \(PH46, 2013\)](#) – already updated and replaced by CG189
- [Weight management: lifestyle services for overweight or obese children and young people \(PH47, 2013\)](#)
- [Obesity: identification, assessment and management \(CG189, 2014\)](#)
- [Weight management: lifestyle services for overweight or obese adults \(PH53, 2014\)](#)
- [Preventing excess weight gain \(NG7, 2015\)](#)

The tables below show whether recommendations from each source guideline were deleted or carried forward into the updated guideline, and the year that the evidence was last reviewed. Changes to recommendations as a result of evidence review or committee discussion, or to reduce duplication as part of amalgamating the guidelines, are also explained in this table. Minor wording changes to update terminology and match our current way of writing recommendations, but which do not affect the intent of the recommendation, are not listed.

In the table below, the year column shows when the evidence for each recommendation was reviewed. In the updated guideline, the year given at the end of the recommendations (for example [2006]) shows when the source guideline containing that recommendation was published and is when the evidence for that recommendation was last reviewed. Any recommendations that have been updated as a result of committee discussions but without a review of the evidence are marked [(year of original guideline), amended 2024]. New recommendations made after a review of the evidence are marked [2024].

The [evidence and committee discussion supporting the source guidelines](#) gives more information about this process and about the reasoning behind each recommendation.

Obesity prevention (CG43, 2006)

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline, or reason for deletion/amendment (correct for version 19 HS edit)
2006	Section 1.1.1	Already replaced by NG7
2006	1.1.2.1	1.2.1 Merged with CG43 recommendations 1.1.3.1 and 1.1.3.5
2006	1.1.2.2	1.2.2
2006	1.1.2.3	1.2.3
2006	1.1.2.4	1.2.4
2006	1.1.2.5	1.2.5 Example about stigma added on request from committee
2006	1.1.2.6	1.2.12
2006	1.1.2.7	1.2.13
2006	1.1.2.8	1.2.14
2006	1.1.2.9	1.2.15 Merged with CG43 recommendation 1.1.2.11
2006	1.1.2.10	1.2.16
2006	1.1.2.11	1.2.15

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline, or reason for deletion/amendment (correct for version 19 HS edit)
		Merged with CG43 recommendation 1.1.2.9
2006	1.1.2.12	1.2.10 Merged with CG43 recommendation 1.1.3.8
2006	1.1.2.13	1.2.13 Merged with CG43 recommendation 1.1.3.7
2006	1.1.2.14	1.2.17
2006	1.1.2.15	1.2.18
2006	1.1.2.16	1.2.19
2006	1.1.2.17	1.2.20 and 1.2.21
2006	1.1.2.18	1.2.21 Merged with CG43 recommendation 1.1.2.17
2006	1.1.2.19	1.2.33
2006	1.1.3.1	1.2.1 Merged with CG43 recommendations 1.1.2.1 and 1.1.3.5
2006	1.1.3.2	1.2.2 Merged with CG43 recommendation 1.1.2.2
2006	1.1.3.3	1.2.6
2006	1.1.3.4	1.2.7 Amended by committee to change the audience for the recommendation
2006	1.1.3.5	1.2.1 Merged with CG43 recommendations 1.1.2.1 and 1.1.3.1
2006	1.1.3.6	1.2.8
2006	1.1.3.7	1.2.9 Merged with CG43 recommendation 1.1.2.13
2006	1.1.3.8	1.2.10 Merged with CG43 recommendation 1.1.2.12
2006	1.1.3.9	1.2.11
2024	1.1.4.1	Deleted. Replaced by 1.2.22
2006	1.1.4.2	1.2.16

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline, or reason for deletion/amendment (correct for version 19 HS edit)
2024	1.1.4.3	Deleted. Replaced by 1.2.24
2024	1.1.4.4	Deleted. Replaced by 1.2.25 and 1.2.26
2006	1.1.5.1	1.2.22 Combined with early years recommendation
2006	1.1.5.2	1.2.30
2006	1.1.5.3	1.2.31
2024	1.1.5.4	Deleted. Replaced by 1.2.29
2006	1.1.5.5	1.2.32
2024	1.1.5.6	Deleted. Replaced by 1.2.29
2024	1.1.5.7	Deleted. Replaced by 1.2.25, 1.2.26, 1.2.27
2024	1.1.5.8	Deleted. Replaced by 1.2.28
2024	1.1.5.9	Deleted. Replaced by 1.2.23
2006	1.1.6.1	1.2.34
2006	1.1.6.2	1.2.35 Merged with CG43 recommendation 1.1.6.5
2006	1.1.6.3	1.2.36
2006	1.1.6.4	1.2.37
2006	1.1.6.5	1.2.35 Merged with CG43 recommendation 1.1.6.2
2006	1.1.7	Already replaced by PH53
2006	1.2	Already replaced by CG189

