From the Deputy Chief Medical Officer
Dr Anne Kilgallen

Circular HSC (SQSD) (NICE PH53) 56/16

Subject: NICE Public Health Guideline PH53 - Weight management: lifestyle services for overweight or obese adults

For action by:
Chief Executive of HSC Board – for distribution to:
   All HSC Board Directors – for cascade to relevant staff

Director of Integrated Care, HSC Board – for cascade to:
   Head of Pharmacy and Medicines Management
   Family Practitioner Services Leads – for cascade to relevant
   Family Practitioner groups

Chief Executive of Public Health Agency – for distribution to:
   Director of Public Health and Medical Director – for cascade
to relevant staff
   Director of Nursing and AHPs – for cascade to relevant staff

Chief Executives of HSC Trusts – for distribution to:
   Medical Directors – for cascade to relevant staff
   Directors of Nursing – for cascade to relevant staff
   Heads of Pharmaceutical Services – for cascade to relevant
   staff
   Directors of Acute Services – for cascade to relevant staff
   HSC Clinical and Social Governance Leads
   Directors of Social Services – for cascade to relevant staff
   Directors of Finance – for cascade to relevant staff
   AHP Leads – for cascade to relevant staff

Chief Executive, Regulation & Quality Improvement Authority – for
   cascade to: relevant independent healthcare establishments

Chief Executives of HSC Special Agencies and NDPBs

For Information to:
Chair of HSC Board
Chair of Public Health Agency
Chairs of HSC Trusts
Chair of ROQA
NICE Implementation Facilitator NI
Members of NI NICE Managers’ Forum

Summary of Contents: This guidance replaces section 1.1.7 of
NICE Clinical Guideline CG43 on Obesity prevention. It makes
recommendations on the provision of effective multi-component
lifestyle weight management services for adults who are overweight
or obese (aged 18 and over). It covers weight management
programmes, courses, clubs or groups that aim to change someone’s
behaviour to reduce their energy intake and encourage them to be
physically active.

Enquiries:
Any enquiries about the content of this Circular should be addressed
to:
Quality Regulation and Improvement Unit
Department of Health
Room D1.4
Castle Buildings
Stormont Estate
BELFAST
BT4 3SQ

SGU-NICEGuidance@health-ni.gov.uk

Circular Reference: HSC (SQSD) (NICE PH53) 56/16

Date of Issue: 16 September 2016

Related documents:
HSC (SQSD) 37/15

Superseded documents
None

Status of Contents:
Action

Implementation:
As per circular HSC (SQSD) 37/15

Additional copies:
Available to download from
Dear Colleagues

NICE Public Health Guideline PH53 - Weight management: lifestyle services for overweight or obese adults [https://www.nice.org.uk/guidance/ph53](https://www.nice.org.uk/guidance/ph53)

The Department has recently reviewed the above NICE guidance and has formally considered it for applicability in Northern Ireland.

Decision:

Recommendations 1 and 3-18 in guideline PH53 - Weight management: lifestyle services for overweight or obese adults are to be taken into account in designing and delivering services that aim to change someone’s behaviour to reduce their energy intake and encourage them to be physically active which will help reduce the risk of the main diseases associated with obesity.

Recommendation 2 is highlighted for particular consideration in designing and delivering services that aim to change someone’s behaviour to reduce their energy intake and encourage them to be physically active which will help reduce the risk of the main diseases associated with obesity.

No formal monitoring or assurance is necessary in respect of any recommendation.

Action Required:

As outlined in circular HSC (SQSD) 37/15, only those pieces of guidance or specific recommendations determined for implementation require formal monitoring and assurance. Where guidance or recommendations are for noting or highlighted for particular attention, no formal monitoring or assurance is necessary, but organisations may be required to demonstrate how they have taken account of the guidance in planning and delivering services.

In accordance with the process outlined in circular HSC (SQSD) 37/15, the following initial actions should be taken.

1. HSCB/PHA
   a. Identify a Professional Lead who will consider the commissioning implications of the Public Health Guideline and co-ordinate with any other relevant commissioning teams. This Lead, liaising with others in the HSC Board / PHA, will consider the plans received from the HSC Trusts in regards to those pieces of guidance or specific recommendations where implementation is required (within 2 months of receipt) as well as any complex issues they may have highlighted. They will identify any areas where regional planning / investment / commissioning are required, or where there is material risk to safety or quality. These will then be actioned immediately through normal commissioning arrangements or through bespoke arrangements reflecting the nature of the issue / risk.
   b. The PHA will identify other relevant stakeholders and networks and disseminate as appropriate, typically within two weeks of receipt.
   c. The HSC Board will ensure that relevant guidance is sent to the appropriate Family Practitioners.

