



Diabetes: annual BMI (children)

NICE indicator

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www.nice.org.uk/indicators/ind50

Indicator

The proportion of children and young people aged under 18 years old with diabetes, who have their BMI recorded in the previous 12 months.

Indicator type

Network / system level indicator.

The indicator would be appropriate to understand and report on the performance of networks or systems of providers.

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

Monitoring BMI can help identify weight gain in children and young people with diabetes so appropriate action can be taken. Weight control in overweight children and young people with diabetes is associated with improved glycaemic control. This can help to reduce the risk of complications.

Source guidance

Diabetes (type 1 and type 2) in children and young people: diagnosis and management. NICE guideline NG18 (2015, updated 2023), recommendations 1.2.45 and 1.3.21

Specification

Numerator: Of the denominator, the number who had their BMI recorded in the previous 12 months.

Denominator: The number of children and young people aged under 18 years old with diabetes.

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

Exclusions: None.

Data source: National Paediatrics Diabetes Audit.

Minimum population: The indicator would be appropriate to assess the performance of networks or systems of providers.

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