Weight management before, during and after pregnancy (PH27, 2010)

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2010	1, bullet 1	1.10.6
2010	1, bullet 2	1.10.1
2010	1, bullet 3	1.10.2
2010	1, bullet 4	1.10.3
2010	1, bullet 5	1.10.4

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2010	1, bullet 6	1.10.5
2010	2	Deleted because weight management during pregnancy is out of scope of this guideline.
2010	3, bullet 1	1.10.7
2010	3, bullet 2	1.10.8 and 1.10.9 Split into 2 recommendations for clarity
2010	3, bullet 3	1.10.10
2010	3, bullet 4	1.10.11
2010	3, bullet 5	1.10.12
2010	3, bullet 6	1.10.13
2010	4, bullet 1	1.10.14
2010	4, bullet 2	1.10.15 and 1.10.16
	4, bullet 3	Deleted because this was not specific to the ante- or post-natal period, so is covered by the general weight loss sections of the guideline.
2010	4, bullet 4	1.10.11
2010	5, bullet 1	1.10.18
2010	5, bullet 2	1.10.19
2010	5, bullet 3	1.10.20
	5, bullet 4	Deleted because care during pregnancy is out of scope for this guideline
2010	5, bullet 5	1.10.21
2010	5, bullet 6	1.10.17
2010	6, bullet 1	Deleted because this is not specific to pregnancy and is now covered by general training section
2010	6, bullet 2	Deleted because this is not specific to pregnancy and is now covered by general training section
2010	6, bullet 3	1.14.7 Retained and expanded to all populations, audience clarified
2010	6, bullet 4	Deleted because these skills are not specific to care relating to pregnancy – now

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
		covered by training recommendations for general population in 1.14.5
2010	6, bullet 5	Deleted because care during pregnancy is out of scope for this guideline
2010	6, bullet 6	Deleted because these skills are not specific to care relating to pregnancy – now covered by training recommendations for general population in 1.14.5
2010	6, bullet 7	1.14.21

Obesity: working with local communities (PH42, 2012)

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2012	1, bullet 1	1.11.1
2012	1, bullet 2	1.11.30
2012	1, bullet 3	Deleted. Now covered by general government guidance on whole systems approach.
2012	1, bullet 4	1.11.7, 1.11.8 Split into 2 recommendations for clarity
2012	1, bullet 5	Deleted. Not relevant to current service structure of integrated commissioning boards.
2012	1, bullet 6	1.11.26
2012	1, bullet 7	1.11.6
2012	2, bullet 1	Deleted. Now covered by general government guidance on whole systems approach and recommendation 1.11.4 1.11.4
2012	2, bullet 2	Deleted. Now covered by general government guidance on whole systems approach and recommendations 1.11.30 to 1.11.32 on ensuring services meet local needs

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2012	2, bullet 3	Deleted. Not relevant to current service structure of integrated commissioning boards.
2012	2, bullet 4	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	2, bullet 5	1.11.4
2012	2, bullet 6	1.11.5 Amended to reflect current service structure of integrated commissioning boards
2012	3, bullet 1	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	3, bullet 2	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	3, bullet 3	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	4, bullet 1	1.11.15
2012	4, bullet 2	1.11.16
2012	4, bullet 3	1.11.17
2012	4, bullet 4	1.11.18
2012	4, bullet 5	1.11.19
2012	4, bullet 6	1.11.20 and 1.11.21 Split into 2 recommendations for clarity
2012	4, bullet 7	1.11.22
2012	5, bullet 1	1.11.39
2012	5, bullet 2	1.11.40
2012	5, bullet 3	1.11.41

