



Weight management: advice for people living with overweight (18 to 39 years)

NICE indicator

Published: 11 November 2025

www.nice.org.uk/indicators/ind319

Indicator

The percentage of patients aged 18 to 39 years with a BMI of 23 kg/m² to 27.4 kg/m² (or 25 kg/m² to 29.9 kg/m² if ethnicity is recorded as White) in the preceding 12 months who have been given weight management advice 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 focuses on the provision of opportunistic and preventative weight management advice to people aged 18 to 39 years who are overweight prior to becoming eligible for the NHS Health Check. Providing information about weight, central adiposity and the risk of developing other long-term conditions (such as type 2 diabetes and cardiovascular disease) could help support weight reduction and prevent weight gain.

Source guidance

[Overweight and obesity management. NICE guideline NG246 \(2025\)](#), recommendations 1.9.2, 1.9.10, 1.9.11 and 1.11.1 to 1.11.4

Specification

Numerator: The number of patients in the denominator who have been given weight management advice within 90 days of the BMI being recorded.

Denominator: The number of patients aged 18 to 39 years with a BMI measured in the preceding 12 months of 23 kg/m² to 27.4 kg/m² (or 25 kg/m² to 29.9 kg/m² if ethnicity is recorded as White).

Definition: None.

Exclusions: None.

Personalised care adjustments or exception reporting should be considered to account for situations where the patient declines, does not attend or if weight management advice is not appropriate.

Expected population size: Clinical Practice Research Datalink shows that 5.9% of people aged 18 to 39 years (inclusive), had a record of BMI between 23 kg/m² to 27.4 kg/m² (or 25 kg/m² and 30 kg/m² if ethnicity is recorded as White) being recorded in the preceding 12 months: 188 patients for an average practice with 10,000 patients. [CPRD Aurum September 2024 \(Version 2024.09.001\) \[Data set\] Clinical Practice Research Datalink](#).

To be suitable for use in QOF, there should be more than 20 patients eligible for inclusion in the denominator, per average practice with 10,000 patients, prior to application of personalised care adjustments.

ISBN: 978-1-4731-7313-2