NICE National Institute for Health and Care Excellence

Weight management: referral to weight management programmes for obesity

NICE indicator
Published: 16 September 2020

www.nice.org.uk/indicators/ind220

Indicator

The percentage of patients with a BMI of 27.5 kg/m^2 or more (or 30 kg/m^2 or more if ethnicity is recorded as White) in the preceding 12 months who have been offered referral to a weight management programme within 90 days of the BMI being recorded.

Indicator type

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

© NICE 2026. All rights reserved. Subject to Notice of rights (https://www.nice.org.uk/terms-and-conditions#notice-of-rights).

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

This indicator aims to increase the proportion of patients offered referral to digital and non-digital weight management programmes by general practice when they have been identified as obese based on their BMI measurement. Some population groups, such as people from BAME backgrounds, have higher risks for certain conditions, such as Type 2 diabetes, at lower BMIs.

Source guidance

Overweight and obesity management. NICE guideline NG246 (2025), recommendations 1.9.3, 1.9.10 to 1.9.12, 1.11.1, 1.11.2 and 1.11.6

Specification

Numerator: The number of patients in the denominator whose notes record an offer of referral to a weight management programme within 90 days of their BMI being recorded.

Denominator: The number of patients with a BMI recording of 27.5 kg/m^2 or more (or 30 kg/m^2 or more if ethnicity is recorded as White) in the preceding 12 months.

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

Inclusions: Patients offered referral or referred to weight management services.

Exclusions:

- Patients aged under 18 years.
- Patients with a previous referral to a weight management programme in the 24 months

© NICE 2026. All rights reserved. Subject to Notice of rights (https://www.nice.org.uk/terms-and-conditions#notice-of-rights).

preceding the end of the reporting period.

- Patients currently attending weight management services.

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

Update information

Minor changes since publication

October 2025: The source guidance section was updated to include recommendation 1.11.2.

January 2025: The source guidance was updated following the publication of NICE's guideline on overweight and obesity management.

ISBN: 978-1-4731-5937-2

© NICE 2026. All rights reserved. Subject to Notice of rights (https://www.nice.org.uk/terms-and-conditions#notice-of-rights).