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2012	5, bullet 4	1.11.42
2012	5, bullet 5	1.11.47 and 1.11.43 Split into 2 recommendations for clarity
2012	5, bullet 6	1.13.20
2012	5, bullet 7	1.13.21
2012	6, bullet 1	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	6, bullet 2	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	6, bullet 3	1.11.32 Merged with recommendation 6 bullet 4
2012	6, bullet 4	1.11.32 Merged with recommendation 6 bullet 3
2012	6, bullet 5	Deleted. Not relevant to current service structure of integrated commissioning boards.
2012	6, bullet 6	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	7, bullet 1	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity, the obesity framework, and by recommendation 1.12.14 about protected resources.
2012	7, bullet 2	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity, the obesity framework, and by the

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
		section on ensuring all services meet local needs.
2012	7, bullet 3	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	7, bullet 4	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	7, bullet 5	Deleted. Now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	7, bullet 6	Deleted. Now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	7, bullet 7	Deleted. Now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	7, bullet 8	Deleted. Now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	7, bullet 9	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	7, bullet 10	Deleted. Now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	7, bullet 11	1.13.10
2012	8, bullet 1	1.11.28 Expanded by committee to give more practical actions and fit the current commissioning landscape.
2012	8, bullet 2	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2012	8, bullet 3	1.11.29
2012	9, bullet 1	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	9, bullet 2	Deleted. Not relevant to current service structure of integrated commissioning boards and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	9, bullet 3	Deleted. Now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	9, bullet 4	Deleted. Now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	9, bullet 5	Deleted. Now covered by government guidance on whole systems approach to obesity and the obesity framework.
2012	10, bullet 1	1.13.1 Merged with PH47 recommendation 2
2012	10, bullet 2	1.13.3
2012	10, bullet 3	1.13.5
2012	10, bullet 4	Deleted. Committee agreed this is now standard practice, no recommendation needed.
2012	10, bullet 5	1.13.2
2012	10, bullet 6	Deleted. Committee agreed this is now common practice, and the necessary info is covered by the recommendations in the data to collect section: recommendations 1.13.9 to 1.13.17
2012	10, bullet 7	Deleted. Committee agreed this is now common practice, and the necessary info is covered by the recommendations in the data to collect section: recommendations 1.13.9 to 1.13.17
2012	10, bullet 8	1.13.4

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
		Substantially abridged by committee because it is now covered by general government guidance on obesity
2012	11, bullet 1	Deleted. Now covered by obesity framework
2012	11, bullet 2	Deleted. Now covered by obesity framework
2012	11, bullet 3	Deleted. Now covered by obesity framework
2012	11, bullet 4	1.13.14
2012	12, bullet 1	Deleted. Committee agreed this is now common practice, and the necessary info is covered by the recommendations in the data to collect section: recommendations 1.13.9 to 1.13.17
2012	12, bullet 2	1.13.9 Merged with recommendation 12 bullet 3
2012	12, bullet 3	1.13.9 Merged with recommendation 12 bullet 2
2012	13, bullet 1	1.14.26
2012	13, bullet 2	1.14.27
2012	13, bullet 3	1.14.3 and 1.14.5
2012	13, bullet 4	1.14.2 Merged with parts of PH53 recommendations 14 and 15
2012	13, bullet 5	1.14.1
2012	13, bullet 6	1.14.28
2012	14, bullet 1	1.13.6
2012	14, bullet 2	1.13.8
2012	14, bullet 3	Deleted. Not relevant to current service structure of integrated commissioning boards, and now covered by government guidance on whole systems approach to obesity and the obesity framework.

BMI: preventing ill health and premature death in black, Asian and other minority ethnic groups (PH46, 2013)

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2013	1	Already replaced by CG189 and PH38
2013	2	Already replaced by CG43 and CG189
2024	3, bullet 1	Replaced by 1.4.1
2024	3, bullet 2	Replaced by 1.4.2
2024	3, bullet 3	Replaced by 1.4.3

Weight management: lifestyle services for overweight or obese children and young people (PH47, 2013)

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2013	1, bullet 1	1.12.3 Combined with PH47 recommendation 2
2013	1, bullet 2	1.12.14
2013	1, bullet 3	1.12.1
2013	2, bullet 1	1.12.2
2013	2, bullet 2	1.12.3
2013	2, bullet 3	1.12.4 and 1.12.5 Split into 2 recommendations for clarity
2024	2, bullet 4	Replaced by 1.12.1, 1.12.6, 1.12.7
2013	2, bullet 5	1.12.8
2013	2, bullet 6	1.12.9
2013	2, bullet 7	1.13.1 Merged with PH42 recommendation 10
2013	2, bullet 8	1.12.10 and 1.2.12 Split into 2 recommendations for clarity
2013	2, bullet 9	1.12.13 Amended to update indicators to be measured.

