Nice Update

NICE public health guidance update

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What’s new?

NICE published two pieces of public health guidance between July and October 2013:

- BMI and waist circumference—black, Asian and minority ethnic groups (http://guidance.nice.org.uk/PH46).

These are summarized in this update

BMI and waist circumference: black, Asian and minority ethnic groups

This guidance aimed to determine whether lower cut-off points should be used for black, Asian and other minority ethnic groups in the UK as a trigger for lifestyle interventions to prevent conditions such as diabetes, myocardial infarction or stroke.

This guidance has been incorporated into NICE Pathways on obesity and preventing type 2 diabetes. You can view these at:

http://pathways.nice.org.uk/pathways/obesity and

The guidance is aimed at commissioners, managers and practitioners with public health as part of their remit working within local authorities, the NHS and the wider public, private, voluntary and community sectors.

The evidence gathered was not sufficient to make recommendations on the use of new BMI and waist circumference thresholds to classify whether members of Black Asian and other UK minority groups were overweight or obese. However, it did confirm that people from these groups are at an equivalent risk of diabetes, other health conditions or mortality at a lower BMI (below BMI 25 kg/m²) than the white European population.

The new guidance therefore recommends that awareness raising activities should be carried out with both professionals and members of Black Asian and other UK minority groups as they are not necessarily receiving health promotion advice when the lower levels of BMI are reached.

The recommendations also reiterate the need to follow previously published NICE guidance on preventing type 2 diabetes (http://guidance.nice.org.uk/PH38) and the prevention and management of obesity in adults and children (http://guidance.nice.org.uk/CG43).

The recommendations in the former include: identifying people at risk of developing type 2 diabetes using a staged (or stepped) approach and providing those at high risk with a quality-assured, evidence-based, intensive lifestyle-change programme to prevent or delay the onset of type 2 diabetes.

The recommendations in the latter include BMI and co-morbidity assessment; interventions that support behaviour change strategies and best practice advice on the use of self-help, commercial and community-based weight management programmes.

Managing overweight and obesity among children and young people

This guidance makes recommendations on lifestyle weight management (sometimes called tier 2) services for overweight and obese children and young people aged under 18. These services are considered to be just one part of a comprehensive approach to preventing and treating obesity.

The recommendations are for commissioners in local authorities and the NHS and providers of community-based services that take a ‘lifestyle’ approach to helping overweight or...
obese children and young people manage their weight. They are also for health professionals and people working with children and young people as well as members of the public.

This guidance provides recommendations on lifestyle weight management services for overweight services for overweight and obese children and young people. They include the planning and commissioning of services and programmes; core components, awareness and tailoring of lifestyle weight management services; adherence and referral and training for programme staff.

This guidance has been incorporated into the following NICE pathways:

http://pathways.nice.org.uk/pathways/obesity and