

Resource impact statement

Resource impact

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Indicator

IND319. 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.

Resource impact

The 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.

[Clinical Practice Research Datalink](#) shows that the number of people aged 18 to 39 years (inclusive), recorded as having a BMI between 23 kg/m² to 27.4 kg/m² (or 25 kg/m² and 30 kg/m² if ethnicity is recorded as White) in the preceding 12 months, was around 188 patients for an average practice with 10,000 patients.

If it is assumed that providing weight management advice takes around 10 minutes, for every additional 19 patients (around 10% of the eligible population per practice) receiving weight management advice, this would be equivalent to just over 3 hours of additional clinical activity. This may occur in existing or follow-up appointments.