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2013	2, bullet 10	1.12.11 Amended timepoints to align with new recommendation 1.5.68
2024	3	Replaced by 1.5.31 to 1.5.36
2013	4	Parts of bullets 6, 7 and 9 carried forward as recommendations 1.5.52 to 1.5.55 Remainder of recommendation replaced by 1.5.37 to 1.5.51
2024	5	Replaced by 1.5.56 to 1.5.65, 1.12.3
2024	6	Replaced 1.11.45 to 1.11.50 Merged with adult recommendations
2024	7	Replaced by 1.5.18, 1.5.19, 1.5.20
2024	8	Replaced by 1.5.21 to 1.5.30
2024	9	Replaced by 1.5.68 to 1.5.72
2024	10	Replaced by 1.5.66, 1.5.67, 1.5.73
2013	11, bullet 1	1.14.13, 1.14.14 Split into 2 recommendations for clarity
2024	11, bullet 2	Replaced by new recommendation 1.5.22 and retained recommendation 1.14.5
2013	11, bullet 3	1.14.22
2013	12, bullet 1	1.14.23
2013	12, bullet 2	1.14.24
2013	12, bullet 3	1.14.25
2013	12, bullet 4	1.14.15 Merged with PH53, recommendation 15)
2013	12, bullet 5	Deleted. Committee agreed this was now standard practice – no recommendation needed
2013	13	1.14.4, 1.14.5, 1.14.6 Merged with PH53 recommendations 14 and 15
2013	14, bullet 1	Covered by recommendations retained from other guidelines in section 1.14

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2013	14, bullet 2	Committee agreed this was covered by retained recommendation 1.14.2 (merger from PH42 and PH53 about supporting staff to address concerns about their own weight).
2013	15, bullet 1	1.13.14 (everyone) 1.13.22 (CYP) Retained for children. Adult recommendation merged with PH42 recommendation 11 and PH53 recommendation 17 to make recommendation for all ages
2013	15, bullet 2	1.13.14 Merged with PH42 recommendation 11 and PH53 recommendation 17
2013	15, bullet 3	1.13.23
2013	15, bullet 4	1.13.24
2013	15, bullet 5	1.13.15, 1.13.16 Merged with PH53 recommendation 17
2013	15, bullet 6	1.13.18
2013	15, bullet 7	1.13.19

Obesity: identification, assessment and management (CG189, 2014)

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2014	1.1.1	1.3.6 and 1.3.7
2024	1.1.2	Replaced by 1.5.7
2024	1.1.3	Replaced by 1.5.3, 1.5.7, 1.5.8
2014	1.1.4	1.3.8
2014	1.1.5	1.3.9
2022	1.1.6	Replaced by 2022 update of section 1.4
2014	1.1.7	1.3.10
2024	1.1.8	Replaced by 1.3.11

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2024	1.1.9	Replaced by 1.4.7, 1.4.32, 1.5.66, 1.5.70
2024	1.2.1	Replaced by 1.4.4, 1.4.5, 1.4.6, 1.4.7, 1.4.30
2022	1.2.2	1.4.8 See update tables from 2022 rapid update for details.
2022	1.2.3	1.4.9 See update tables from 2022 rapid update for details.
2022	1.2.4	1.4.10 See update tables from 2022 rapid update for details.
2022	1.2.5	1.4.11 See update tables from 2022 rapid update for details.
2022	1.2.6	1.4.12
2022	1.2.7	1.4.13 See update tables from 2022 rapid update for details.
2022	1.2.8	1.4.14 See update tables from 2022 rapid update for details.
2022	1.2.9	1.4.15 See update tables from 2022 rapid update for details.
2022	1.2.10	1.4.16 See update tables from 2022 rapid update for details.
2022	1.2.11	1.4.17 See update tables from 2022 rapid update for details.
2022	1.2.12	1.4.18 See update tables from 2022 rapid update for details.
2024	1.2.13	Replaced by 1.4.5
2022	1.2.14 to 1.2.16	1.4.19, 1.4.21, 1.4.22 See update tables from 2022 rapid update for details of amends to 1.4.19.

