



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

NICE indicator

Published: 16 September 2020

Last updated: 8 September 2022

[www.nice.org.uk/indicators/ind221](https://www.nice.org.uk/indicators/ind221)

## Indicator

The percentage of patients with hypertension or diabetes and a BMI of 27.5 kg/m<sup>2</sup> or more (or 30 kg/m<sup>2</sup> 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.

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 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

[Weight management: lifestyle services for overweight or obese adults. NICE guideline PH53 \(2014\), recommendations 6 and 7](#)

[Obesity: identification, assessment and management. NICE guideline CG189 \(2022\), recommendations 1.1.2, 1.2.1, 1.2.8, 1.2.9, 1.2.14, 1.2.15, 1.2.16, 1.3.1, 1.3.4, 1.3.6 and 1.4.4](#)

## 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<sup>2</sup> or more (or 30 kg/m<sup>2</sup> 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.
- Patients currently attending weight management services.

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

ISBN: 978-1-4731-5938-9