NICE National Institute for Health and Care Excellence

Weight management: referral to weight management programmes for obesity (co-existing hypertension or diabetes)

NICE indicator
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www.nice.org.uk/indicators/ind221

Indicator

The percentage of patients with hypertension or diabetes and 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 referred 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.

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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 with hypertension or diabetes referred to digital and non-digital weight management programmes by general practice when they have been identified as obese based on their BMI measurement. Patients with hypertension or diabetes may experience additional benefits from attaining and maintaining a healthy weight, and patients should be given a targeted offer of support.

Source guidance

Overweight and obesity management. NICE guideline NG246 (2025), recommendations 1.9.3, 1.9.10, 1.9.11, 1.9.13 and 1.11.6

Specification

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

Denominator: The number of patients with hypertension or diabetes and 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 referred to weight management services.

Exclusions:

- Patients aged under 18 years.

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- 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

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

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