2. HSC Trusts
a. Proceed with targeted dissemination, agree a clinical/management lead to coordinate implementation and consider what has to be done to achieve implementation using a risk based assessment and baseline review as appropriate to support planning. These initial actions should be undertaken within a three month period.

3. RQIA
   a. Disseminate the Guideline to the independent sector as appropriate.

4. HSC Special Agencies and NDPBs
   a. Take account of this Guideline in training and other developments as appropriate.

To inform the planning process, please find attached details from the Departmental review. You should consider and take account of other relevant policies and strategies in your planning, as well as any legislative / policy caveats identified in the course of the Departmental review.


Dr Anne Kilgallen
Deputy Chief Medical Officer
Appendix 1
Endorsed NICE guidance - Details from Departmental review

| Reference Number | NICE Public Health Guideline – PH53  
| https://www.nice.org.uk/guidance/ph53 |
| Title | Weight management: lifestyle services for overweight or obese adults |
| Summary of guidance | This guideline replaces section 1.1.7 of NICE Clinical Guideline CG43 on Obesity prevention (endorsed by DoH in October 2008). It makes recommendations on the provision of effective multi-component lifestyle weight management services for adults who are overweight or obese (aged 18 and over). It covers weight management programmes, courses, clubs or groups that aim to change someone’s behaviour to reduce their energy intake and encourage them to be physically active. The aim is to help meet a range of public health goals. These include helping reduce the risk of the main diseases associated with obesity, for example: coronary heart disease, stroke, hypertension, osteoarthritis, type 2 diabetes and various cancers (endometrial, breast, kidney and colon). The focus is on lifestyle weight management programmes that:  
| Related strategically relevant policies | A Fitter Future For All - Framework for Preventing and Addressing Overweight and Obesity in Northern Ireland 2012-2022  
| | The Service Framework for Cardiovascular Health and Wellbeing  
| Inter-Departmental interest | None at policy/ legislative level |
| Legislative / policy caveats | This advice does not override or replace the individual responsibility of health professionals to make appropriate decisions in the circumstances of their individual patients, in consultation with the patient and/or guardian or carer. This would, for example, include situations where individual patients have other conditions or complications that need to be taken into account in determining whether the NICE guidance is fully appropriate in their case. Where the guidance makes reference to ‘NHS Choices’ and ‘Change4life’, you should refer to [http://www.choosetolivebetter.com/](http://www.choosetolivebetter.com/). Some pieces of NICE Public Health guidance are referenced in PH53 which pre-date the introduction of the process for endorsing Public Health guidelines. All Public Health guidance endorsed by DoH can be found at: [https://www.health-ni.gov.uk/articles/nice-public-health-guidance](https://www.health-ni.gov.uk/articles/nice-public-health-guidance) |
### NICE PH53 - Weight management: lifestyle services for overweight or obese adults

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<thead>
<tr>
<th>Recommendation</th>
<th>Endorsed for:</th>
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<tbody>
<tr>
<td>1</td>
<td>Adopt an integrated approach to preventing and managing obesity</td>
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<td>2</td>
<td>Ensure services cause no harm</td>
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<td>3</td>
<td>Raise awareness of local weight management issues among commissioners</td>
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<tr>
<td>4</td>
<td>Raise awareness of lifestyle weight management services among health and social care professionals</td>
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<td>5</td>
<td>Raise awareness of lifestyle weight management services among the local population</td>
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<td>6</td>
<td>Refer overweight and obese adults to a lifestyle weight management programme</td>
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<td>7</td>
<td>Address the expectations and information needs of adults thinking about joining a lifestyle weight management programme</td>
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<td>8</td>
<td>Improve programme uptake, adherence and outcomes</td>
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<td>9</td>
<td>Commission programmes that include the core components for effective weight loss</td>
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<td>10</td>
<td>Commission programmes that include the core components to prevent weight regain</td>
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<td>11</td>
<td>Provide lifestyle weight management programmes based on the core components for effective weight loss and to prevent weight regain</td>
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<td>12</td>
<td>Provide a national source of information on effective lifestyle weight management programmes</td>
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<td>13</td>
<td>Ensure contracts for lifestyle weight management programmes include specific outcomes and address local</td>
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<td>14</td>
<td>Provide continuing professional development on lifestyle weight management for health and social care professionals</td>
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<td>15</td>
<td>Provide training and continuing professional development for lifestyle weight management programme staff</td>
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<td>16</td>
<td>Improve information sharing on people who attend a lifestyle weight management programme</td>
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<td>17</td>
<td>Monitor and evaluate programmes</td>
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<td>18</td>
<td>Monitor and evaluate local provision</td>
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