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2024	1.2.17	Replaced by 1.4.1
2024	1.2.18	Replaced by 1.4.2
2024	1.2.19	Replaced by 1.4.3
2024	1.2.20	Replaced by 1.4.27, 1.4.28, 1.4.29, 1.4.30, 1.4.31, 1.4.32
2022	1.2.21	1.4.33
2024	1.2.22	Deleted. Covered by new recommendation 1.4.31
2022	1.2.23 to 1.2.29	See update table for 2022 rapid update
2014	1.3.1	1.4.23, 1.4.41
2014	1.3.2	1.4.25, 1.4.44
2024	1.3.3	Deleted. Covered by new recommendations 1.5.11 to 1.5.12 and 1.5.14 for adults and 1.5.30 for children
2024	1.3.4	Deleted. Covered by new recommendations 1.5.6, 1.5.8, 1.5.10, 1.5.13 for adults and 1.5.20 to 1.5.22 and 1.5.27 for children
2014	1.3.5	1.4.24, 1.4.43
2024	1.3.6	Replaced by 1.3.1, 1.3.2
2014	1.3.7	1.4.26 Bullet on drug treatment amended to remove BMI limit, because the drug recommendations have since been updated.
2014	1.3.8	1.4.42
2024	1.3.9	Replaced by 1.3.1, 1.3.2
2014	1.3.10	1.4.46
2014	1.3.11	1.4.45
2014	1.3.12	1.4.47
2014	1.4.1	Deleted. Covered by recommendations 1.2.11, 1.2.13, 1.2.14, 1.2.32
2024	1.4.2	Deleted. Covered by recommendations 1.4.21 to 1.4.23 and 1.4.37 to 1.4.39
2024	1.4.3	Deleted. Goal setting covered by recommendations 1.5.3 and 1.5.20.

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
		Keeping records now part of standard practice, recommendations not needed.
2024	1.4.4	Replaced by recommendations 1.5.13 to 1.5.16, 1.5.56 to 1.5.72
2024	1.4.5	Replaced by recommendations 1.2.4, 1.2.5 and section 1.14
2024	1.4.6	Replaced by recommendations 1.3.1, 1.3.4, 1.3.5
2024	1.4.7	Replaced by recommendations 1.5.6, 1.5.13, 1.5.22, 1.5.34, 1.5.48, 1.5.60, 1.5.69
2024	1.4.8	Replaced by recommendations 1.3.1, 1.5.3 to 1.5.10, 1.5.20 to 1.5.27
2024	1.4.9	Replaced by recommendations 1.5.11, 1.5.12, 1.5.30
2014	1.4.10	1.5.15
2014	1.4.11	Deleted. Covered by recommendations 1.4.21, 1.4.22
2024	1.4.12	Replaced by recommendation 1.5.25
2024	1.4.13	Replaced by recommendations 1.5.52 to 55 (carried forward from PH47 rec 4).
2014	1.5.1	Deleted. Covered by recommendations 1.2.3, 1.5.10, 1.5.60 and section 1.14
2024	1.5.2	Replaced by section 1.3 and 1.5, recommendation 1.11.10, and NICE's guidelines on behaviour change
2024	1.5.3	Replaced by recommendations 1.5.21, 1.5.31 to 1.5.36
2014	1.6.1	1.6.1
2014	1.6.2	1.6.2
2014	1.6.3	1.6.3
2014	1.6.4	1.6.4
2014	1.6.5	1.6.5
2024	1.6.6	Replaced by recommendation 1.5.43
2014	1.6.7	1.6.6 Amended to add affordability, and merged with recommendation 1.6.8

