



Evidence reviews

Evidence review

Published: 14 January 2025

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Evidence reviews 2025

The following documents contain the evidence that was used to develop the 2025 recommendations:

- [D: Identifying overweight and obesity in children, young people and adults](#)
- [E: Increasing uptake of weight management services in children, young people and adults](#)
- [F: Effectiveness of different diets in achieving and maintaining weight loss](#)
- [G: Effectiveness and acceptability of weight management interventions in children and young people living with overweight and obesity](#)
- [H: Effectiveness of healthy living programmes in preventing overweight and obesity in children and young people](#)
- [I: Psychological approaches to address weight stigma in children, young people and adults](#)

Other supporting evidence

- [Economic model report](#)
- [Inequality analysis of health outcomes of different diets in achieving and maintaining weight loss](#)
- [Methods](#)

Evidence reviews 2023

These evidence reviews support the [2023] recommendations.

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

- [C: Referral for bariatric surgery](#)

Evidence reviews 2022

These evidence reviews support the [2022] and [2022, amended 2025] recommendations.

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

- [A: Accuracy of anthropometric measures in assessing health risks associated with overweight and obesity in adults](#)
- [B: Accuracy of anthropometric measures in assessing health risks associated with overweight and obesity in children and young people](#)

Evidence reviews 2015

These evidence reviews support the [2015] and [2015, amended 2025] recommendations.

Preventing excess weight gain (NG7, March 2015)

Evidence reviews

- [Evidence review 1: An evidence review of modifiable diet and physical activity components, and associated behaviours. Main Report](#)
- [Evidence Review 1: An evidence review of modifiable diet and physical activity components, and associated behaviours. Appendix A to D](#)
- [Evidence review 1: An evidence review of modifiable diet and physical activity components, and associated behaviours. Appendix E](#)
- [Evidence review 1: An evidence review of modifiable diet and physical activity components, and associated behaviours. Appendix F](#)
- [Evidence review 2: Qualitative evidence review of the most acceptable ways to communicate information about individually modifiable behaviours to help maintain a healthy weight or prevent excess weight gain. Main Report](#)
- [Evidence review 2: Qualitative evidence review of the most acceptable ways to communicate information about individually modifiable behaviours to help maintain a healthy weight or prevent excess weight gain. Appendix](#)

Evaluation report

- [Report 1: Cost effectiveness considerations from a population modelling viewpoint](#)

Evidence reviews 2014

These evidence reviews support the [2014] and [2014, amended 2025] recommendations.

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

Evidence reviews

- [Evidence review 1a: The clinical effectiveness of long-term weight management schemes for adults](#)
- [Evidence review 1b: How components of behavioural weight management programmes affect weight change](#)
- [Evidence review 1c: Weight regain after behavioural weight management programmes](#)
- [Evidence review 2: Managing overweight and obese adults](#)

Evidence statements

- [Evidence statements: Overweight and obese adults – lifestyle weight management](#)

Expert reports

- [Expert paper 1 - Jane Ogden](#)
- [Expert paper 2 - Rachel Holt](#)
- [Expert paper 3 - Rebecca Puhl](#)
- [Expert paper 4 - Stephen Watkins](#)

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

Full guidance

- [Full guideline - November 2014](#)
- [Appendix A: Scope](#)
- [Appendix B: Declarations of interest](#)
- [Appendix C: Review protocols](#)
- [Appendices D to E: Clinical and economic article selection](#)
- [Appendix F: Literature search strategies](#)
- [Appendix G: Clinical evidence tables](#)
- [Appendix H: Economic evidence tables](#)
- [Appendix I: Forest plots](#)
- [Appendix J: Excluded clinical studies](#)
- [Appendix K: Excluded economic studies](#)
- [Appendix L: Research recommendations](#)
- [Appendix M: Evidence for NICE guideline CG43](#)
- [Appendix N: Scope for NICE guideline CG43](#)
- [Appendix O: GRADE tables](#)
- [Appendix P: NICE guideline CG43](#)
- [Appendix Q: Recommendations from NICE guideline CG43 \(deleted or changed\)](#)

Other supporting evidence

- [Expert report 1: ADDITION-Leicester Study](#) (PH46)
- [Expert report 2: Analyses from the SABRE cohort study](#) (PH46)
- [External evidence review and appendices](#) (PH46)

Evidence reviews 2013

These evidence reviews support the [2013] and [2013, amended 2025] recommendations.

