

**NATIONAL INSTITUTE FOR HEALTH AND  
CARE EXCELLENCE**

**HEALTH AND SOCIAL CARE DIRECTORATE**

**QUALITY STANDARDS**

**Quality standard topic:** Obesity: prevention and management in adults

**Output:** Equality analysis form – Meeting 2

## **Introduction**

As outlined in the [Quality Standards process guide](http://www.nice.org.uk) (available from [www.nice.org.uk](http://www.nice.org.uk)), NICE has a duty to have due regard to the need to eliminate unlawful discrimination, advance equality of opportunity, and foster good relations between people from different groups. The purpose of this form is to document the consideration of equality issues in each stage of the development process before reaching the final output that will be approved by the NICE Guidance Executive. This equality analysis is designed to support compliance with NICE's obligations under the Equality Act 2010 and Human Rights Act 1998.

Table 1 lists the equality characteristics and other equality factors NICE needs to consider, i.e. not just population groups sharing the 'protected characteristics' defined in the Equality Act but also those affected by health inequalities associated with socioeconomic factors or other forms of disadvantage. The table does not attempt to provide further interpretation of the protected characteristics. This is because it is likely to be simpler, and more efficient, to use the evidence underpinning the quality standard to define population groups within the broad protected characteristic categories rather than to start with possibly unsuitable checklists created for other purposes, such as social surveys or HR monitoring tools.

The form should be used to:

- confirm that equality issues have been considered and identify any relevant to the topic
- ensure that the quality standards outputs do not discriminate against any of the equality groups
- highlight planned action relevant to equality
- highlight areas where quality standards may advance equality of opportunity.

This form is completed by the NICE quality standards internal team at each stage within the development process:

- Topic overview (to elicit additional comments as part of active stakeholder engagement)
- Quality Standards Advisory Committee – meeting 1
- Quality Standards Advisory Committee – meeting 2

**Table 1**

<b>Protected characteristics</b>
<b>Age</b>
<b>Disability</b>
<b>Gender reassignment</b>
<b>Pregnancy and maternity</b>
<b>Race</b>
<b>Religion or belief</b>
<b>Sex</b>
<b>Sexual orientation</b>
<b>Other characteristics</b>
<b>Socio-economic status</b> Depending on policy or other context, this may cover factors such as social exclusion and deprivation associated with geographical areas or inequalities or variations associated with other geographical distinctions (e.g. the North/South divide, urban versus rural).
<b>Marital status (including civil partnership)</b>

**Other categories**

Other groups in the population experience poor health because of circumstances often affected by, but going beyond, sharing a protected characteristic or socioeconomic status. Whether such groups are identifiable depends on the guidance topic and the evidence. The following are examples of groups covered in NICE guidance:

- Refugees and asylum seekers
- Migrant workers
- Looked after children
- Homeless people.

## Quality standards equality analysis

### Stage: Meeting 2

#### Topic: Obesity: prevention and management in adults

##### **1. Have any equality issues impacting upon equality groups been identified during this stage of the development process?**

- Please state briefly any relevant equality issues identified and the plans to tackle them during development.

People of black African, African–Caribbean or Asian family origin have higher comorbidity risk factors and therefore statements 6 and 7 indicate that action should be taken at a lower BMI for these groups.

People with learning difficulties, mental health issues and those from lower socio-economic groups are less likely to participate in lifestyle weight management programmes. Statements 6, 7 and 8 emphasise the importance of an inclusive approach that encourages people from all backgrounds to participate. Moreover, people with learning difficulties or mental health problems are less likely to benefit from generic lifestyle weight management programmes aimed at overweight and obese adults, therefore where possible services should be tailored to meet the needs of this population.

The specific needs of women who are pregnant, planning to become pregnant or are trying to lose weight after pregnancy have been highlighted, however as per the guidance, pregnant women are not included in this quality standard.

Healthcare professionals should take into account the cultural and communication needs of adults when providing information and support to adults who are overweight or obese. This has been emphasised in statements 4, 5, 6 and 7.

The need to ensure that local lifestyle weight management programmes are meeting the needs of people from minority groups, for example, by family origin, religion and disability is emphasised in statement 5.

##### **2. Have relevant bodies and stakeholders been consulted, including those with a specific interest in equalities?**

- Have comments highlighting potential for discrimination or advancing equality been considered?

Standing members for Quality Standards Advisory Committees (QSACs) have been recruited by open advert with relevant bodies and stakeholders given the opportunity to apply. In addition to these standing committee members, specialist committee members from a range of professional and lay backgrounds relevant to prevention and lifestyle weight management in adults have been recruited. The topic overview and request for areas of quality improvement have been published and wide stakeholder comments received, including from those with a specific interest in equalities.

**3. Have any population groups, treatments or settings been excluded from coverage by the quality standard at this stage in the process? Are these exclusions legal and justified?**

- Are the reasons for justifying any exclusion legitimate?

This quality standard will cover the prevention and management of obesity in adults over 18 years. Children and pregnant women are not included in this quality standard. There is a separate guideline and quality standard for the prevention and management of obesity in children and young people. Weight loss and management during pregnancy is contentious and has been excluded in PH53. The age range for the quality standard matches the age range for NICE guideline PH53.

**4. If applicable, do any of the quality statements make it impossible or unreasonably difficult in practice for a specific group to access a service or element of a service?**

- Does access to a service or element of a service depend on membership of a specific group?
- Does a service or element of the service discriminate unlawfully against a group?
- Do people with disabilities find it impossible or unreasonably difficult to receive a service or element of a service?

The statements do not make it impossible or unreasonably difficult for any groups to access relevant services. People with severe mental health problems or learning difficulties require tailored programmes to meet their specific needs.

**5. If applicable, does the quality standard advance equality?**

- Please state if the quality standard, including statements, measures and indicators, as described will advance equality of opportunity, for example by making access more likely for certain groups, by tailoring the service to certain groups, or by making reasonable adjustments for people with disabilities?

The quality standard is expected to advance equality in the following ways:

- Improving information about lifestyle weight management programmes for all adults identified as being overweight or obese will help to promote equal access to these programmes.
- Ensuring that people with comorbidities are referred to a lifestyle weight management programme at the earliest opportunity will help to improve health outcomes for those with a high health risk.
- Ensuring that people who complete a lifestyle weight management programme are given the support they need to avoid weight regain will help to improve the capacity of these programmes to meet the needs of a larger number of adults.
- Improving transparency of performance data for lifestyle weight management programmes will ensure the needs of specific population groups are addressed.
- Contributing to the prevention of overweight and obesity in the outlined population