

# NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

## QUALITY STANDARD TOPIC OVERVIEW

### 1 Quality standard title

Obesity: prevention and lifestyle weight management in children and young people.

### 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,

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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**

The development of the quality standard will begin in March 2014 and is expected to take 10 months to complete.

#### **3.1 Population and topic to be covered**

This quality standard will cover the prevention and lifestyle weight management of overweight and obesity among children and young people aged under 18 years.

This quality standard will cover public health strategies to prevent overweight and obesity among children and young people, and the delivery of lifestyle weight management interventions. It will not cover the clinical assessment and management of obesity in individual children and young people. This will be the focus of a separate healthcare quality standard.

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

##### **Primary source**

- [Managing overweight and obesity among children and young people: lifestyle weight management services](#). NICE public health guidance 47 (2013).
- [Obesity: guidance on the prevention, identification, assessment and management of overweight and obesity in adults and children](#). NICE clinical guideline 43 (2006). (Public health recommendations only)

##### **Other sources that may be used**

- [Obesity - working with local communities](#). NICE public health guidance 42 (2012).

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- Behaviour change: individual approaches. NICE public health guidance 49 (2014)
- [Walking and cycling: local measures to promote walking and cycling as forms of travel or recreation](#). NICE public health guidance 41 (2012).
- [Preventing type 2 diabetes: population and community-level interventions in high-risk groups and the general population](#). NICE public health guidance 35 (2011).
- [Prevention of cardiovascular disease](#). NICE public health guidance 25 (2010).
- [Management of obesity](#). Scottish Intercollegiate Guidelines Network guideline 115 (2010).
- [Promoting physical activity, active play and sport for pre-school and school-age children and young people in family, pre-school, school and community settings](#). NICE public health guidance 17 (2009).
- [Guidance for midwives, health visitors, pharmacists and other primary care services to improve the nutrition of pregnant and breastfeeding mothers and children in low income households](#). NICE public health guidance 11 (2008).
- [Community engagement](#) NICE public health guidance 9 (2008).
- [Guidance on the promotion and creation of physical environments that support increased levels of physical activity](#). NICE public health guidance 8 (2008).
- [Behaviour change: the principles for effective interventions](#) NICE public health guidance 6 (2007)

### **Key policy documents, reports and national audits**

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

- [Statistics on obesity, physical activity and diet - England, 2013](#). Health and Social Care Information Centre (2013).
  - [Measuring Up: the medical profession's prescription for the nations obesity crisis](#). Academy of Medical Royal Colleges (2013).
  - [Reducing obesity and improving diet](#). Department of Health (2013).
- NICE quality standard: obesity: prevention and lifestyle weight management in children and young people overview (March 2014)

- [Giving all children a healthy start in life](#). Department of Health (2013).
- [An update on the government's approach to tackling obesity](#). National Audit Office (2012).
- [Healthy Lives, Healthy People: a call to action on obesity in England](#). Department of Health (2011).
- [Change4Life: three year social marketing strategy](#). Department of Health (2011).
- [Strategic high impact changes: childhood obesity](#) Department of Health (2011).
- [UK physical activity guidelines](#) Department of Health (2011)
- [Tackling obesities: future choices](#). Foresight (2007).

### **3.3 Related NICE quality standards**

#### **In development**

- [Physical activity](#). Publication expected January 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:

- Childhood obesity (healthcare)
- Obesity (adults) (healthcare)
- Obesity: prevention and lifestyle weight management in adults (public health)

## **4 Existing indicators**

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

## 5 Further information

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