

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

QUALITY STANDARD TOPIC OVERVIEW

1 Quality standard title

Obesity: clinical assessment and management

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 May 2016.

3.1 Population and topic to be covered

This quality standard will cover the clinical assessment and management of obesity in adults, young people and children. This includes those with established comorbidities, and those with risk factors for other medical conditions.

The quality standard may include initial assessment, interventions (such as lifestyle, behavioural, pharmacological and surgery), dietary approaches and follow-up after bariatric surgery.

This quality standard will not cover public health strategies to prevent overweight and obesity or the delivery of lifestyle weight management interventions. These are covered by 2 other quality standards.

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

Primary source

- [Obesity: identification, assessment and management of overweight and obesity in children, young people and adults](#) (2014) NICE guideline CG189

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

- [Preventing type 2 diabetes: risk identification and interventions for individuals at high risk](#) (2012) NICE guideline PH38
- [Weight management before, during and after pregnancy](#) (2010) NICE guideline PH27

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.

- Health and Social Care Information Centre (2015) [Statistics on Obesity, Physical Activity and Diet – England, 2015](#)
- National Obesity Forum (2015) [State of the Nation's Waistline 2014 – Obesity in the UK: Analysis and expectations](#)
- NHS England and Public Health England (2014) [Joint report on commissioning obesity services](#)
- National Institute for Health and Care Excellence (2014) [Uptake data on Obesity: identification, assessment and management of overweight and obesity in children, young people and adults](#)
- Public Health England (2014) [The relation between obesity, cardiorespiratory fitness and mortality](#)
- Public Health England (2014) [Changes in children's BMI between 2006/7 and 2012/13](#)
- Public Health England (2014) [Adult obesity and type 2 diabetes](#)
- Public Health England (2014) [Obesity and disability: children and young people](#)
- Public Health England (2013) [Obesity and disability: adults](#)
- Public Health England (2013) [Child obesity and excess weight prevalence by Clinical Commissioning Group](#)
- NHS England (2013) [Service specification: severe and complex obesity \(all ages\)](#)
- NHS England (2013) [A05/P/a Clinical Commissioning Policy: complex and specialised obesity surgery](#)
- Royal College of Physicians (2013) [Action on obesity: comprehensive care for all](#)

NICE quality standard: Obesity: clinical assessment and management overview (August 2015)

- Academy of Medical Royal Colleges (2013) [Measuring up: the medical profession's prescription for the nation's obesity crisis](#)
- National Audit Office (2012) [An update on the government's approach to tackling obesity](#)
- National Obesity Observatory (2012) [Obesity and alcohol: an overview](#)
- NCEPOD (2012) [Bariatric surgery: too lean a service?](#)
- Public Health England (2012) [SACN Statement defining child underweight, overweight and obesity](#)
- Royal College of Paediatrics and Child Health (2012) [Childhood obesity: position statement](#)
- Department of Health (2011) [Healthy Lives, Healthy People: a call to action on obesity in England](#)
- Department of Health (2011) [Strategic high impact changes: childhood obesity](#)
- British Psychological Society (2011) [Obesity in the UK: a psychological perspective](#)

3.3 Related NICE quality standards

Published

- [Nutrition: improving maternal and child nutrition](#) (2015) NICE quality standard 98
- [Obesity – prevention and lifestyle weight management in children](#) (2015) NICE quality standard 94
- [Physical activity: encouraging activity in all people in contact with the NHS](#) (2015) NICE quality standard 84
- [Nutrition support in adults](#) (2012) NICE Quality Standard 24
- [Diabetes in adults](#) (2011) NICE Quality Standard 6

In development

- [Obesity: prevention and management in adults](#). Publication date to be confirmed.
 - [Diabetes in adults \(update\)](#). Publication expected in June 2016.
 - [Diabetes in children and young people](#). Publication expected in June 2016.
- NICE quality standard: Obesity: clinical assessment and management overview (August 2015)

Future quality standards

This quality standard will be developed in the context of all quality standards referred to NICE, including the following quality standards scheduled for future development:

- Early years: promoting health and well-being in the early years, including those in complex families.
- Physical activity: encouraging activity within the general population.

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

- The Health and Social Care Information Centre [National Child Measurement Programme](#)
- 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](#).