

NICE public health guideline on maintaining a healthy weight and preventing excess weight gain among children and adults (NICE guideline NG7)

Relevant ongoing NIHR research

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The NICE guideline on [maintaining a healthy weight and preventing excess weight gain among children and adults](#) (NG7) includes details of the evidence that supports the recommendations. It also identifies gaps in the evidence and makes recommendations for future research. Guideline users may be interested to know about research already underway which may be of relevance to the topic of the guidance.

Examples of research from the current portfolio of the National Institute for Health Research (NIHR) are listed in the table below. These are just a few of the NIHR research projects that are in progress, or at a pre-publication stage (at the time of publication of the NICE guideline).

Further NIHR research projects may also be of relevance to the guideline topic. The NIHR portfolio can be explored in detail by visiting www.nihr.ac.uk or by following the hyperlink to a specific NIHR programme, all of which have a public health research portfolio:

- [Efficacy and Mechanism Evaluation \(EME\) Programme](#)¹
- [Health Services and Delivery Research \(HS&DR\) Programme](#)
- [Health Technology Assessment \(HTA\) Programme](#)
- [Invention for Innovation \(i4i\) Programme](#)
- [NIHR Fellowships](#)
- [Programme Grants for Applied Research \(PGfAR\) Programme](#)
- [Public Health Research \(PHR\) Programme](#)
- [Research for Patient Benefit \(RfPB\) Programme](#)
- [Systematic Reviews \(SR\) Programme](#)
- [School for Public Health Research \(SPHR\)](#)
- [School for Primary Care Research \(SPCR\)](#)
- [School for Social Care Research \(SSCR\)](#)

For more about NICE public health guidance: <http://www.nice.org.uk/guidance/phg/>

¹ Funded by the Medical Research Council (MRC) and National Institute for Health Research (NIHR), and managed by the NIHR on behalf of the MRC-NIHR partnership.

Due to the broad remit of this guideline, the following programmes are of relevance. They are presented in no particular order of relevance.

Project title	Start date	End date	NIHR programme	URL
The effectiveness and cost effectiveness of a brief behavioural intervention to promote regular self weighing to prevent weight regain after weight loss: randomised controlled trial	01/06/2014	31/05/2017	PHR	http://www.nets.nihr.ac.uk/projects/phr/1217909
Interventions to promote or maintain physical activity during and after the transition to retirement: evidence synthesis to inform recommendations for policy and practice.	01/02/2014	30/04/2015	PHR	http://www.nets.nihr.ac.uk/projects/phr/1213320
Long term weight loss trajectories in participants in a randomised controlled trial of a weight management and healthy lifestyle programme for men delivered through professional football clubs: the Football Fans in Training follow up	01/01/2015	29/02/2016	PHR	http://www.nets.nihr.ac.uk/projects/phr/139932
Systematic Reviews of determinants of obesity related dietary and physical activity behaviours in preschool children	01/04/2012	30/04/2014	SPHR	http://sphr.nihr.ac.uk/wp-content/uploads/2014/12/WEB-17.12.14-SPHR-CAM-PH1-PSO-summary.pdf#view=Fit
Modelling preventative interventions to address inequalities in chronic disease	01/10/2012	30/09/2015	SPHR	http://sphr.nihr.ac.uk/wp-content/uploads/2014/12/WEB-17.12.14-SPHR-LIL-PH1-MCD-summary.pdf#view=Fit

Physical activity for the prevention and treatment of major chronic disease: an overview of systematic reviews	02/01/2014	01/01/2015	SPCR	http://www.spcr.nih.gov/research-old/newly-funded-projects
Prevention of obesity at family, community and national level and treatment of obesity in individuals	01/03/2013	28/02/2018	TCC	http://europepmc.org/GrantLookup/grants.php?all=&init=&name=&title=&key=&i=&gid=+NIHR-RP-R2-12-001+&f%5B%5D=DH
Sedentary behaviour as an independent risk factor for chronic disease: associations with cardio-metabolic risk factors and determinants and correlates across adult life.	01/02/2011	31/01/2014	TCC	http://europepmc.org/GrantLookup/grants.php?all=&init=&name=&title=&key=&i=&gid=CDF-2010-03-30&f%5B%5D=DH
Health and economic benefits of active travel in England	01/10/2014	30/09/2019	TCC	http://www.nihr.ac.uk/research/career-development-awards-funded.htm