

NATIONAL INSTITUTE FOR HEALTH AND CARE EXCELLENCE

NICE indicator validity assessment

Indicator IND238

The contractor establishes and maintains a register of patients aged 18 or over with a BMI of 27.5 kg/m² or more (or 30 kg/m² or more if ethnicity is recorded as White) in the preceding 12 months.

Importance

Considerations	Assessment
The NHS Long Term Plan identifies obesity as a clinical priority, with the UK ranking amongst the worst in Europe for obesity rates.	The indicator reflects a specific priority area identified by NHS England.
2020-21 QOF data for OB002 for shows regional variation in annual obesity recording: varying from 5.54% to 8.54%. Health Survey for England 2019 data showed variation in prevalence of overweight and obesity: Regional variation from 23% to 34%. Variation by IMD quintile from 22% in the least deprived to 35% in the most deprived.	The indicator relates to an area where there is known variation in practice.
This indicator establishes a register of people who are obese with the aim of increasing identification and facilitating subsequent intervention. NICE's guideline on obesity recommends using BMI as a practical estimate of adiposity in adults. Recording waist circumference may also be useful in addition to BMI in people with a BMI of less than 35 kg/m ² . Obesity and poor diet are linked with type 2 diabetes, high blood pressure, high cholesterol and increased risk of respiratory, musculoskeletal and liver diseases. Obese people are also at increased risk of certain cancers, including being three times more likely to develop colon cancer.	The indicator will support provision of interventions that to improve patient outcomes.

Evidence base

Considerations	Assessment
Obesity: identification, assessment and management. NICE guideline CG189 (2022), recommendations 1.2.4, 1.2.7 and 1.2.8.	The indicator is derived from a high-quality evidence base. The indicator aligns with the evidence base.

Specification

Considerations	Assessment
The register is a count at practice level of all registered people with a BMI value of 27.5 kg/m ² or more (or 30 kg/m ² or more if ethnicity is recorded as White) in the preceding 12 months.	The indicator has defined components necessary to construct the indicator.
The indicator would be appropriate to assess performance at individual general practice level. To be classified as suitable for use in QOF, there should be an average minimum population of more than 20 patients per practice. QOF data for 2020-21 indicates that around 540 patients are recorded as obese each year in an average practice with 10,000 patients (using ONS population statistics).	The indicator does outline minimum numbers of patients needed to be confident in the assessment of variation.

Feasibility

Considerations	Assessment
A register for people with a BMI of 30 or more has been active in the QOF since 2006.	The indicator is repeatable.
The register can be constructed using the existing code clusters used in QOF for OB002 and MH011.	The indicator is measuring what it is designed to measure. The indicator uses existing data fields.

Acceptability

Considerations	Assessment
A register for people with a BMI of 30 or more has been active in the QOF since 2006.	The indicator assesses performance that is attributable to or within the control of the audience
A register for people with a BMI of 30 or more has been active in the QOF since 2006. Identifying people who are obese can help support provision of interventions.	The results of the indicator can be used to improve practice

Risk

Considerations	Assessment
A register for people with a BMI of 30 or more has been active in the QOF since 2006. Coding of ethnicity may be poor in some practices. Using the lower threshold of 27.5 kg/m ² unless ethnicity is specifically recorded as White will help ensure that people are not excluded from the register inappropriately simply because ethnicity was not recorded.	The indicator has an acceptable risk of unintended consequences.

NICE indicator advisory committee recommendation

The NICE indicator advisory committee approved this indicator for publication on the menu.