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2014	1.6.8	1.6.6 Amended to add affordability, and merged with recommendation 1.6.7
2024	1.7.1	Replaced by recommendation 1.7.1
2024	1.7.2	Replaced by recommendation 1.7.5 and 1.7.6
2024	1.7.3	Replaced by recommendation 1.7.2
2024	1.7.4	Replaced by recommendation 1.7.3
2024	1.7.5	Replaced by recommendation 1.7.4
2024	1.7.6	Replaced by recommendations 1.7.8 to 1.7.12
2024	1.7.7	Replaced by recommendations 1.7.8 to 1.7.12
2024	1.7.8	Replaced by recommendations 1.7.8 to 1.7.12
2024	1.7.9	Replaced by recommendations 1.7.8 to 1.7.12
2024	1.7.10	Replaced by recommendations 1.7.8 to 1.7.12
2024	1.7.11	Replaced by recommendation 1.7.5 and 1.7.7
2014	1.7.12	1.7.13
2014	1.7.13	1.7.14
2024	1.7.14	Replaced by recommendations 1.5.21, 1.5.30 and 1.7.4
2014	1.8.1	1.8.1 Amended to add information about relevant NICE technology appraisals
2014	1.8.2	1.8.2
2014	1.8.3	1.8.3
2014	1.8.4	1.8.14
2014	1.8.5	1.8.15
2014	1.8.6	1.8.16
2014	1.8.7	1.8.17
2014	1.8.8	1.8.18

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2014	1.9.1	1.8.4
2014	1.9.2	1.8.5
2014	1.9.3	1.8.6
2014	1.9.4	1.8.7
2014	1.9.5	1.8.8
2014	1.9.6	1.8.9
2014	1.9.7	1.8.10
2014	1.9.8	1.8.11
2014	1.9.9	1.8.12
2014	1.9.10	1.8.13
2014	1.9.11	1.8.20
2023	1.10.1	1.9.1
2023	1.10.2	1.9.2
2023	1.10.3	1.9.3
2023	1.10.4	1.9.4
2023	1.10.5	1.9.5
2023	1.10.6	1.9.6
2023	1.10.7	1.9.7
2023	1.10.8	1.9.8 See update tables from 2023 rapid update for details.
2023	1.10.9	1.9.9
2023	1.10.10	1.9.10 See update tables from 2023 rapid update for details.
2023	1.10.11	1.9.11
2023	1.10.12	1.9.12 See update tables from 2023 rapid update for details.
2023	1.10.13	1.9.13
2014	1.10.14	1.9.14 See update tables from 2023 rapid update for details.

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2023	1.10.15	1.9.15
2023	1.10.16	1.9.16
2023	1.10.17	1.9.17
2023	1.10.18	1.9.18
2023	1.10.19	1.9.19
2023	1.10.20	1.9.20
2014	1.10.21	1.9.21
2014	1.10.22	1.9.22
2014	1.10.23	1.9.23 See update tables from 2023 rapid update for details.
2014	1.10.24	1.9.24 See update tables from 2023 rapid update for details.
2014	1.10.25	1.9.25
2014	1.10.26	1.9.26
2014	1.10.27	1.9.27
2014	1.11.1	Deleted. Covered by 1.9.17
2014	1.11.2	Deleted. Covered by 1.9.18

**Weight management: lifestyle services for overweight or obese adults
(PH53, 2014)**

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2014	1, bullet 1	1.11.23 Merged with PH42 recommendation 6
2014	1, bullet 2	1.11.24
2024	1, bullet 3	Replaced by recommendations 1.11.45, 1.11.46
2014	1, bullet 4	1.11.31