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

Evidence reviews

- [Evidence review 1: Effectiveness and cost effectiveness of lifestyle weight management services for children and young people](#)
- [Evidence review 1 appendices: Effectiveness and cost effectiveness of lifestyle weight management services for children and young people](#)
- [Evidence review 2: Barriers and facilitators to implementing lifestyle weight management programmes for children and young people](#)
- [Evidence review 2 appendices: Barriers and facilitators to implementing lifestyle weight management programmes for children and young people](#)

Expert papers

- [Expert paper 1: Findings of the former Childhood Obesity National Support Team](#)
- [Expert paper 2: Implications of the transition of public health responsibilities to local government](#)
- [Expert paper 3: Psychological considerations for lifestyle weight management programmes for children and young people, and the use of behaviour change theories](#)
- [Expert paper 4: Choosing outcome measures for lifestyle weight management programmes for children](#)
- [Expert paper 5: A population-level evaluation of a family-based community intervention for childhood overweight and obesity](#)
- [Expert paper 6: Effective Behavioural Components for Childhood weight management programmes](#)

Evidence reviews 2012

These evidence reviews support the [2012] and [2012, amended 2025] recommendations.

Obesity: working with local communities (PH42, November 2012)

Evidence reviews

- [Review 1: Identifying the key elements and interactions of a whole system approach to obesity prevention](#)
- [Review 2 - The effectiveness of whole system approaches to prevent obesity](#)
- [Review 3 - Barriers and facilitators to effective whole system approaches](#)
- [Review 4 - Review of cost effectiveness evidence](#)

Expert papers

- [Expert paper 1: Plamping and Pratt](#)
- [Expert paper 2: Bauld](#)
- [Expert paper 3: Chapman](#)
- [Expert paper 4: Allender](#)
- [Expert paper 5: Hastie](#)
- [Expert paper 6: Lingwood](#)
- [Expert paper 7: White](#)
- [Expert paper 8: Pearce and Renton](#)
- [Expert paper 9: Trenchard-Mabere](#)
- [Expert paper 10: Sawal](#)
- [Expert paper 11: Schuller](#)
- [Expert paper 12: Weir](#)
- [Expert paper 13: Taylor](#)
- [Expert paper 14: Pearce](#)
- [Expert paper 15: Dix](#)
- [Expert paper 16: Coggins](#)
- [Expert paper 17: Messenger](#)
- [Expert paper 18: Exworthy](#)
- [Expert paper 19: Swinburn](#)

Evidence reviews 2006

These evidence reviews support the [2006], [2006, amended 2014], [2006, amended 2022] and [2006, amended 2024] recommendations.

Obesity prevention (CG43, December 2006)

Full guidance

- [Full guideline, section 1 - introduction, methods and recommendations](#)
- [Full guideline, section 2 - identification and classification: evidence statements and reviews](#)
- [Full guideline, section 3 - prevention: evidence statements and reviews](#)
- [Full guideline, section 4 - management of in non clinical settings: evidence statements and reviews](#)
- [Full guideline, section 5a - management of in clinical settings \(children\): evidence statements and reviews](#)
- [Full guideline, section 5b - management of in clinical settings \(adults\): evidence statements and reviews](#)
- [Full guideline, section 6 - health economics: evidence statements and reviews](#)
- [Full guideline, appendices 1 to 3](#)
- [Full guideline, appendices 4 to 5](#)
- [Full guideline, appendices 6 to 8](#)
- [Full guideline, appendix 9](#)
- [Full guideline, appendices 10 to 11](#)
- [Full guideline, appendix 12](#)
- [Full guideline, appendices 13 to 14](#)
- [Full guideline, appendix 13 abbreviations](#)
- [Full guideline, appendix 15](#)
- [Full guideline, appendices 16 to 18](#)