



Weight management: BMI recording (long-term conditions)

NICE indicator

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www.nice.org.uk/indicators/ind151

Indicator

The percentage of patients with coronary heart disease, stroke or TIA, diabetes, hypertension, peripheral arterial disease, heart failure, COPD, asthma and/or rheumatoid arthritis who have had a BMI recorded in the preceding 12 months.

Indicator type

General practice indicator suitable for use in the Quality and Outcomes Framework.

This document does not represent formal NICE guidance. For a full list of NICE indicators, see our [menu of indicators](#).

To find out how to use indicators and how we develop them, see our [NICE indicator process guide](#).

Rationale

The purpose of this indicator is to support regular weight monitoring in people with long-term conditions to identify weight gain and weight loss.

NICE's guideline on obesity identifies consultations for managing long-term conditions as an opportunity to record a person's BMI. It further recommends that BMI is considered a practical estimate of adiposity in adults. Recording waist circumference may also be useful in people with a BMI of less than 35 kg/m².

Source guidance

Obesity: identification, assessment and management. NICE guideline CG189 (2022), recommendations 1.2.4, 1.2.7 and 1.2.8

Specification

Numerator: The number of patients in the denominator who have had a BMI recorded in the preceding 12 months.

Denominator: The number of patients with coronary heart disease, stroke or TIA, diabetes, hypertension, peripheral arterial disease, heart failure, COPD, asthma and/ or rheumatoid arthritis.

Calculation: Numerator divided by the denominator, multiplied by 100.

Exclusions: People aged under 18 years.

Minimum population: The indicator would be appropriate to assess performance at individual general practice level.

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