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2024	2, bullet 1	Replaced by recommendations 1.3.1 to 1.3.5
2014	2, bullet 2	1.11.36 Amended to add process for using more specialist equipment from other services.
2024	2, bullet 3	Replaced by recommendations 1.4.5-1.4.6 (adults); 1,4.29 to 1.4.30 (children)
2024	3	Replaced by recommendation 1.11.44
2024	4	Replaced by recommendations 1.11.45, 1.11.46
2024	5	Replaced by recommendations 1.11.48, 1.11.49
2024	6, bullets 1 and 2	Replaced by recommendations 1.5.3, 1.5.4, 1.5.5, 1.5.7, 1.5.8, 1.5.9, 1.5.10, 1.5.11, 1.5.12, 1.5.13, 1.5.27, 1.11.9
2014	6, bullet 3	1.5.2
2024	6, bullets 4 to 7	Replaced by recommendations 1.5.3, 1.5.4, 1.5.5, 1.5.7, 1.5.8, 1.5.9, 1.5.10, 1.5.11, 1.5.12, 1.5.13, 1.5.27, 1.11.9
2024	7	Replaced by recommendations 1.5.3, 1.5.6
2024	8	Replaced by recommendations 1.5.3 to 1.5.17
2014	9	1.11.10, 1.11.11, 1.11.2 Exercise qualification level amended
2014	10	1.11.13
2014	11	Deleted because covered by recommendations retained from elsewhere in PH53 (now recommendations 1.11.10 to 1.11.14)
2014	12, bullet 1	Not relevant to current service structure of integrated commissioning boards, and now covered by government guidance on whole systems approach to obesity and the obesity framework.
2014	12, bullet 2	1.11.10 to 1.11.14 and 1.11.51
2014	12, bullet 3	1.11.51, amended to remove Rosemary Conelly because it no longer offers this type of programme

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2014	12, bullet 4	1.11.51
2014	12, bullet 5	1.11.51
2014	13, bullet 1	1.11.33
2014	13, bullet 2	1.11.34 Amended to align with government guidance published since the original guideline
2014	13, bullet 3	1.11.35
2014	13, bullet 4	1.11.52
2014	13, bullet 5	1.11.27
2014	13, bullet 6	1.11.26
2014	13, bullet 7	1.13.10 Merged with PH42, recommendation 7
2014	14, bullet 1	1.14.8
2014	14, bullet 2	1.14.2, 1.14.5 Merged with PH27 recommendation 6, PH42 recommendation 13, PH47 recommendations 11 and 13, PH53 recommendation 15
2014	14, bullet 3	1.14.4
2014	14, bullet 4	1.14.9
2014	14, bullet 5	1.14.10
2014	14, bullet 6	1.14.11
2014	14, bullet 7	1.14.12
2014	15, bullet 1	1.14.2, 1.14.14
2014	15, bullet 2	1.3.1 to 2, 1.5.6 to 1.5.12, 1.5.22, 1.5.25, 1.5.27, 1.14.5 Merged with PH27 recommendation 6, PH42 recommendation 13, PH47 recommendations 11 and 13, PH53 recommendation 14. Partially replaced by new recommendations on stigma & non to judgemental discussions
2014	15, bullet 3	1.14.15
2014	15, bullet 4	1.14.4

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
		Merged with PH47 recommendation 13 and PH53 recommendation 14
2014	15, bullet 5	1.14.17
2014	15, bullet 6	1.14.17
2014	15, bullet 7	1.14.18
2014	15, bullet 8	1.14.19
2014	15, bullet 9	1.14.20 Exercise qualification level amended. Committee added need for qualification in paediatric CPR.
2014	15, bullet 10	Deleted. Committee agreed this was now part of standard practice – no recommendations needed
2014	16, bullet 1	1.11.53
2014	16, bullet 2	1.11.54
2014	17, bullet 1	1.13.14 Merged with PH42 recommendation 11, PH47 recommendation 15
2014	17, bullet 2	1.11.37
2014	17, bullet 3	1.13.13, 1.13.15 Specific data in 1.13.13 replaced by links to current government guidance on what information to collect
2014	17, bullet 4	Deleted. Covered by recommendations 1.11.51, 1.11.52
2014	17, bullet 5	1.13.17
2014	18, bullet 1	1.13.7
2014	18, bullet 2	1.13.11
2014	18, bullet 3	1.13.12
2014	18, bullet 4	1.13.10 Merged with PH42 recommendation 7, PH53 recommendation 13 and 15
2014	18, bullet 5	1.13.10 Merged with PH42 recommendation 7, PH53 recommendation 13 and 15

Preventing excess weight gain (NG7, 2015)

