

From the Deputy Chief Medical Officer  
**Dr Paddy Woods**

**Circular HSC (SQSD) (NICE CG189) 1/15**

**Subject: NICE Clinical Guideline CG189 – Obesity: identification, assessment and management of overweight and obesity in children, young people and 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 RQIA  
NICE Implementation Facilitator NI  
Members of NI NICE Managers' Forum

**Summary of Contents:** This guideline updates and replaces section 1.2 of NICE clinical guideline 43 (published December 2006). It offers evidence-based advice on the care and treatment of Obesity. New recommendations have been added about low-calorie and very-low-calorie diets, bariatric surgery and follow-up care.

**Enquiries:**

Any enquiries about the content of this Circular should be addressed to:  
Standards & Guidelines Quality Unit  
DHSSPS  
Room D1.4  
Castle Buildings  
Stormont Estate  
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**Circular Reference: HSC (SQSD) (NICE CG189) 1/15**

**Date of Issue: 14 January 2015**

**Related documents:  
HSC (SQSD) 3/13**

**Superseded documents**

HSC (SQSD) (NICE) 58/08 CG 43 (PDF 275KB)

**Status of Contents:**

Action

**Implementation:**

As per circular. Generally, Clinical Guidelines should be implemented within 12 months of endorsement.

**Additional copies:**

Available to download from  
<http://www.dhsspsni.gov.uk/index/phealth/sqs/sqsd-guidance.htm>

**Dear Colleagues**

**NICE Clinical Guideline CG189 - Obesity: identification, assessment and management of overweight and obesity in children, young people and adults**  
(<http://www.nice.org.uk/guidance/cg189>)

The Department has recently reviewed the above NICE guidance and has formally endorsed it as applicable in Northern Ireland and largely consistent with the Obesity Prevention Strategy and Framework, *A Fitter Future for All*.

In accordance with the process outlined in circular HSC (SQSD) 3/13 ([http://www.dhsspsni.gov.uk/hsc\\_sqsd\\_3\\_13.pdf](http://www.dhsspsni.gov.uk/hsc_sqsd_3_13.pdf)), the following actions should be taken

1. HSC Board / PHA
  - a. Identify a Professional Lead who will consider the commissioning implications of the Clinical Guideline and co-ordinate with any other relevant commissioning teams. This Lead 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. Ensure that relevant guidance is sent to the appropriate Family Practitioners.
  - c. Seek positive assurance from the HSC Trusts that the required initial actions have been undertaken within a 3 month period, and that the Guideline has been implemented within a further 9 months (unless otherwise notified by the HSC Trusts).
  - d. Where significant investment/ commissioning needs cannot be met within the usual timeframe, agree appropriate arrangements with HSC Trusts. Report to DHSSPS as required at 6 monthly accountability meetings.
  
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.
  - b. Implement the Guideline within a further 9 months (apart from any elements where significant issues have been raised with the HSC Board/PHA).
  - c. Provide positive assurances to the HSC Board that required initial actions have been taken within the 3 month planning period and that the Guideline has been implemented within a further 9 months, where appropriate.
  - d. Where significant investment/ commissioning needs cannot be met within the usual timeframe, notify the HSC Board/PHA at the earliest opportunity through the bi-monthly director level meetings and agree appropriate arrangements with them to achieve implementation.

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 including estimates of costs / savings based on the NICE costing template, where this is applicable. You should also consider and take account of other relevant Departmental policies and strategies in your planning, as well as any legislative / policy caveats identified in the course of the Departmental review.

A full current list of NICE guidance endorsed for application in Northern Ireland can be found on the Department's website (<http://www.dhsspsni.gov.uk/index/phealth/sqs/sqsd-guidance/sqsd-guidance-nice-guidance.htm>).



**Dr Paddy Woods**  
**Deputy Chief Medical Officer**

## Appendix 1

### Endorsed NICE guidance - Details from Departmental review

Reference Number	<a href="#">NICE Clinical Guideline - CG189</a>
Title	Obesity: identification, assessment and management of overweight and obesity in children, young people and adults
Summary of guidance	<p>This guideline updates and replaces section 1.2 of NICE clinical guideline 43 (published December 2006). It offers evidence-based advice on the care and treatment of Obesity.</p> <p>New recommendations have been added about low-calorie and very-low-calorie diets, bariatric surgery and follow-up care.</p>
Number of people expected to take up or benefit from the service / therapy	It is estimated that fully implementing this guidance in Northern Ireland would benefit around 220 people per annum.
Costs / savings associated with implementation	<p>It is estimated that fully implementing this guidance in Northern Ireland would have a net cost of around £1.1 million in the first year.</p> <p>It is estimated that fully implementing this guidance in Northern Ireland would result in a recurrent net cost of around £1.1 million per annum.</p> <p>These estimates have been calculated using 2013/14 QOF data on Diabetes prevalence in NI. All other NICE assumptions for England are retained. Bariatric surgery services are not currently commissioned for NI patients. It is expected that further costs for equipment and staff training would be incurred in addition to the estimated treatment costs outlined above, if services were to be provided in NI facilities.</p>
Related strategically relevant DHSSPS policies	<p>Framework for Preventing and Addressing Overweight and Obesity in Northern Ireland 2012-2022  <a href="http://www.dhsspsni.gov.uk/framework-preventing-addressing-overweight-obesity-ni-2012-2022.pdf">http://www.dhsspsni.gov.uk/framework-preventing-addressing-overweight-obesity-ni-2012-2022.pdf</a></p> <p>Making Life Better – A Whole System Framework for Public Health 2013-2023  <a href="http://www.dhsspsni.gov.uk/making-life-better">http://www.dhsspsni.gov.uk/making-life-better</a></p>

Inter-Departmental interest	None
Legislative / policy caveats	<p>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.</p> <p>Where the guidance indicates that informed consent should be obtained and documented, the DHSSPS guidance 'Reference Guide to Consent for Examination, Treatment or Care (2003)', which is available on the DHSSPS website, gives advice on the law concerning consent to intervention. Available from: <a href="http://www.dhsspsni.gov.uk/consent-referenceguide.pdf">http://www.dhsspsni.gov.uk/consent-referenceguide.pdf</a></p> <p>It should be noted that this guidance contains some recommendations for off-label use of medicines. Trusts and practitioners must be aware of their responsibilities and ensure that appropriate policies are in place when medicines are used off-label.</p> <p>Where the guidance refers to the Mental Capacity Act 2005 supplementary code of practice on deprivation of liberty safeguards, Northern Ireland health professionals should refer to interim guidance on deprivation of liberty safeguards (2010). Available from: <a href="http://www.dhsspsni.gov.uk/revised-circular-deprivation-of-liberty-safeguards-october-2010.pdf">http://www.dhsspsni.gov.uk/revised-circular-deprivation-of-liberty-safeguards-october-2010.pdf</a></p>