

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

QUALITY STANDARD TOPIC OVERVIEW

1 Quality standard title

Obesity: prevention and management in adults

2 Introduction

2.1 *NICE quality standards*

NICE quality standards are a concise set of prioritised statements designed to drive measurable quality improvements within a particular area of health or care.

The standards are derived from high-quality guidance, such as that from NICE or [accredited](#) by NICE. They are developed independently by NICE, in collaboration with health, public health and social care practitioners, their partners and service users. Information on priority areas, people's experience of using services, safety issues, equality and cost impact are considered during the development process.

NICE quality standards are central to supporting the Government's vision for a health and social care system that is focused on delivering the best possible outcomes for people who use services, as detailed in the [Health and Social Care Act \(2012\)](#).

The quality standard development process is described in detail on the [NICE website](#).

2.2 *This topic overview*

This topic overview describes core elements of the quality standard. These include the population and topic to be covered, key source guidance to be used to underpin potential quality statements, any related quality standards,

published current practice information and national or routine indicators and performance measures.

If the source guidance is not NICE guidance, it should meet the minimum quality criteria defined in NICE's [accreditation programme](#).

3 This quality standard

This quality standard is expected to publish in January 2016.

3.1 Population and topic to be covered

This quality standard will cover public health strategies to prevent overweight and obesity among adults (aged 18 and over), and the delivery of weight management interventions.

3.2 Key development sources (NICE and NICE-accredited sources)

Primary source

- [Managing overweight and obesity in adults – lifestyle weight management services](#) (2014) NICE guideline PH53
- [Obesity: working with local communities](#) (2012) NICE guideline PH42
- Obesity: identification, assessment and management of overweight and obesity in children, young people and adults (2014) NICE guideline CG189
- [Behaviour change: individual approaches](#) (2014) NICE guideline PH49
- [Exercise referral schemes to promote physical activity](#) (2014) NICE guideline PH54

Other sources that may be used

- [Assessing body mass index and waist circumference thresholds for intervening to prevent ill health and premature death among adults from black, Asian and other minority ethnic groups in the UK](#) (2013) NICE guideline PH46

- [Exercise referral schemes to promote physical activity](#) (2014) NICE guideline PH54
- Maintaining a healthy weight and preventing excess weight gain among children and adults. NICE guideline. Publication expected March 2015

Key policy documents, reports and national audits

Relevant policy documents, reports and national audits will be used to inform the development of the quality standard.

- Scottish Government (2008) [Healthy eating, active living: An action plan to improve diet, increase physical activity and tackle obesity \(2008-2011\)](#)
- Department of Health (2011) [Healthy lives, healthy people: A call to action on obesity in England](#)
- National Audit Office (2012) [An update on the government's approach to tackling obesity](#)
- Office for National Statistics (2012) [Measuring national well-being, health, 2012](#)
- Department of Health (2013) [Best practice guidance for weight management services](#)
- Department of Health (2013) [Reducing obesity and improving diet](#)
- Department of Health (2014) [Chief Medical Officer annual report: surveillance volume, 2012: On the state of the public's health](#)
- NHS England (2014) [Report of the working group into: Joined up clinical pathways for obesity](#)
- Health and Social Care Information Centre (2015) [Statistics on obesity, physical activity and diet: England 2015](#)

3.3 Related NICE quality standards

Published

- [Physical activity: encouraging activity in all people in contact with the NHS \(2015\) NICE quality standard 84](#)

In development

- [Obesity: prevention and lifestyle weight management in children and young people](#). Publication expected July 2015.
- [Cardiovascular risk assessment](#). Publication expected September 2015.

Future quality standards

- Obesity: childhood and adult

The full list of quality standard topics referred to NICE is available from the [quality standard topic library](#) on the NICE website.

4 Existing indicators

- Health and Social Care Information Centre [Health survey for England](#).
- Obesity (2014) NICE QOF indicator MN85

5 Further information

See the NICE website for more information about [NICE quality standards](#) and the [progress of this quality standard](#).

- [Lifestyle weight management services for overweight or obese adults](#) (2014) NICE pathway
- [Obesity](#) (2014) NICE pathway