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
2015	1, bullet 1	1.1.1
2015	1, bullet 2	Deleted. Covered by government guidance and more specific recommendations on physical activity retained from CG189, now in section 1.6
2015	1, bullet 3	Deleted. Covered by government guidance and more specific new recommendations in section 1.7
2015	1, bullet 4	1.1.2
2015	1, bullet 5	1.1.3 and 1.1.8 Committee amended to add mention of food as focus of social events, and maintaining healthy eating after ill health
2015	2	1.1.6, 1.1.7
2015	3, bullet 1	1.1.9 Merged with bullet 8
2015	3, bullet 2	1.1.10
2015	3, bullet 3	1.1.11
2015	3, bullet 4	1.1.12
2015	3, bullet 5	1.1.13
2015	3, bullet 6	1.1.14
2015	3, bullet 7	1.1.15
2015	3, bullet 8	1.1.9 Merged with bullet 1
2015	4	1.1.20 Amended by committee to add 'avoid using food as a reward or to manage behaviour'
2015	5, bullet 1	1.1.16
2015	5, bullet 2	1.1.17 Calorie information updated
2015	6, bullet 1	1.1.4
2015	6, bullet 2	1.1.5
2015	7	1.1.18

Year of evidence review	Source guideline recommendation number	Recommendation number in updated guideline or reason for deletion/amendment (correct for version 19 HS edit)
		COVID outcomes added by committee
2015	8	1.1.19
2015	9	1.1.21
2015	10	1.1.22

Recommendations for research proposed for deletion

Guideline	Year	Recommendation	Reason for deletion
CG43	2006	What are the most effective interventions to prevent or manage obesity in children, young people and adults in the UK?	This research question has been addressed in evidence review G.
CG43	2006	What elements make an intervention to prevent or manage obesity effective and sustainable, and what training do staff need?	This research question has been addressed in evidence review G. The training element of this review question is now outside the remit of NICE guidelines.
PH27	2010	Are the US Institute of Medicine (2009) guidelines on weight gain in pregnancy appropriate for use with the UK population? Does adherence to these recommendations improve outcomes? Are they effective with women and people under 18 and those from minority ethnic family backgrounds?	Weight management during pregnancy is out of scope of this guideline.
PH27	2010	How does resuming behaviours such as smoking and drinking alcohol influence weight management after pregnancy?	This has been addressed by general recommendations on times when weight gain is more likely (recommendation 1.12.15) and alcohol consumption (recommendation 1.1.17).
PH27	2010	How can breastfeeding help with weight management after	This research question is outside the scope of

Guideline	Year	Recommendation	Reason for deletion
		pregnancy, both in terms of energy expenditure and energy balance?	this guideline and will be addressed by the update of the maternal and child nutrition guideline (PH11).
PH47	2013	Young people with SEND and disabilities: How can their needs, and the needs of their families, best be met? What training would staff need to deliver such interventions?	This research question has been addressed by evidence review D.
PH47	2013	Which components of multi-component interventions determine effectiveness and cost effectiveness?	This research question has been addressed in evidence review G.
PH47	2013	What factors do parents and carers think encourage or discourage children under 6 living with obesity children under 6 to participate (or not) in weight management programmes?	This research question has been addressed in evidence reviews E and G.
PH47	2013	Which behavioural approaches to weight management are effective and cost effective for children younger than 6 years?	This research question has been addressed in evidence review E.
PH53	2014	How effective are different weight management programmes available in the UK, when directly compared using high-quality trials?	This research question has been addressed in evidence review E.
PH53	2014	How can referrals to other services after involvement in a weight management service be as effective and cost effective as possible?	Given the change in the structure of weight management and other services, the committee considered this research questions to no longer be relevant.
PH53	2014	What is the effectiveness and cost effectiveness of adult weight management programmes that are available in the UK over at least at least 3 to 5 years, and ideally beyond 10 years?	This research question has been replaced by a new research question on long term support with weight management which the committee considered was more appropriate.
PH53	2014	What is the effectiveness and cost effectiveness of weight	This research question has been replaced by a

Guideline	Year	Recommendation	Reason for deletion
		management programmes in adults?	new research question on long term support with weight management which the committee considered was more appropriate.
PH53	2014	What is the effectiveness of training in the delivery and monitoring of weight management programmes for healthcare professionals and other staff involved in weight management?	Training is now outside the remit of NICE guidelines.
NG7	2015	What effect does a combination of individually modifiable dietary habits, physical activity and other lifestyle behaviours have on weight outcomes?	This research question has been addressed in evidence review G.